

# MARY FEIK ACHIEVEMENT CADET PROMOTION AND GUIDELINES SHEET

## HISTORY

After overhauling her first automobile engine at 13, Mary Feik turned to aircraft engines and military aircraft at 18, eventually teaching aircraft maintenance to crew chiefs and mechanics for the U.S. Army Air Force in 1942.

Feik is credited with becoming the first woman engineer in research and development in the Air Technical Service Command's Engineering Division. In addition to logging more than 5,000 hours as a B-29 flight engineer, engineering observer and pilot in fighter, attack, bomber, cargo and training aircraft, she also designed high-performance and jet fighter pilot transition trainers as well as aircraft maintenance trainers. Not just noted as a pilot but also a writer, Feik authored pilot training manuals and technical engineering reports that were distributed throughout the armed forces. She's accomplished so much, but here's what she says about her proudest moment, in 2003: "My ultimate honor [is] the Civil Air Patrol cadet achievement created in my name." Mark Feik died on 10 Jun 2016.



## HOW TO BECOME ELIGIBLE FOR PROMOTION

### 1. Pre-Requisites

- a. Be a current CAP Cadet, as shown in eServices
- b. Possess a CAP uniform and wear it properly
- c. Be capable of reciting the Cadet Oath from memory.

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### 2. Leadership

- a. Complete Leadership Module 3 in Cadet Interactive, or
- b. Pass an online test in "Learn to Lead" Chapter 3, with a grade of 80% or higher, open-book.
- c. You can also download an audio file of this chapter.
- d. Date Completed and Score: \_\_\_\_\_

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### 3. Aerospace Education

- a. Complete any Aerospace Education Module in Cadet Interactive, or
- b. Pass a test, on one of the Aerospace Dimensions Modules, with a grade of 80% or higher, open-book.
- c. You may take the Aerospace Dimensions modules in any order.
- d. Module Title, Date Completed, and Score: \_\_\_\_\_

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### 4. Character (Development)

- a. Participate in a character development forum.
- b. Date of Class, Instructor's Name, and Topic Title: \_\_\_\_\_

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### 5. Safety Education

- a. Must participate in Safety Education monthly.
- b. Attend a squadron safety meeting or complete an online safety course within two months of promotion.
- c. Date Completed, Instructor's Name (meeting only), Topic Title: \_\_\_\_\_

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### 6. Drill Test

- a. Pass a practical test from "Drill & Ceremonies" Chapter 3, with a 73% or higher.
- b. Must perform at least 8 out of 11 commands satisfactorily within four months of promotion.
- c. Date Completed and Score: \_\_\_\_\_

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### 7. Activities

- a. Participate actively as described in [https://www.capmembers.com/cadet\\_programs/activities/](https://www.capmembers.com/cadet_programs/activities/)
- b. Must be completed within six months of promotion.
- c. Date Attended and Event/Activity Title: \_\_\_\_\_

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### 8. Fitness

- a. Per CAPR 60-1 Para 5.4.5.3 Cadet must have attempted HFZ in a running event plus 2 of the 3 remaining events within the past 180 days. Attaining the HFZ is not required at the stage.
- b. Test must be completed on the same day.
- c. See Fitnessgram Standards for Healthy Fitness Zone for minimum age and gender standards.

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# MARY FEIK ACHIEVEMENT CADET PROMOTION AND EXPECTATIONS SHEET

## LEADERSHIP EXPECTATIONS

Fulfilling the promotion eligibility requirement above is only half the battle. You also need to show that you have some leadership skills. Look at the goals below and once in a while ask yourself how well you are doing in those areas.

## CHARACTER DEVELOPMENT

Attitude	Displays a positive attitude: optimistic, enthusiastic, and team-oriented.
Core Values	Aware of the Core Values: honest, wears uniform properly, practices customs and courtesies.
Communication Skills	Listens actively: attentive, and asks good questions.
Sense of Responsibility	Follows directions: dependable, arrives ready to learn and serve, and effective in managing own time.
Interpersonal Skills	Not Applicable
Critical Thinking	Not Applicable
Delegation Skills	Not Applicable

## TYPICAL DUTIES

Element Leader

## FOR ADDITIONAL HELP

See the New Cadet Help webpage

## FITNESSGRAM STANDARDS FOR HEALTHY FITNESS ZONE (CPFT & PYFP)

The full Presidential Youth Fitness Program (PYFP) Fitnessgram includes test items not included in the Cadet Physical Fitness Test (CPFT). These include the walk test, trunk lift, shoulder stretch and body composition tests. These tests have been omitted from the CPFT to make the test easier to administer for volunteers in the field. The teachers who administer the PYFP in schools have training and equipment not available to all Civil Air Patrol squadrons.

<i>Male Age</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
CPFT Sit and Reach (cm)	20	21	21	20	23	24	25	28	28
PYFP Back Saver (avg. in.)	8	8	8	8	8	8	8	8	8
CPFT Curl Ups (count)	30	31	34	36	39	38	38	38	38
PYFP Curl Ups (count)	12	15	18	21	24	24	24	24	24
CPFT Push Ups (count)	10	11	12	16	18	22	24	26	26
PYFP Push Ups (count)	7	8	10	12	14	16	18	18	18
CPFT Mile Run (min/sec)	11m 30s	11m 10s	10m 40s	9m 46s	9m 22s	9m 04s	8m 42s	8m 22s	8m 04s
PYFP Pacer (20 m laps)	17	20	23	29	36	42	47	50	54
<i>Female Age</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
CPFT Sit and Reach (count)	24	24	25	24	28	31	30	31	31
PYFP Back Saver (avg. in.)	9	10	10	10	10	12	12	12	12
CPFT Curl Ups (count)	25	27	29	30	31	30	30	28	28
PYFP Curl Ups (count)	12	15	18	18	18	18	18	18	18
CPFT Push Ups (count)	10	10	9	9	9	11	11	12	12
PYFP Push Ups (count)	7	7	7	7	7	7	7	7	7
Mile Run (min/sec)	11m 30s	11m 10s	10m 40s	10m 20s	10m 09s	9m 58s	9m 46s	9m 34s	9m 22s
Pacer (20m laps)	17	20	23	25	27	30	32	35	38

# DRILL & CEREMONIES PRACTICAL TEST

## ACHIEVEMENT 03

TOPIC	Advanced Drill as a Flight Member
CONDITIONS	Form at least 4 cadets into a flight of 2 elements.
INSTRUCTIONS	See Below.
PASSING SCORE	73% Must perform at least 8 out of 11 commands satisfactorily.

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### TESTING CADET'S INFORMATION (One Cadet per form)

Grade	Name	CAP ID	Test Date
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### RATING SENIOR MEMBER'S INFORMATION

Grade	Name	CAP ID	Drill Test Score / 11
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### TESTING CADET'S REVIEW

Review Date	Testing Cadet's Signature	Reviewing Officer's Signature
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### RATING SENIOR MEMBER'S INSTRUCTIONS

Upon passing the online test from "Learn to Lead" Chapter 3, each cadet must successfully complete a test, of their proficiency, in "Drill & Ceremonies Practical Test," as described in this test booklet, for the Feik Achievement.

**Test Security.** There is no need for this test booklet to be secured. Because these are performance tests and the subject matter is known to the cadets, there is essentially no advantage to cadets who happen to see the test booklet in advance.

**Scoring Philosophy.** Each drill maneuver usually involves several task steps. For example, the command, "Column Right, MARCH" involves 10 or more task steps. To make it easy for testing officers to evaluate the cadets' performance on the drill field, this test booklet identifies two or three standards for each drill maneuver. Cadets who meet those standards earn credit for that drill maneuver. In other words, testing officers evaluate cadets only on the standards listed, even though those standards cannot possibly encompass every last facet of a drill maneuver.

### READ TO CADET:

**Scoring Terms.** For the purposes of this test, "satisfactory" and "unsatisfactory" performance is defined as:

**SATISFACTORY:** Performance meets the basic requirements for participating unaided in cadet drill and ceremonies. Most of the task steps that comprise the drill maneuver are carried out in an effective and proficient manner. The cadet meets all of the acceptable standards for the maneuver, as shown on the scorecard. Minor deficiencies exist, but they would not preclude the cadet from successfully participating on the drill field with other proficient cadets.

**UNSATISFACTORY:** Performance does not meet the basic requirements. The cadet requires coaching in order to perform many of the maneuver's task steps in an effective and proficient manner. The cadet does not meet the maneuver's acceptable standards, as listed on the scorecard. Significant deficiencies exist that would preclude the cadet from successfully participating on the drill field with other proficient cadets.

**Scorecards.** Testing officers may want to make photocopies of the drill scorecards found in this booklet. Evaluate the commands as they are performed, marking an "X" in the "S" column if it was performed satisfactorily, or the "U" column if it was performed unsatisfactorily. Tests 7 and 8 use special scorecards that are included in this booklet but are unlike those used for tests 1-6.

**Passing Score.** The number of evaluation items varies from test to test. The test scorecards specify how many items the cadets must successfully complete to pass that test. Generally, passing scores are roughly 75%.

**Expert Help.** Testing officers may use drill and ceremonies "experts" to help administer the test, call commands, etc. Cadet "experts" should be higher ranking than the cadet being tested. However, it is the senior member testing officer who scores the test – the cadet "experts" are assistants (CAPT 78-2).

# DRILL & CEREMONIES PRACTICAL TEST

## ACHIEVEMENT 03

Cadet Grade &  
Name

COMMAND	ACCEPTABLE STANDARDS	S Satisfactory	U Unsatisfactory
<i>FALL IN</i>	<i>Not Graded</i>	<i>N/A</i>	<i>N/A</i>
<i>Right, FACE</i>	<i>Not Graded; used to put cadets into column formation.</i>	<i>N/A</i>	<i>N/A</i>
1. Close MARCH (while halted)	[1] The third element takes two right steps, the second element takes four steps, and the first element takes six steps.		
2. At Close Interval, Dress Right DRESS & Ready, FRONT	[1] On DRESS, left hand placed so the heel of the hand rests on the left hip, fingertips point toward the ground, and the elbow in line with the body. [2] The same procedure for dress, cover, interval, and distance for normal interval is used for close interval. [3] Eyes turned 45-degrees to the right. [4] On FRONT, return to the position of attention.		
3. Extend, MARCH (while halted)	[1] Cadets advance two more steps in double time. [2] Resumes quick time. [3] Lowers the arms to the sides, and resumes arm swing.		
4. Column of Files from the Right, Column Right, MARCH	[1] The element leader of the right element commands, Column Right, and remaining element leaders command STAND FAST. [2] On the command MARCH, the element leader executes a face in marching to the right, then continues marching in the new direction. [3] The remaining individuals in the base file march forward on the command of execution, pivot in approximately the same location as their element leader, and maintain a 40-inch distance. [4] The element leaders of the remaining elements command Column Right, MARCH, at which time all cadets perform the movement in the same manner as the base element. [5] Element leaders follow in successive order.		
<i>Flight, HALT</i>	<i>Not graded</i>	<i>N/A</i>	<i>N/A</i>
<i>FALL OUT &amp; FALL IN</i>	<i>Not graded; used to take the cadets out of a single file formation and return them to line formation</i>	<i>N/A</i>	<i>N/A</i>
<i>Right, FACE</i>	<i>Not graded; places the cadets in column formation</i>	<i>N/A</i>	<i>N/A</i>
5. Forward, MARCH	[1] Steps off on left foot. [2] Does not anticipate the command of execution.		
6. Close, MARCH & Forward, MARCH (while marching)	[1] MARCH is given on the right foot. [2] The fourth element takes up the half step (begin with the left foot) following the command of execution. [3] The third element obtains close interval by pivoting 45-degrees to the right on the ball of the left foot, taking one 24-inch step (with coordinated arm swing) toward the fourth element, and then pivoting 45-degrees back to the left on the ball of the right foot. [4] The second element takes three steps between pivots, and the first element takes five steps between pivots. The original direction of march is resumed; the half step is taken up once close interval is obtained; and dress, cover, interval, and distance are reestablished.		
7. Extend, MARCH & Forward, MARCH (while marching)	[1] The same procedures and steps used to obtain close interval are used except the command is given on the left foot and the pivots are made on the right foot.		
8. Change Step, MARCH	[1] Called on the right foot. [2] On MARCH, cadets take one more 24-inch step with left foot. [3] In one count, cadets place ball of right foot alongside the heel of the left foot, pin their arms, and shift the weight of the body to the right foot. [4] Cadets then step off with the left foot in a full, 24-inch step, resuming coordinated arm swing. [5] Upper portion of body remains at attention throughout.		
9. Column Left, MARCH & Forward MARCH	[1] In marching, turns 90-degrees to the left via one or more pivots, depending on place in flight. [2] Takes up half-step at correct time and maintains until forward march is called. [3] Maintains proper dress, cover, interval, and distance. [4] Resumes full 24-inch steps after Forward, MARCH.		
10. Eyes, RIGHT (while marching)	[1] Called on the right front. [2] On RIGHT, all cadets, except those on right flank, smartly turn heads 45-degrees right.		
11. Ready, FRONT (while marching)	[3] Called on the right foot. [4] On RIGHT, all cadets, except those on right flank, smartly return heads to forward position.		
<i>Flight, HALT</i>	<i>Not graded</i>	<i>N/A</i>	<i>N/A</i>
<i>FALL OUT</i>	<i>Not graded</i>	<i>N/A</i>	<i>N/A</i>
NOTES:			