

Cadet Activities

"For the things we have to learn before we can do them, we learn by doing them." - Aristotle

Leadership Training and Practice

- Leadership topic seminars
- Speakers/special guests
 - Medal of Honor recipient (Congressional Medal of Honor Society will act as an intermediary to contact recipients)
- Practical leadership training (including ES training with opportunities for cadets to have hands-on leadership roles)
- Leadership bivouac
- Leadership Reaction Courses / team leadership problems
- Public speaking
 - Toastmasters Youth Leadership Program
- Staff Rides at battlefields and other historic sites
- Honor Guard
- Color Guard/Cadet Competition
- Instructor Training
 - Cadet-lead classroom instruction (planning, preparing materials, and teaching)
- Basic Cadet Program ("Pre-encampment" – C/SrA and below)
- Cadet Non-Commissioned Officer Academy (CNCOA)
- Cadet Advisory Council (CAC)

Emergency Services / outdoors

- Cadet-run SAREX (functional and full-scale exercises) (combined leadership lab)
- Tabletop exercises
 - Cadet-run tabletop (combined leadership lab)
- Search and Rescue Competition (multi-squadron)
- Search canine orientation and field practice
- Medevac demonstration
- Bushcraft/survival skills
 - Plants and wildlife (including edible plants)
- Camping
- Camping/outdoor skills competition
- Winter camping
- Mountaineering
- Cave exploration
- Geocaching
- Orienteering/Land navigation challenge
- First Aid/CPR training
- Communications practice/exercise
- CERT
- Group/team-based activities
 - Canoeing/rafting

- Watercraft/sailing (tall ships)
- Firearms familiarization and safety; Weapons Simulators; NRA Marksmanship Program

Aerospace / STEM

- Hands-on workshops and activities
- Airshows (check Air Force Thunderbirds, Navy Blue Angels, Army Golden Knights schedules)
Reference: <http://www.aero-pix.com/schedule/schedule.htm>
- Model rocketry
- Remote control aircraft activities
 - Local r/c aircraft shows
- Aircraft restoration
- Orientation flights, CAP (powered, glider, balloon)
- Orientation flights, military
- Professional flight simulator (civilian or military)
- Presenter (CFI) to discuss pilot training
- Meteorologist guest speaker/weather-related tours
 - National Weather Service national/regional offices
- Meteor showers
- Observatories/Planetariums
- Challenger Centers (<http://www.challenger.org/learning-center-network/list-view/>)
- Science/aerospace fairs
- Competitions (field a team for science, aerospace, engineering, or technology competitions - robotics, etc.)
 - CyberPatriot
- Anniversaries/Events
 - First U.S. Aerial Voyage - Balloon (1793) (January 9 - Annual)
 - Robert Goddard successfully launched the first liquid-fueled rocket (March 16, 1926)
 - Eclipse (Partial Lunar) (April 4, 2015)
 - Apollo 11 Moon Landing (July 20 - Annual)
 - National Aerospace Week (September - Annual)
 - First Manned Flight - Balloon (September 19 - Annual) (or November 21 - First Free Flight)
 - Eclipse (Total Lunar) (September 28, 2015)
 - Wright Brothers' First Flight (December 17 - Annual)
- Local & Regional Trips/Tours
 - Observatories/planetariums
 - Aviation facilities tours (Airport / Air Traffic Control tower, etc.)
 - Aviation museums
 - NASA facilities
 - Aerospace companies
 - Science centers
 - Rocket launches
 - **References:**
 - NASA Museum Alliance (<https://informal.jpl.nasa.gov/museum/Connect>)

Physical Fitness & Health

- Fitness games
- Rock climbing
- Diet and nutrition
- Physical Fitness lessons/guest speakers
- Sports medicine
- Sports safety

Safety & Preparedness

- Emergency preparedness
- Fire safety

Character Education

- Medal of Honor Character Program

Civics & History Education

- Civic Skills
 - Communication Skills
 - Democratic Deliberation
 - Critical Analyses of Political Information
- Federal/State/local governments speakers/tours (capitols, executive branch departments, courts)
- Court session
- Flag Code
 - Flag Retirement Ceremonies
- Voting topics
- Local and state history
- American History-related guest speakers, tours, living history events, classes
- Civics/history-related essay contests
- Civics/History topics for key holidays
 - Battles of Lexington and Concord (April 19)
 - Independence Day (July)
 - Constitution Day (September 17)
- Regional Trips/Tours
 - Battlefields/historic military sites (including staff rides for leadership element)
 - National Historic Sites/Parks
 - State/local historic sites/parks/museums; State history museum
 - Museum ships
 - Military museums
 - Armed forces facilities (Army, Navy, Marines, Air Force, Coast Guard)
- Washington, DC area trips: Museums, etc.
 - National Air and Space Museum (National Mall)
 - National Air and Space Museum (Hazy Center at Dulles)
 - National Museum of American History
 - National Museum of Natural History
 - Ford's Theatre

- International Spy Museum
- Newseum
- Voice of America
- DEA Museum
- National Museum of Crime & Punishment
- Other Smithsonian museums (National Museum of the American Indian, the Postal Museum, the National Zoo, the National Portrait Gallery and other art museums)
- Bureau of Engraving and Printing
- Library of Congress
- Supreme Court of the United States
- State Department
- Pentagon
- United States Holocaust Memorial Museum
- Washington National Cathedral
- Mount Vernon
- National Aquarium (Department of Commerce)
- Capitol tours and House/Senate Office Buildings
- Embassies
 - Around the World Embassy Tour (annual - May)
- National Archives
- National Cryptologic Museum - National Security Agency
- National Museum of the United States Navy
- National Museum of the Marine Corps
- Marine Barracks evening parades (summer)
- NASA Headquarters
- US Naval Observatory
- NTSB Training Center
- Washington, DC area trips: Monuments & Memorials
 - Arlington National Cemetery
 - Air Force Memorial
 - Franklin Delano Roosevelt Memorial
 - Iwo Jima Memorial (Marine Corps Memorial)
 - Jefferson Memorial
 - Korean War Veterans Memorial
 - Lincoln Memorial
 - Pentagon Memorial (9/11)
 - United States Navy Memorial
 - Vietnam Veterans Memorial
 - Washington Monument
 - World War II Memorial
- Trips outside the area (Long Distance - Some may require military airlift)
 - Boston area
 - West Point and Fort Ticonderoga

Careers and life skills development

- Orientations/special visitors/presenters and trips
- Career areas:

- Law enforcement - state/local police; police lab; police aviation
- Homeland security
- Emergency management
- Civil aviation
- Science
- Technology
- Military
 - Base/facility tours
- College planning/prep (presenter from a local university?)
- Career clinic
- Job shadowing
- Leadership and management
- Writing skills
- College/university visit
- College panel discussion
- Scholarship seminar
- Resume preparation seminar

Drug Demand Reduction (DDR)

- Drug Demand Excellence (DDRx) program
 - Fatal Vision
 - Red Ribbon Leadership Academy
 - Annual Events
 - Red Ribbon Week (October)
 - National Character Day
- (http://capmembers.com/cadet_programs/drug_demand_reduction/national_character_day.cfm)

Community Service

- Wreaths Across America
- Hiking trail cleanup
- Martin Luther King, Jr. Day of Service
- National Night Out
- USO
- Community clean-up
- Adopt-a-highway
- Recycling center (joint fundraising project)
- Provide assistance to:
 - Senior citizens
 - Disabled people
 - Veterans

Fundraising

- Car wash
- Spaghetti dinner
- Pancake breakfast

Social/Squadron Activities

- Holiday party
- Bowling
- Parents' Night
- Dance/ball/social
- Awards recognition dinner
- Swimming
- Winter sports
 - Skiing