



# JACK SCHWEIKER COMPOSITE SQUADRON CADET ACHIEVEMENT CHECKLIST

## Achievement 8: Neil Armstrong

NAME: \_\_\_\_\_  
CAPID: \_\_\_\_\_



C/CMSgt



### PREREQUISITES:

**ELEMENT:**

Date of last Promotion

**COMPLETED:**

\_\_\_\_\_

### PERFORMANCE REQUIREMENTS:

- Essay Assignment Date Completed: \_\_\_\_\_  
(Refer to CAPR 52-16 for topics)
- Speech Assignment Date Completed: \_\_\_\_\_  
(Refer to CAPR 52-16 for topics)
- Physical Fitness Test Date Completed: \_\_\_\_\_  
(Must achieve a passing score in one running event and two of three remaining events)
  - Run Time: \_\_\_\_\_  Mile Run  Shuttle Run
  - Push Ups: \_\_\_\_\_
  - Curl Ups: \_\_\_\_\_
  - Sit and Reach: \_\_\_\_\_
- Cadet Oath Date Completed: \_\_\_\_\_  
(Recited from Memory)

### PARTICIPATION REQUIREMENTS:

- Character Development Date Completed: \_\_\_\_\_
- Safety Briefing (Topic: \_\_\_\_\_) Date Completed: \_\_\_\_\_
- Active Participant (Event: \_\_\_\_\_) Date Completed: \_\_\_\_\_

### AUTHORIZATION:

Flight CC Signature	C/CC Signature	DCC Signature
_____	_____	_____

**FOUO:**      UPDATED IN SIMS: \_\_\_\_\_      UPDATED IN *e-Services*: \_\_\_\_\_