

CIVIL AIR PATROL CADET SUPER CHART



PHASE I THE LEARNING PHASE

ACHIEVEMENT 1
JOHN CURRY
 First National Commander of the Civil Air Patrol and a strong advocate for female aviators

ACHIEVEMENT 2
HAP ARNOLD
 Commanding general of U.S. Army Air Forces during World War II

ACHIEVEMENT 3
MARY FEIK
 Pioneer in the fields of aviation mechanics and engineering, and proud CAP member

WRIGHT BROTHERS AWARD
ORVILLE & WILBUR WRIGHT
 First men to achieve powered, controlled, sustained, heavier-than-air flight

PHASE II THE LEADERSHIP PHASE

ACHIEVEMENT 4
EDDIE RICKENBACKER
 America's "Ace of Aces" during World War I; he wanted CAP cadets to know him as "Eddie"

ACHIEVEMENT 5
CHARLES LINDBERGH
 First man to fly across the Atlantic Ocean solo, non-stop, aboard the "Spirit of St. Louis"

ACHIEVEMENT 6
JIMMY DOOLITTLE
 Pioneer in field of aeronautical engineering and leader of the World War II air raid on Tokyo

ACHIEVEMENT 7
ROBERT GODDARD
 The "Father of Modern Rocketry" and developer of the first liquid-fueled rocket

ACHIEVEMENT 8
NEIL ARMSTRONG
 First man to set foot on the Moon, aboard Apollo 11 on July 20, 1969 - "One giant leap for mankind"

ACHIEVEMENT 9
BILLY MITCHELL
 America's first vocal advocate for military airpower, he proved the airplane could sink ships

PHASE III THE COMMAND PHASE

ACHIEVEMENT 9
FLIGHT COMMANDER
 Achievements are named for Staff Duty Analysis positions, not aerospace pioneers

ACHIEVEMENT 10
ADMINISTRATIVE OFFICER

ACHIEVEMENT 11
PUBLIC AFFAIRS OFFICER

ACHIEVEMENT 12
AMELIA EARHART AWARD
AMELIA EARHART
 Record-setting female pilot who was lost while attempting to fly around the world

PHASE IV THE EXECUTIVE PHASE

ACHIEVEMENT 12
LEADERSHIP OFFICER

ACHIEVEMENT 13
AEROSPACE OFFICER
 Achievements are named for Staff Duty Analysis positions, not aerospace pioneers

ACHIEVEMENT 14
OPERATIONS OFFICER

ACHIEVEMENT 15
LOGISTICS OFFICER

ACHIEVEMENT 16
CADET COMMANDER

IRI C. EAKER AWARD
IRA EAKER
 Army Air Forces general and advocate of strategic bombardment during World War II

GENERAL CARL A. SPAATZ AWARD
CARL SPAATZ
 First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board

GRADE, INSIGNIA, & AWARDS

Grade	Insignia	Awards
CADET AIRMAN		
CADET AIRMAN FIRST CLASS		
CADET SENIOR AIRMAN		
CADET STAFF SERGEANT		
CADET TECHNICAL SERGEANT		
CADET MASTER SERGEANT		
CADET SENIOR MASTER SERGEANT		
CADET CHIEF MASTER SERGEANT		
CADET CHIEF MASTER SERGEANT		
CADET SECOND LIEUTENANT		
CADET SECOND LIEUTENANT		No Ribbon Awarded
CADET FIRST LIEUTENANT		No Ribbon Awarded
CADET FIRST LIEUTENANT		No Ribbon Awarded
CADET FIRST LIEUTENANT		No Ribbon Awarded
CADET CAPTAIN		
CADET CAPTAIN		No Ribbon Awarded
CADET CAPTAIN		No Ribbon Awarded
CADET MAJOR		No Ribbon Awarded
CADET MAJOR		No Ribbon Awarded
CADET MAJOR		No Ribbon Awarded
CADET LIEUTENANT COLONEL		
CADET COLONEL		

PROMOTION ELIGIBILITY REQUIREMENTS Phase I & II requirements are for cadets using the Learn to Lead curriculum

Requirement	A1	A2	A3	A4	A5	A6	A7	A8	A9	A10
LEADERSHIP	Chapter 1 & Drill Test	Chapter 2 & Drill Test	Chapter 3 & Drill Test	Comprehensive Exam with Drill	Chapter 4 & Drill Test	Chapter 5 & Drill Test	Chapter 6 & Drill Test	Chapter 7 & Drill Test	Chapter 8 & Speech, Essay & Drill	Comprehensive Exam
AEROSPACE	No Requirement	Any Module	Any Module	No Requirement	Any Module	Any Module	Any Module	Any Module	No Requirement	Comprehensive Exam
CHARACTER	Foundations & Safety Module	1 Forum	1 Forum	No Requirement	1 Forum	1 Forum	1 Forum	1 Forum	1 Forum	No Requirement
ACTIVITIES	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Encampment
FITNESS	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test

Phase III & IV requirements are for cadets using the Leadership for the 21st Century curriculum

Requirement	A11	A12	A13	A14	A15	A16	A17	A18	A19	A20	A21
LEADERSHIP	Chapter 8 & SDA Report	Chapter 9 & SDA Report	Chapter 10 & SDA Report	Comprehensive Exam	Chapter 11 & SDA Report	Chapter 12 & SDA Report	Chapter 13 & SDA Report	Chapter 14 & SDA Report	Chapter 15 & SDA Report	Speech & Essay	Comprehensive Exam
AEROSPACE	3-Chapter Block	3-Chapter Block	3-Chapter Block	Comprehensive Exam	No Requirement	No Requirement	3-Chapter Block	3-Chapter Block	3-Chapter Block	No Requirement	Comprehensive Exam
CHARACTER	1 Forum	1 Forum	1 Forum	No Requirement	1 Forum	1 Forum	1 Forum	1 Forum	1 Forum	No Requirement	Essay Exam
ACTIVITIES	Participate & Mentor	Participate & Mentor	Participate & Mentor	SDA Staff Service	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate Actively
FITNESS	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test

CADET PHYSICAL FITNESS TEST STANDARDS

Event	President's Challenge 25th Percentile; "Run plus 2 out of 3"								President's Challenge 35th Percentile; "Run plus 2 out of 3"								President's Challenge 50th Percentile; "Run plus 2 out of 3"								President's Challenge 60th Percentile; "Run plus 2 out of 3"								President's Challenge 70th Percentile; "Run plus 2 out of 3"								75th Percentile; "Run plus 2 out of 3" Ages 10-14 not shown			
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	15	16	17+	
SIT & REACH	Males	20	21	21	20	23	24	25	28	22	23	23	23	25	27	27	31	25	25	26	26	28	30	30	34	26	26	27	27	30	32	32	36	27	28	28	29	32	33	35	39	34	36	40
	Females	24	24	25	24	28	31	30	31	26	26	27	27	30	32	32	33	28	29	30	31	33	36	34	35	29	30	32	32	35	37	36	37	30	31	33	34	37	40	38	39	41	39	40
CURL UPS	Males	30	31	34	36	39	38	38	38	32	34	37	39	41	41	40	40	35	37	40	42	45	45	45	44	38	39	43	45	48	49	48	46	40	42	46	48	51	52	50	49	53	51	51
	Females	25	27	29	30	31	30	30	28	27	29	31	33	34	32	32	30	30	32	35	37	37	36	35	34	32	35	38	40	40	39	37	36	35	38	40	41	42	42	40	39	44	41	40
PUSH UPS	Males	10	11	12	16	18	22	24	26	11	12	14	18	20	25	26	30	14	15	18	24	24	30	30	37	16	18	22	28	28	34	35	42	19	22	25	32	34	37	38	46	39	40	49
	Females	10	10	9	9	9	11	11	12	10	11	10	10	10	12	13	14	13	11	11	11	11	15	12	16	14	14	14	15	15	16	17	19	16	16	16	17	17	18	20	22	19	21	23
SHUTTLE RUN	Males	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	9.2	8.9	8.9
	Females	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0	11.8	11.2	11.0	10.9	10.9	10.7	10.5	10.5	11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5	10.3	10.4	10.3
MILE RUN	Males	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	6:38	6:25	6:23
	Females	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11	12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51	10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14	8:40	8:50	8:52

LEADERSHIP EXPECTATIONS

Expectation	Phase I & II	Phase III & IV	Phase IV (Executive)
ATTITUDE	Displays a positive attitude; optimistic; enthusiastic; is team oriented	Maintains a positive attitude and encourages good attitudes in others; does not flaunt rank or authority	Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement
CORE VALUES	Aware of the Core Values; honest; wears uniform properly; practices customs and courtesies	Displays a commitment to the Core Values; promotes team spirit, professionalism, and good sportsmanship as a team leader	Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently
COMMUNICATION SKILLS	Listens actively; attentive; asks good questions	Proficient in informal public speaking (i.e., in giving directions to and training junior cadets)	Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues
SENSE OF RESPONSIBILITY	Follows directions; dependable; arrives ready to learn and serve; effective in managing own time	Enforces standards; trustworthy in supervising a small team and leading them in fulfillment of a series of simple tasks; given a plan, is able to carry it out	Completes large projects with little supervision; follows and sets a command intent; self-starter
INTER-PERSONAL SKILLS		Guides and coaches junior cadets; recognizes when junior cadets need help; leads by example; is not a "boss"	Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure
CRITICAL THINKING			Sets long-term goals for the unit; imaginative and visionary; recognizes unit's long-term needs; mentally agile when faced with unfamiliar problems
DELEGATION SKILLS			Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge

TYPICAL DUTIES



MINIMUM TIME IN GRADE

