








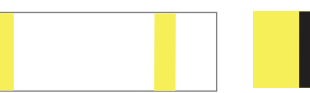











# CIVIL AIR PATROL CADET SUPER

	PHASE I				PHASE II					
	ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL AWARD
<b>NEW CADETS START HERE TRIAL PERIOD</b>	Prospective cadets must attend three meetings before the commander approves their membership application. Training begins right away using <i>Cadet Great Start</i> . The <i>Cadet Welcome Course</i> should be completed as soon as practical after joining. The New Cadet Kit arrives at the cadet's home about two weeks after joining.									
						<i>Currently not named; reserved for a future aerospace pioneer</i>				
	<b>MAJOR GENERAL JOHN F. CURRY</b> First National Commander of the Civil Air Patrol and a strong advocate for female aviators	<b>GENERAL OF THE AIR FORCE HAP ARNOLD</b> Commanding general of U.S. Army Air Forces during World War II	<b>COLONEL MARY FEIK</b> Pioneer in the fields of aviation mechanics and engineering, and proud CAP volunteer	<b>ORVILLE &amp; WILBUR WRIGHT</b> First men to achieve powered, controlled, sustained, heavier-than-air flight	<b>CAPTAIN EDDIE RICKENBACKER</b> America's "Ace of Aces" during World War I; he wanted CAP cadets to know him as "Eddie"		<b>GENERAL JIMMY DOOLITTLE</b> Pioneer in aeronautical engineering and leader of the World War II air raid on Tokyo	<b>DR. ROBERT H. GODDARD</b> The "Father of Modern Rocketry" and developer of the first liquid-fueled rocket	<b>NEIL ARMSTRONG</b> First man to set foot on the Moon, aboard Apollo 11 on July 20, 1969 - "One giant leap for mankind"	<b>BRIGADIER GENERAL BILLY MITCHELL</b> America's first vocal advocate for military airpower, he proved the airplane could sink ships

### GRADE, INSIGNIA, & AWARDS

<b>CADET AIRMAN BASIC</b>	<b>CADET AIRMAN</b>	<b>CADET AIRMAN FIRST CLASS</b>	<b>CADET SENIOR AIRMAN</b>	<b>CADET STAFF SERGEANT</b>
				
				

<b>CADET TECHNICAL SERGEANT</b>	<b>CADET MASTER SERGEANT</b>	<b>CADET SENIOR MASTER SERGEANT</b>	<b>CADET CHIEF MASTER SERGEANT</b>	<b>CADET CHIEF MASTER SERGEANT</b>	<b>CADET SECOND LIEUTENANT</b>
					
					

Eligible for scholarships, Cadet Officer School and Civic Leadership Academy; eligible for E-3 in the USAF; eligible for promotion to 2d Lt as a senior member at age 21

### PROMOTION ELIGIBILITY REQUIREMENTS

	ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL AWARD
<b>LEADERSHIP</b>	<i>Learn to Lead</i> ch. 1 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 2 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 3 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 1-3 Comprehensive Closed-Book Exam Comprehensive Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 4 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 5 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 6 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 7 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test	<i>Learn to Lead</i> ch. 8 <i>Cadet Interactive</i> or Open-Book Test Drill & Ceremonies Performance Test Speech & Essay	<i>Learn to Lead</i> ch. 4-8 Comprehensive Closed-Book Exam
<b>AEROSPACE</b>	No Requirement	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	No Requirement	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> Any Module <i>Cadet Interactive</i> or Written Test	<i>Aerospace Dimensions</i> <b>Modules 1-7</b> Comprehensive Closed-Book Written Exam
<b>FITNESS</b>	Attempt CPFT as a baseline	Participate in 1 Activity & Have Attempted CPFT in Previous 180 days	Participate in 1 Activity & Have Attempted CPFT in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days
<b>CHARACTER</b>	<i>Cadet Wingman Course</i>	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement
<b>SPECIAL</b>	<i>Cadet Welcome Course</i> <i>Cadet Interactive</i> or class									Graduate Encampment (anytime prior)

NOTE: Phase II Kit ships to cadet within 3 weeks of earning Wright Bros. Award

### PRESIDENTIAL YOUTH FITNESS PROGRAM — HEALTHY FITNESS ZONE (HFZ) STANDARDS

Fitness training and acclimation period No CPFT performance standards	AGE	PACER (20m laps)								RUN EITHER									
		10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+
	<b>MALE</b>	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04
	<b>FEMALE</b>	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22

### LEADERSHIP EXPECTATIONS

*Squadrons provide a feedback meeting using the CAPF 60-90 series forms at least once per Phase*

<b>ATTITUDE</b>	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
<b>CORE VALUES</b>	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
<b>COMMUNICATION SKILLS</b>	Listens actively; attentive; asks good questions	Proficient in informal public speaking (i.e., in giving directions to and training junior cadets)
<b>SENSE OF RESPONSIBILITY</b>	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
<b>INTERPERSONAL SKILLS</b>		Guides and coaches junior cadets; recognizes when junior cadets need help; leads by example; is not a "boss"
<b>CRITICAL THINKING</b>		
<b>DELEGATION SKILLS</b>		



# R CHART

CAP Visual Aid 60-100  
September 2021


















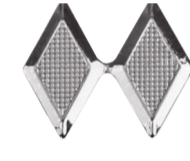

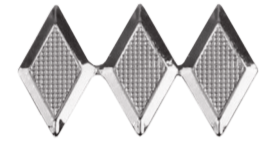

Available in 2' x 3' poster via eServices, and for self-printing on two letter-size sheets.

See a web-based version of this chart at [GoCivilAirPatrol.com/Ranks](http://GoCivilAirPatrol.com/Ranks)

**NEW for 2021**

- ◆ Cadet Welcome Course added to Ach. 1
- ◆ Cadet Interactive is now available for leadership Ach. 1-11 and aerospace Ach. 2-8
- ◆ Aerospace added to Ach. 8, making space for Aerospace Dimensions' cyber module

- ◆ Achievement 5 now unnamed
  - ◆ Earhart aerospace exam deleted
- For full details on all requirements shown here, see CAPR 60-1, ch. 5.

PHASE III				PHASE IV						GENERAL CARL SPAATZ AWARD	
ACHIEVEMENT 9	ACHIEVEMENT 10	ACHIEVEMENT 11	AMELIA EARHART AWARD	ACHIEVEMENT 12	ACHIEVEMENT 13	ACHIEVEMENT 14	ACHIEVEMENT 15	ACHIEVEMENT 16	IRA EAKER AWARD	GENERAL CARL SPAATZ AWARD	
											
<b>1ST LT WILLA BROWN</b> <i>Currently not named; reserved for a future aerospace pioneer</i>	<b>AMELIA EARHART</b> Record-setting female pilot and writer whom was lost while attempting to fly around the world	<i>Currently not named; Reserved for a future aerospace pioneer</i>		<i>Currently not named; reserved for a future aerospace pioneer</i>	<i>Currently not named; reserved for a future aerospace pioneer</i>	<b>COLONEL GEORGE BOYD</b> Tuskegee Airman, one of the first African-American USAF officers, veteran of three wars, CAP volunteer	<b>DR. SALLY RIDE</b> Astrophysicist and first US woman in space who later became a champion of science literacy	<i>Currently not named; reserved for a future aerospace pioneer</i>	<b>GENERAL IRA C. EAKER</b> Army Air Forces general and advocate of strategic bombardment during World War II	<b>GENERAL CARL A. SPAATZ</b> First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board	
<b>CADET SECOND LIEUTENANT</b>	<b>CADET FIRST LIEUTENANT</b>	<b>CADET FIRST LIEUTENANT</b>	<b>CADET CAPTAIN</b> <i>Eligible for the International Air Cadet Exchange; eligible for promotion to 1st Lt. at age 21</i>	<b>CADET CAPTAIN</b>	<b>CADET CAPTAIN</b>	<b>CADET MAJOR</b>	<b>CADET MAJOR</b>	<b>CADET MAJOR</b>	<b>CADET LIEUTENANT COLONEL</b>	<b>CADET COLONEL</b> <i>Eligible for promotion to captain at age 21</i>	
			 						 	 	
<b>Learn to Lead ch. 9</b> Cadet Interactive or Open-Book Test	<b>Learn to Lead ch. 10</b> Cadet Interactive or Open-Book Test	<b>Learn to Lead ch. 11</b> Cadet Interactive or Open-Book Test	<b>Learn to Lead ch. 9-11</b> Comprehensive Closed-Book Written Exam	<b>Learn to Lead ch. 12</b> Open-Book Test	<b>Learn to Lead ch. 13</b> Open-Book Test	<b>Learn to Lead ch. 14</b> Open-Book Test	<b>Learn to Lead ch. 15</b> Open-Book Test	<b>Learn to Lead ch. 16</b> Open-Book Test	Speech & Essay	<b>Learn to Lead ch. 1-16</b> Comprehensive Closed-Book Exam	
SDA Service, Writing & Presentation	SDA Service, Writing & Presentation	SDA Service, Writing & Presentation		SDA Service, Writing & Presentation	SDA Service, Writing & Presentation	SDA Service, Writing & Presentation	SDA Service, Writing & Presentation	SDA Service, Writing & Presentation			
<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	No Requirement	No Requirement	No Requirement	<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	<b>Aerospace: The Journey of Flight</b> 3-Chapter Block Open-Book Test	No Requirement	<b>Journey of Flight</b> All 18 Chapters Comprehensive Closed-Book Exam	
Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	USAF Academy Candidate Fitness Assessment	
Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Essay Exam	
<small>NOTE: Phase III &amp; IV Kit ships to cadet within 3 weeks of earning Mitchell</small>				<small>NOTE: Begin training for Spaatz Fitness Test</small>						<small>NOTE: USAFA &amp; PYFP test protocols differ greatly</small>	<small>NOTE: USAFA &amp; PYFP test protocols differ greatly</small>

PLUS 2 of 3																		USAFA CANDIDATE FITNESS ASSESSMENT										
CURL-UPS									PUSH-UPS									SIT & REACH (avg. inches)		M	F							
10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	SIT-UPS	MILE RUN
12	15	18	21	24	24	24	24	24	7	8	10	12	14	16	18	18	18	8	8	8	8	8	8	8	8	8	81	6:29
12	15	18	18	18	18	18	18	18	7	7	7	7	7	7	7	7	7	9	10	10	10	10	12	12	12	12	41	7:30

Conscious of own performance; takes initiative to develop new skills; self-motivated and able to motivate others	Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement
Fair, just, and consistent in dealing with subordinates; exercises good judgment in knowing which matters should be referred up the chain	Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently
Given an assignment, takes project from beginning to end; develops appropriate goals, plans, standards, and follows through in execution; demonstrates sense of ownership in all assignments	Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues
Actively mentors NCOs; resolves conflicts fairly; criticizes constructively; dissents respectfully when disagreeing with superiors	Completes large projects with little supervision; follows and sets a command intent; self-starter
Thinks in advance and plans ahead to meet the unit's short-term needs; imaginative and not tied to old ideas	Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure
Delegates routine tasks effectively and works through NCOs; keeps people informed; makes expectations clear; supervises work of other leaders	Sets long-term goals for the unit; imaginative and visionary; recognizes unit's long-term needs; mentally agile when faced with unfamiliar problems
	Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge

