

	Period	Timings	Date	10/3/2017	10/10/2017	10/17/2017	10/24/2017	
Phase One	1	1900-1935		MX04.01 - Cadet Fitness Assessment	100	M108.04 - Close March	Div O	
				Fitness & Health	PSRY Training	Drill	Div O's Period	
			Instructor	SrCdts	Lt(N) Taddeo	PO2 Urbanek (CI Fu Monitors)	DivOs and DPOs	
				Location	Deck	Foyer	Outside	Deck
	2	1935-2010		MX04.01 - Cadet Fitness Assessment	100	M107.02 - Identify Cdt and RCN ranks	M108.06 - Right Dress	
				Fitness & Health	PSRY Training	GCK	Drill	
Instructor			SrCdts	Lt(N) Taddeo	CPO1 Zoes	PO2 Zoes		
			Location	Deck	Foyer	Deck		
3	2025-2050		MX04.01 - Cadet Fitness Assessment	100	M107.05 - Wear Sea Cadet Uniform	CD's		
			Fitness & Health	PSRY Training	GCK	Ceremonial Divisions		
		Instructor	SrCdts	Lt(N) Taddeo	CPO1 Zoes	-		
				Location	Deck	Foyer	Deck	-
	Phase Two	1	1900-1935		MX04.01 - Cadet Fitness Assessment	M207.01 - Phase 2 Trg Opportunities	M207.02 - Historical Aspects of RCSC	Div O
					Fitness & Health	GCK	GCK	Div O's Period
Instructor				SrCdts	Capt Thomson	Deck	DivOs and DPOs	
				Location	Deck	Deck	PO2 Zoes (Capt Thomson Monitors)	Deck
2		1935-2010		MX04.01 - Cadet Fitness Assessment	C208.02 - Drill With Arms	C208.02 - Drill With Arms	C208.02 - Drill With Arms	
				Fitness & Health	Drill	Drill	Drill	
	Instructor		SrCdts	PO2 Samaha	PO2 Choi (CI Fu Monitors)	PO2 Urbanek		
			Location	Deck	Outside	Outside	Outside	
3	2025-2050		MX04.01 - Cadet Fitness Assessment	M203.03 - Effective Communication	M203.04 - Positive Group Dynamics	CD's		
			Fitness & Health	Leadership	Leadership	Ceremonial Divisions		
		Instructor	SrCdts	PO1 Karaulshchikova	PO2 Feeney	-		
			Location	Deck	Deck	Deck	-	
Phase Three	1	1900-1935		MX04.01 - Cadet Fitness Assessment	M308.02 - Deliver Commands	M307.03 - NLC and DND Partnerships	Div O	
				Fitness & Health	Drill	GCK	Div O's Period	
			Instructor	SrCdts	PO1 Karaulshchikova	PO2 Zoes	DivOs and DPOs	
				Location	Deck	Outside	Deck	Deck
	2	1935-2010		MX04.01 - Cadet Fitness Assessment	M303.03 - Self Assessment	M303.04 - Comms as a leader	M321.01 - Lifting Device Safety	
				Fitness & Health	Leadership	Leadership	Ropework	
Instructor			SrCdts	CV DeOlmo	PO1 Karaulshchikova	PO2 Feeney (Slt Lloyd-Davies Monitors)		
			Location	Deck	Deck	Deck		
3	2025-2050		MX04.01 - Cadet Fitness Assessment	C309.04 - Formations for drill instruction	M303.04 - Comms as a leader	CD's		
			Fitness & Health	IT	Leadership	Ceremonial Divisions		
		Instructor	SrCdts	PO2 Samaha	PO1 Karaulshchikova	-		
			Location	Deck	Deck	Deck	-	
Phase Four	1	1900-1935		MX04.01 - Cadet Fitness Assessment	400	M408.03 - Comand a Squad	Div O	
				Fitness & Health	PSRY	Drill	Div O's Period	
			Instructor	SrCdts	Lt(N) Taddeo	PO1 Balla	DivOs and DPOs	
				Location	Deck	Foyer	Outside	Deck
	2	1935-2010		MX04.01 - Cadet Fitness Assessment	400	M408.04 - Inspect a Cadet on Parade	M403.03 - Motivate Team Members	
				Fitness & Health	PSRY	Drill	Leadership	
Instructor			SrCdts	Lt(N) Taddeo	PO2 Urbanek	PO2 Samaha		
			Location	Deck	Foyer	Outside	Deck	
3	2025-2050		MX04.01 - Cadet Fitness Assessment	400	M403.03	CD's		
			Fitness & Health	PSRY	Leadership	Ceremonial Divisions		
		Instructor	SrCdts	Lt(N) Taddeo	PO1 Balla	-		
			Location	Deck	Foyer	Deck	-	
Phase Five	1	1900-1935		MX04.01 - Cadet Fitness Assessment	M503.02 - Prepare an Exercise	M507.01 - Develop a Personal Schedule	Seniors Meeting	
				Run CFA	Leadership	GCK	Seniors Meeting	
			Instructor	-	CPO1 Zoes	Slt Lloyd-Davies	CPO1 Zoes & Cox'n	
				Location	-	Deck	Deck	Foyer
	2	1935-2010		MX04.01	M503.02 - Prepare an Exercise	M507.01 - Develop a Personal Schedule	M503.03 - Conduct an Exercise	
				Run CFA	Leadership	GCK	Leadership	
Instructor			-	CPO1 Zoes	Slt Lloyd-Davies	Lt(N) Taddeo		
			Location	-	Deck	Deck	Foyer	
3	2025-2050		MX04.01	M503.02 - Prepare an Exercise	M507.01 - Develop a Personal Schedule	CD's		
			Run CFA	Leadership	GCK	Ceremonial Divisions		
		Instructor	-	CPO1 Zoes	CI Fu	-		
			Location	-	Deck	Deck	-	