

CIVIL AIR PATROL CADET SUPER CHART

PHASE I THE LEARNING PHASE				PHASE II THE LEADERSHIP PHASE						PHASE III THE COMMAND PHASE				PHASE IV THE EXECUTIVE PHASE					IRA EAKER AWARD	GENERAL CARL A. SPAATZ AWARD	
ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL 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 A. SPAATZ AWARD	
																					
JOHN CURRY First National Commander of the Civil Air Patrol and a strong advocate for female aviators	HAP ARNOLD Commanding general, U.S. Army Air Forces during World War II	MARY FEIK Pioneer in the fields of aviation mechanics and engineering and proud CAP member	ORVILLE & WILBUR WRIGHT First men to achieve powered, controlled, sustained heavier-than-air flight	EDDIE RICKENBACKER America's "Ace of Aces" during World War I; he wanted CAP cadets to know him as "Eddie"	CHARLES LINDBERGH First man to fly solo and non-stop across the Atlantic Ocean, aboard the "Spirit of St. Louis"	JIMMY DOOLITTLE Pioneer in field of aeronautical engineering and leader of the World War II air raid on Tokyo	ROBERT GODDARD The "Father of Modern Rocketry" and developer of the first liquid-fueled rocket	NEIL ARMSTRONG First man to set foot on the Moon, aboard Apollo 11 on July 21, 1969	BILLY MITCHELL America's first vocal advocate for military aviation, he proved the airplane could sink ships				AMELIA EARHART Record-setting female pilot who was lost while attempting to fly around the world							IRA EAKER Army Air Forces general and advocate of strategic bombardment during World War II	CARL SPAATZ First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board

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	CADET FIRST LIEUTENANT	CADET FIRST LIEUTENANT	CADET CAPTAIN	CADET CAPTAIN	CADET CAPTAIN	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET LIEUTENANT COLONEL	CADET COLONEL	
																					
No Ribbon Awarded				No Ribbon Awarded						No Ribbon Awarded				No Ribbon Awarded				No Ribbon Awarded		No Ribbon Awarded	

PROMOTION ELIGIBILITY REQUIREMENTS																					
LEADERSHIP	Chapter 1	Chapter 2	Chapter 3	Comprehensive Exam	Chapter 4	Chapter 5	Chapter 6	Chapter 7	Speech & Essay	Comprehensive Exam	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	No Requirement	Any Module	Any Module	No Requirement	Any Module	Any Module	Any Module	Any Module	No Requirement	Comprehensive Exam	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	Foundations Module	1 Forum	1 Forum	No Requirement	1 Forum	No Requirement	1 Forum	1 Forum	1 Forum	No Requirement	1 Forum	No Requirement	Essay Exam								
ACTIVITIES	Participate Actively	Encampment	Participate & Mentor	Participate & Mentor	Participate & Mentor	SDA Staff Service	Participate & Instruct	Participate Actively													
FITNESS	Cadet Physical Fitness Test																				

CADET PHYSICAL FITNESS TEST STANDARDS																																																																			
	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	Males 22	23	23	23	25	27	27	31	Males 25	25	26	26	28	30	30	34	Males 26	26	27	27	30	32	32	35	Males 27	28	28	29	32	33	35	37	Males 29	30	32	32	35	37	36	37	Males 30	31	33	34	37	40	38	39	Males 34	36	40								
CURL UPS	Males 30	31	34	36	39	38	38	38	Males 32	34	37	39	41	41	40	40	Males 35	37	40	42	45	45	45	44	Males 32	35	38	40	40	39	37	36	Males 38	39	43	45	48	49	48	46	Males 32	35	38	40	41	42	42	40	Males 40	42	46	48	51	52	50	49	Males 44	41	41	40							
PUSH UPS	Males 10	11	12	16	18	22	24	26	Males 11	12	14	18	20	25	26	30	Males 14	15	18	24	24	30	30	37	Males 10	11	10	10	10	12	13	14	Males 16	18	22	28	28	34	35	42	Males 14	14	14	15	15	16	17	19	Males 19	22	25	32	34	37	38	46	Males 16	16	16	17	17	18	20	22	Males 39	40	49
SHUTTLE RUN	Males 12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	Males 12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	Males 11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4	Males 12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3	Males 11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	Males 11.8	11.2	11.0	10.9	10.9	10.7	10.5	10.5	Males 10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	Males 11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5	Males 9.2	8.9	8.9
MILE RUN	Males 11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	Males 10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	Males 9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04	Males 12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20	Males 9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	Males 10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51	Males 8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	Males 10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14	Males 6:38	6:25	6:23
Females	24	24	25	24	28	31	30	31	Females 26	26	27	27	30	32	32	33	Females 28	29	30	31	33	36	34	35	Females 29	30	32	32	35	37	36	37	Females 30	31	33	34	37	40	38	39	Females 35	38	40	41	42	42	40	39	Females 41	39	40																
Females	10	10	9	9	9	11	11	12	Females 10	11	10	10	10	12	13	14	Females 13	11	11	11	11	15	12	16	Females 10	11	10	10	10	12	13	14	Females 16	16	16	17	17	18	20	22	Females 19	22	25	32	34	37	38	46	Females 16	16	16	17	17	18	20	22	Females 19	21	23								
Females	13.1	12.5	12.1	11.8	11.9	11.7	11.7	1	Females 12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3	Females 12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0	Females 11.8	11.2	11.0	10.9	10.9	10.7	10.5	10.5	Females 10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	Females 11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5	Females 9.2	8.9	8.9																
Females	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11	Females 12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20	Females 11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22	Females 10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51	Females 8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	Females 10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14	Females 8:40	8:50	8:52																

LEADERSHIP EXPECTATIONS																							
ATTITUDE	Phase I & II									Phase III				Phase IV									
ATTITUDE	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				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					
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				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					
COMMUNICATION SKILLS	Listens actively; attentive; asks good questions									Proficient in informal public speaking (i.e., in giving directions to and training junior cadets)				Writes and speaks clearly; presents ideas logically; wins through persuasion				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				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				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 mentors NCOs; resolves conflicts fairly; criticizes constructively; dissents respectfully when disagreeing with superiors				Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure					
CRITICAL THINKING														Thinks in advance and plans ahead to meet the unit's short-term needs; imaginative and not tied to old ideas				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														Delegates routine tasks effectively and works through NCOs; keeps people informed; makes expectations clear; supervises work of other leaders				Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge					



MINIMUM TIME IN GRADE																																																																																	
Grade	Start Date	End Date	Duration	Grade	Start Date	End Date	Duration	Grade	Start Date	End Date	Duration	Grade	Start Date	End Date	Duration	Grade	Start Date	End Date	Duration	Grade	Start Date	End Date	Duration																																																										
Upon Joining	Jan 00	Mar 00	+ 8 weeks	CADET AIRMAN	Mar 00	May 00	+ 8 weeks	CADET AIRMAN FIRST CLASS	May 00	Jul 00	+ 8 weeks	CADET SENIOR AIRMAN	Jul 00	Sep 00	+ 8 weeks	CADET STAFF SERGEANT	Sep 00	Nov 00	+ 8 weeks	CADET TECHNICAL SERGEANT	Nov 00	Jan 01	+ 8 weeks	CADET MASTER SERGEANT	Jan 01	Mar 01	+ 8 weeks	CADET SENIOR MASTER SERGEANT	Mar 01	May 01	+ 8 weeks	CADET CHIEF MASTER SERGEANT	May 01	Jul 01	+ 8 weeks	CADET CHIEF MASTER SERGEANT	Jul 01	Sep 01	+ 8 weeks	CADET SECOND LIEUTENANT	Sep 01	Nov 01	+ 8 weeks	CADET FIRST LIEUTENANT	Nov 01	Jan 02	+ 8 weeks	CADET FIRST LIEUTENANT	Jan 02	Mar 02	+ 8 weeks	CADET CAPTAIN	Mar 02	May 02	+ 8 weeks	CADET CAPTAIN	May 02	Jul 02	+ 8 weeks	CADET MAJOR	Jul 02	Sep 02	+ 8 weeks	CADET MAJOR	Sep 02	Nov 02	+ 8 weeks	CADET MAJOR	Nov 02	Jan 03	+ 8 weeks	CADET LIEUTENANT COLONEL	Jan 03	Mar 03	+ 8 weeks	CADET COLONEL	Mar 03	Mar 03	Upon earning Eaker	38 months to Eaker	38 months to Spaatz