

Mustang Cadet Squadron Meeting Agenda

Date	10JULY2024	Draft Version:	1
Uniform	PTU	Drafted By:	C/CD
Emphasis	Safety, PT	Final	Yes
Testing	P: 2d Lt Perianan, A: SM Kanizay	Approved by:	1 st Lt Sacks

Time	Activity	Leader	Loc	Notes	2nd Activity	Leader	Loc
1815	Cadet Staff Meeting	C/CC	Hall				Hall
1830	Opening Formation	C/CC	Out	All Flights	Uniform Inspection	C/CCF	Out
1835	Announcements	C/CCF	Aud	All Flights			
1845	CAC Update	C/CCF	Aud	All Flights			
1845	Safety Lesson	SE	Aud	All Flights	Ryan Promotion Board	C/CE C/BCS 2 Lt Perianan	
1930	Break		Hall				
1935	PT	C/CCF	Arm	All Flights See Memo attached	Love Promotion Board	C/CD C/ACC Lt Col Bolles	Clis
					Castro Dombi Promotion Board	C/CD C/BCC Lt Col Bolles	
2050	Closing Formation	C/CC	Arm	All Flights			
2100	Depart	C/CCF	Hall	All Flights			

Announcements: Squadron Dues are payable now - \$48 for the year, make checks payable to MCS and hand to Maj Gray. Testing Saturday 20 JUL – who will need testing for drill etc ?

Abbreviations and Acronyms:

Aud = auditorium Hall = Hallway Cls = Classroom
Arm = armory Out = Parking Lot Ofc = Room 241

STAFF COORDINATION

CD/CDC <input type="checkbox"/>	CPL <input type="checkbox"/>	AE <input type="checkbox"/>	CPF <input type="checkbox"/>	CPC <input type="checkbox"/>	CPT <input type="checkbox"/>
DA <input type="checkbox"/>	DO <input type="checkbox"/>	DP <input type="checkbox"/>	FM <input type="checkbox"/>	HC <input type="checkbox"/>	IT <input type="checkbox"/>
LG <input type="checkbox"/>	PA <input type="checkbox"/>	PD <input type="checkbox"/>	SE <input type="checkbox"/>	_____ <input type="checkbox"/>	_____ <input type="checkbox"/>
C/CC <input type="checkbox"/>	C/CD <input type="checkbox"/>	C/CCF <input type="checkbox"/>	C/CCC <input type="checkbox"/>	C/ACC <input type="checkbox"/>	C/PCC <input type="checkbox"/>

INSTRUCTIONS

Draft Version Enter 1, 2, 3, etc., if it is necessary to track the document through multiple edits.

Drafted by Enter name and grade of individual who created the schedule.

Office Symbols

Most common staff areas are represented on the form via their office symbol.

It is not necessary for every staff officer to coordinate on every weekly meeting plan. Local leaders should decide who needs to be included in the process. Once you have reviewed, commented, and/or edited the plan place an "x" in the block next to your symbol above.

- | | | |
|-----------------------------|----------------------------|--------------------------------|
| CD Deputy Commander | DA Administrative Officer | C/CC Cadet Commander |
| CPL Leadership Officer | DO Operations / ES Officer | C/CD Cadet Deputy Commander |
| AE Aerospace Officer | DP Personnel Officer | C/CE Cadet Executive Officer |
| CPF Fitness Officer | FM Finance Officer | C/CCC Charlie Flight Commander |
| CPC Character Development | HC Chaplain | C/ACC Alpha Flight Commander |
| CPT Testing Officer | IT Information Technology | C/PCC Papa Flight Commander |
| LG Logistics Officer | PA Public Affairs Officer | C/CCF Cadet First Sergeant |
| PD Professional Development | SE Safety Officer | |



CIVIL AIR PATROL

MUSTANG CADET SQUADRON



10 JULY 2024

MEMORANDUM FOR 10 JULY 2024 MEETING AGENDA

FROM: C/CCF Chen-Becker

SUBJECT: 10 JULY 2024 PT Plan

1. WARM-UP (10 min)

- a. Jumping Jacks - 5 sets of 4
- b. Toe touches
- c. Side lunges
- d. Hangs
 - A. Touch the floor
 - B. Go left, right, middle
- e. Arm Circles
 - A. Forward, backward, get bigger
- f. Quad/hamstring stretch
 - A. Mr. Smith Stretch
- g. Pigeon stretch
- h. Shoulder stretch
 - A. Do while walking outside to run
- i. Lunge and twist
 - A. Do while walking outside to run

2. PT Testing (55 mins)

- a. 1 Mile run, timed
- b. Sit ups
- c. Push ups
- d. Sit and Reach

3. SPORT (Remaining)

- a. Dodgeball
 1. Medic game
 2. Have cadets suggest games
- b. Line dancing or swing dancing
 1. Depends on cadet interest
- c. Competition for Honor Flight Points
 1. eg Pull ups, water relay, relays, etc.

//SIGNED//

C/CCF Chen-Becker

PT PLAN APPROVED:

//SIGNED//

C/CC