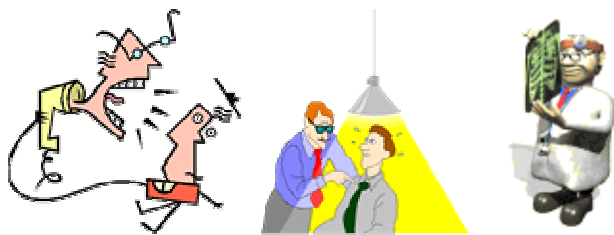


## The Mythical Frimley Park - What All Adult Instructors Need to Know

An easy multiple choice question to start you off on this article - what goes on at the Cadet Training Centre at Frimley Park?



- A place where they beat adults on the parade square and yell obscenities at them?
- A place where adults are forced to carry out teaching practices which are then ripped apart by laughing directing staff (DS)?
- A place where cadets are experimented upon?

None of the above are true although certainly the first 2 appear to be myths that float around Suffolk ACF. Frimley Park is the Regimental home of the ACF and the CCF, and has been since 1959. It's motto is '*Renovate Animos*' - to us lesser mortals who do not read Latin fluently - '*To Refresh the Spirit*'. It's charter states the Centre's aim as: 'to act as the National Centre of excellence for the Cadet movement and thus be a source of inspiration and information'. It is commanded by a Regular Lt Col who has a training team of 5 Military Staff, 3 retired officers in administrative roles and 38 civilian support staff. In addition to the regular training staff, Assistant Directing Staff (ADS) are selected from the Adult Instructors who achieve a high grade on their course and are identified as having the right temperament. There are ADS on all the adult and cadet courses who not only supplement the regular staff in the instruction but are there to be the specialists on any cadet specific topics that are raised. In Suffolk we have

three current ADS who would be more than happy to be contacted if you want help in preparing for a course you are attending or want any information on courses, Maj **Andy Smith** (A Coy), Capt **Cathy Bradshaw** (County) and Lt **Ted Warren** (Cty). Maj Smith used to be employed as the barman at Frimley so he may be able to give you some hints in that direction!

### Adult Courses

Your first visit to Frimley should be within 18 months of completing ITC to attend the Adult Instructors (AIs) Course. This course develops your instructional techniques using drill and weapon teaching practices (TPs), on both the Cadet GP L98 A1 and the LSW. It also instructs and tests you on fieldcraft (written paper), map and compass (written paper and practical) and the cadet safety pamphlet (written test). Do not worry if your reading and writing is not brilliant. If needs be, ADS will sit with you and read out the question and write the answer - it's your knowledge we are interested in. Contrary to some rumours floating around the County **there is nothing to be scared of**. If you do a little bit of preparation for the course (ask one of the three ADS in the County for help on what you should mug up on) and put 100% into the course you will get a good report. The staff at Frimley are there to help you become better instructors and the ADS are there in the evening to help you prepare your TPs, rehearse drill and answer any questions on the syllabus you haven't quite got to grips with. No one there wants to fail you or laugh at your expense. The regular staff at Frimley have a lot of respect for what us volunteers do and put a lot of energy into ensuring the students in their squads get the best from the course. It is not all work. There is time to relax in the bar and chew the fat with other instructors from around the country. Many common issues are discussed and problems found from other's experiences. There is also a formal mess function in the impressive dining hall at Frimley.

My top tip for this course is do it as early as you can after your ITC ie before you fall into bad habits - you know that saying about old dogs and learning new tricks.

Also, whatever your report reads, **you will learn lots and be better instructors** which can only **benefit your cadets**. An A Grade might mean you are invited to return as an ADS. I can also guarantee that **you will have fun**. Oh, and put on weight thanks to the quality and quantity of the food!

Once you have completed your AIs course, some of you, in time and with experience, will return to the King George VI Memorial Leadership Course (KGVII). This course concentrates on planning and conducting field exercises and is a pre-requisite for promotion to SMI/Captain. Frimley also carries out specialist courses and conferences for Duke of Edinburgh, Sports, Shooting and Outreach officers. There are also First Aid and Target Rifle Courses.

Many of the courses, including the AIs, lead to recognised civilian Adult Qualifications in management so it may be a way to persuade your employer to give you that time off.

DO NOT DELAY in putting yourself on a course, even if it means going to Annual camp for only a week or missing it that year. You and your cadets will see the benefit week in and week out at the Detachment and that has got to be a good thing. Visit the web site [www.ctcfrimleypark.army.org.uk](http://www.ctcfrimleypark.army.org.uk) where you will find all of the course details and dates and then put in a bid via your Company, or if you have no luck there, via the CEO.

## A challenge to Senior Cadets - Are you good enough?

So you've got your 3 Star, you are an NCO and probably the senior cadet in your Detachment. You think you are good. But are you? Do you really want to pit yourself against cadets from the rest of the Country?

No you don't, you're too weak - so don't bother reading on!

For those of you that do, and want a challenge, carry on.

### Senior Cadet Instructor Course (SCIC)

This one-week course is held at Beckingham Camp for cadets from our Brigade during the Feb, May and Oct half term holidays. You must have attained your 3 Star.

This course builds upon JCIC, aiming to develop your instructional skills in drill, weapon and navigation lessons. You are given more instruction on how to plan and deliver lessons, more time to practice giving a mock lesson before delivering teaching practices which are then assessed. There is also a field exercise at the end of the week to develop leadership skills in the field.

As well as being fun the course counts towards your 4 Star.

### Cadet Leadership Course, Cadet Training Centre (CTC) Frimley Park

This one-week course is held at CTC for 120 cadets from the 3 services from all over the UK. There are 3 dates to choose from, all in Jul. You must have your 3 Star, be 16 yrs of age and fairly physically fit.

This is an intensive week where you develop your leadership through field exercises, command tasks and sports. You will be in a section of 12 cadets and fight hard to be Champion section and go home with not only a badge for your brassard, new friends and great memories but also a shield for your troubles. As well as fun, the course qualifies as part of your 4 Star and the Residential section of the Gold DofE Award.

### Cadet Leadership Course, Nescliffe

This is the same as the above course and overseen by CTC. The main difference is that it is run by a Regular Army host unit, is on the English/Welsh border and the badge for your brassard is different. The courses are run in the Easter school holidays. You cannot do both CLCs so either go to CTC or Nescliffe.

### Master Cadet Course, CTC Frimley

This course is for cadets who have achieved their 4 Star and are the very top of their County. The course aims to improve your skills as a leader and instructor. This is done by a combination of command appointments in the field, teaching practices, oral presentations and overall conduct on the course. This is an ideal course to see if you have what it takes to be an adult instructor. It also is very similar to JNCO cadres run by the regular army for those of you considering a career in the Regular Forces.

### Champion Cadet - Claire Shore Trophy, CTC Frimley

If you perform well on the Master Cadet Course and are in the correct age bracket (that is you have not left cadets because of your age - hint, the earlier you do the Master Cadet Course the more likely you are to be age qualified) you are invited back to compete for the right to become the Champion Cadet in the whole of the UK! This takes place over a weekend in September. The competition involves tests on the APC Syllabus, delivering a TP, delivering a set of orders, an oral presentation on yourself (including what you do outside of cadets) and interviews. After a testing weekend the winner is announced and the bragging rights are yours as well as your name being engraved for eternity on a large and very impressive silver trophy (sorry you don't get to keep it but you do get a smaller trophy to take home). Suffolk has not yet had a cadet in this competition so become a first and go down in Suffolk folklore - get on a Master Cadet course and be recommended, who knows you may win it.

To bid for any of these courses talk to your Detachment Commander or your Training Officer. For details of the courses run at CTC and the dates (including close of bid dates) log on to [www.ctcfrimleypark.army.org.uk](http://www.ctcfrimleypark.army.org.uk)

Capt *Cathy Bradshaw*, Asst Cty Trg Officer

## Army Cadet Expedition To Ascend Mount Kenya - 6 Jul to 31 Aug 2007



The time has nearly come when I will be going off to Kenya with the other 11 instructors and 35 cadets drawn from all over the cadet forces of Britain - except for Suffolk!

Our principle aim will be to ascend Mount Kenya which just for some comparison will be like climbing Snowdon every day for a week but without the same amount of oxygen. I think the technical term is we will be breathing out of our ar\*\*s!

We will also get to do some white water rafting on areas like 'Sphincter flexor' and 'Can of worms' and of course a little safari to see the 'big five'. We also have a community project that will involve helping out at a local school so

I have the cadets frantically buying pens and pencils for the Kenyan children.

On the last night we go to a restaurant that will serve up meats from all the game animals found out in Africa - that should be interesting!

We have one more training weekend in the Lakes and then we meet at Frimley on 5 Aug so we can have a final kit check and throw all the useless kit that the cadets will no doubt try to take! I will give you the whole story on my return so for now, 'Jambo Bwana'.

Lt *Steve Rhind*, SACF County DofE and Adventurous Training Offr

## The HMS Ganges Youth Trophy Award - Apr 2007



Congratulations to Felixstowe (Royal Artillery) Det, C Coy, on their award at a Civic Presentation at Broadway House, Felixstowe by the Mayor, Ann Rodwell.

Nominated by Capt Breene of the RA Association, the certificate citation reads: 'The HMS Ganges Youth Trophy 2007 was presented to The Army Cadets, Felixstowe Royal Artillery, in recognition of their high level of Community Service to the Town of Felixstowe.'

Representing the Det were: SI **Mick Hammond**, Bdr **Alex Wilson**, Gnrs **Shaun Garnham**, **Robyn Harrison** and **Louise Radbourne**.

