**25 Sept 23 Sports/Teambuilding**

\*\* Cadets will go to supply on a rotation basis to get uniform or exchange their Blues for next week \*\*

**Before 1830-** Cadets arrive and are directed to the Flight and Level Display

\*\* 1st years will stay in their own flight till mid October, when 2Lt McGill-Yates feels they are drill ready for the big flights \*\*

**1830** - Cadets formed up on Parade, to get use to new flights

**1845- 1900** - Cadets break to 9 groups (take each Level 5 and they need to find groups of cadets from every level)

Line up with level 5 in front and the rest of the cadets behind them on the middle of the parade floor

**1900-1915** – Helium Stick Competition ( stick starts at chest height and lowered to ground)

* One finger on the stick at all times by all cadets
* Lower stick to the ground, with no drop
* Start again if a cadet lets go or its dropped
* No noise when stick is placed on ground
* Level 5 is the judge of the rules

**1915-1930 –** Marble Relay (each team breaks up into 2 teams on opposite side of the parade floor ( green lines) Each side gets a wooden spoon and marbles to go back and forth with.

* No touching with fingers, they start again
* Marble drop they start again
* All players must sit once done their replay

**1935- 2005** – NCO Meeting (FCpl and UP) and all other continue sports/activities

Sports- basketball, badminton, volleyball

* Rotate a cadet in after each play so that everyone has a chance to play

Or continue with activities- Human Knot competitions, Draw on the backs of each person to see the drawing from the first cadet drawing to the last cadet drawing (judge who has the best comparison)

**2005-2025** – Canteen

\*\*Remind cadets to drink

**2025-2055** – Back to the assigned groups or continue sports with the rest of the cadets

* Do Human Knot Competition if not done earlier
* Drawing on Backs Competition

**2055** - Dismissal