
THE NATIONAL STAR OF EXCELLENCE

CADET MANUAL 2013-2014



ROYAL CANADIAN ARMY CADETS

Starting in your Gold Star training year, you will be participating in the most comprehensive assessment system ever offered to Army Cadets in Canada. The **National Star of Excellence (NSE)** is an exciting challenge presented to all Army Cadets from the moment they start Gold Star.

The NSE is not a training level. It is a merit-based system that will be working in parallel to the training levels. Practically everything you do as a cadet will be taken into consideration.

Your mission is to accumulate points to be selected ahead of others for the following:

- Regional, National and International Expeditions
- Advanced Summer Training and International Exchanges
- Promotions and nominations at the corps and at the CSTC
- Awards

Areas of Assessment

You accumulate points by meeting a series of challenges. Some challenges are mandatory and others will be selected by you.

- **Mandatory:** The following are the mandatory topics that will be taught to you during your Gold Star and during your Master Cadet levels of training. You must pass ALL these topics.

Gold Star Topics (4th year)

- Citizenship
- Community Service
- Leadership
- Personal Fitness and Healthy Living
- Recreational Sports
- Air Rifle Marksmanship
- General Cadet Knowledge
- Drill
- Instructional Techniques
- CF Familiarization
- Navigation
- Wilderness Survival
- Outdoor Leadership
- Expedition

Master Cadet Training (5th year)

- Citizenship
- Community Service
- Leadership
- Personal Fitness and Healthy Living
- General Cadet Knowledge
- Instructional Techniques
- CF Familiarization
- Advanced Training Seminars
- Advanced Training

- **Optional** areas of assessment are additional challenges you may decide to pursue. From the following, you select which are more interesting to you. In fact, you can select some or all of them:

- Marksmanship qualifications
- Physical Fitness qualifications
- Music Proficiency levels
- Participation in expeditions
- Community leadership
- Participation in the Duke of Edinburg Program
- Participation in the Colonel Robert Perron Award
- Participation in corps optional training
- Performance in zone, regional and national competitions
- Attendance at your mandatory training

NSE Levels – Prerequisites

There are four levels of excellence in the NSE. To achieve them you must:

NSE Level 1

- pass all compulsory Gold Star POs;
- accumulate enough points to reach an overall score of at least 450 points.

NSE Level 2

- pass all compulsory Master Cadet POs;
- accumulate enough points to reach an overall score of at least 750 points.

NSE Level 3

- be qualified as Master Cadet; and
- accumulate enough participation points to reach an overall score of at least 900 points.

NSE Level 4

- be qualified as Master Cadet; and
- accumulate enough participation points to reach an overall score of at least 1000 points.

Can you receive the NSE if you fail Gold Star, even if you accumulate 450 participation points?

No. The NSE is linked to achievement in both compulsory training and participation.

What happens if you pass Gold Star but have not reached 450 points by the end of the training year? You will receive your Gold Star but will have to keep accumulating participation points until you reach 450. This can be accomplished during summer or during your Master Cadet year.

What happens if you accumulate 450 points but have not successfully completed all the mandatory requirements for Gold Star Training? You must pass Gold Star to qualify for NSE Level 1. You may keep accumulating points until you pass Gold Star. The moment that your training file indicates that you pass Gold Star, you will receive your NSE Level 1 badge based on the points you have accumulated then. You will start pursuing NSE Level 2 with that number of points in bank. To achieve NSE Level 2 you will have to pass all Master Cadet subjects and you will have to requalify for the areas of assessment that you elect to pursue on the Participation tracking sheet.

Can you opt out of the NSE? No you can not. Minimally, you will be receiving points for the results you get for mandatory training. You may decide not to pursue higher levels of the NSE, but your ranking will be reflective of what you achieve. However, if your intent is to participate in advanced training or international exchanges and expeditions, you will have to accumulate additional points.

Scoring Principles

- The better you do at each of your challenges and the more points you receive
- You get no point for qualifications achieved in Green, Red and Silver Star. All cadets that undertake the NSE will start from zero. The goal is to prove your worth as a senior cadet.
- Points are accumulated **while you are pursuing NSE Levels**. This means that until you reach the required number of points for a given NSE Level, you can try to improve your results in the areas of assessment you chose, so that you get more points. Not all cadets will achieve their NSE Levels at the same time because not all cadets will be using exactly the same areas of assessment.
- You will be credited for the highest result you achieve in each area of assessment in the pursuit of each NSE Level. For example, you may successfully pass 4 assessments for physical fitness while trying to reach NSE Level 1, but you will receive points only for the highest result achieved

- The points accumulated during each NSE Level are carried forward to the next Level. Therefore, if you reach NSE Level 1 with 450 points, you will start your quest for NSE Level 2 with 450 points
- You can use each area of assessment once in the pursuit of each NSE Level. As you reach a Level of NSE, you can again use the same areas of assessment to accumulate points towards the next Level. For example, you may receive points for achieving a level of marksmanship in the pursuit of NSE Level 1. Marksmanship can only be used again, as an assessment area, when you start pursuing NSE Level 2

Scoring for your Compulsory Training

EXAMPLE GOLD STAR

Achievement of Gold Star and Master Cadet training topics are defined as **Baseline** (when you meet minimum prerequisites) or **Enhanced Proficiency** (when you exceed prerequisites). The achievement of compulsory topics is rewarded as follows:

- Baseline, 20 points; and
- Enhanced, 40 points.

You can accumulate a maximum of 420 points for mandatory training in Gold Star.

In the example shown (in yellow) a cadet achieves 360 points.

PO 401 - CITIZENSHIP			
fail	baseline		
0 pts	20 pts		
PO 402 - COMMUNITY SERVICE			
fail	baseline		
0 pts	20 pts		
PO 403 - LEADERSHIP			
fail	baseline	enhanced	
0 pts	20 pts	40 pts	
PO 404 - PERSONAL FITNESS AND HEALTHY LIVING			
fail	baseline		
0 pts	20 pts		
PO 405 - RECREATIONAL SPORTS			
fail	baseline		
0 pts	20 pts		
PO 406 - AIR RIFLE MARKSMANSHIP			
fail	baseline		
0 pts	20 pts		
PO 407 - GENERAL CADET KNOWLEDGE			
fail	baseline		
0 pts	20 pts		
PO 408 - DRILL			
fail	baseline	enhanced	
0 pts	20 pts	40 pts	
PO 409 - INSTRUCTIONAL TECHNIQUES			
fail	baseline	enhanced	
0 pts	20 pts	40 pts	
PO 420 - CF FAMILIARIZATION			
fail	baseline		
0 pts	20 pts		
PO 422 - NAVIGATION			
fail	baseline	enhanced	
0 pts	20 pts	40 pts	
PO 424 - WILDERNESS SURVIVAL			
fail	baseline	enhanced	
0 pts	20 pts	40 pts	
PO 425 - OUTDOOR LEADERSHIP			
fail	baseline		
0 pts	20 pts		
PO 426 - EXPEDITION			
échec	baseline	enhanced	
0 pts	20 pts	40 pts	
POSITIVE SOCIAL RELATIONSHIPS FOR YOUTH			
échec	baseline		
0 pts	20 pts		

**EXAMPLE
MASTER CADET**

There are 240 points available to achieve in Master Cadet Training.

In the example shown (in yellow) a cadet achieves 200 points.

PO 501 - CITIZENSHIP			
	Fail	Complete	
	0 pts	20 pts	
PO 502 - COMMUNITY SERVICE			
	Fail	Complete	Enhanced
	0 pts	20 pts	40 pts
PO 503 - LEADERSHIP			
	Fail	Complete	Enhanced
	0 pts	20 pts	40 pts
PO 504 - PERSONAL FITNESS AND HEALTHY LIVING			
	Fail	Complete	Enhanced
	0 pts	20 pts	40 pts
PO 507 - GENERAL CADET KNOWLEDGE			
	Fail	Complete	
	0 pts	20 pts	
PO 509 - INSTRUCTIONAL TECHNIQUES			
	Fail	Complete	Enhanced
	0 pts	20 pts	40 pts
PO 513 - ADVANCED TRAINING SEMINARS			
	Fail	Complete	
	0 pts	20 pts	
PO 514 - ADVANCED TRAINING (individual plan and 3 self-study packages)			
	Fail	Complete	
	0 pts	20 pts	

Scoring for your Participation Record

The points you accumulate for your mandatory training are not enough to reach NSE Levels. You also have to accumulate participation points. You can select to pursue as many of the following as you wish.

- Attendance at compulsory and complementary activities:** This is an easy one! You show up for mandatory training and your officers will calculate the percentage. Make sure that your attendance is recorded. For example, if you are present for 28 of the 30 training sessions conducted by your cadet corps, your attendance percentage will be 93%. You would therefore receive 25 points. Attendance is rewarded as follows:

70%-74%	75%-79%	80%-84%	85%-89%	90%-95%	96%-100%
5 points	10 points	15 points	20 points	25 points	30 points

- Expeditions:** Participation will be assessed as follows for the highest level achieved:

Gold Star Expedition & Expedition Instructor Course	Regional Expeditions	National and International Expeditions
10 points	20 points	30 points

- Duke of Edinburgh:** You will receive points for the highest level of DOE achieved in the pursuit of an NSE Level. Points are awarded as follows:

Participation	Bronze	Silver	Gold
5 points	10 points	20 points	30 points

- Physical Fitness** - Points are awarded for the highest level achieved in the pursuit of an NSE Level, as described at CATO 14-18, Cadet Fitness Assessment and Incentive Program.

Bronze 5 points	Silver 10 points	Gold 20 points	Excellence 30 points
--------------------	---------------------	-------------------	-------------------------

- **Community Leadership** – It is recognized that as you are getting older, your personal obligations might prevent you from participating in as many corps activities as you might wish. This is why we have decided to create a special category and recognize your involvement in your community.

In order to qualify for points in this category, you must demonstrate that you have employed skills associated with cadet training during a community activity within or outside the cadet organization. You must submit a written request, to the corps CO, to have your activities credited. The submission must include a description of the activity; a description of your personal involvement (number of hours, role, challenges, etc); and a signed letter of recognition from a civilian authority related to the activity. The following are only a few examples of what could be credited: member of the student council, volunteering with the elderly, teaching music to children, running a fundraising campaign, playing music at church, volunteering at cadet championships, etc. Community activities in which you participate as part of your mandatory training do not count. Points for community leadership are awarded as follows:

1 activity 5 points	2 activities 10 points	3 activities 20 points	4 activities 30 points
------------------------	---------------------------	---------------------------	---------------------------

- **Marksmanship qualifications** – Points are awarded for the highest level of marksmanship achieved in the pursuit of an NSE Level. Points are awarded as follows:

Marksmanship 5 points	First Class 10 points	Expert 20 points	Distinguished 30 points
--------------------------	--------------------------	---------------------	----------------------------

- **Music proficiency levels** – Points are awarded for the highest level of music proficiency achieved in the pursuit of an NSE Level. Cadets that qualify for levels on several instruments only receive points for the highest level achieved on any one of them. For example, you may achieve level 3 in trumpet, level 2 in clarinet and basic in percussion. You will get points for your Level 3 as it is the highest you achieved. Points are awarded as follows:

Basic 5 points	Level 1 10 points	Level 2 15 points	Level 3 20 points	Level 4 25 points	Level 5 30 points
-------------------	----------------------	----------------------	----------------------	----------------------	----------------------

- **Participation in Optional Teams** – The intent is to recognize the extra efforts put forth by senior cadets that train for several weeks and months, in preparation for demonstrations and/or competitions. Points are awarded for **participation** at local demonstrations and in RDA/NDA competitions, as individual or as member of a team.

- **Demonstration Teams** – Includes the participation in non-competitive teams training for demonstrations at local events. For example: drill team for the Annual Ceremonial Review; band to support corps ceremonial or perform concerts in the community etc.
- **Competitive teams** – Recognizes individuals and teams that participate in competitive events organized by the CCO and their capacity to reach superior levels of competition. It is recognized that not all teams can win awards, but reaching a superior level of competition will be rewarded, minimally, with **participation** points. Points will be only awarded for the highest level of participation achieved no matter in how many teams a cadet may be participating.

- Points are awarded as follows for the highest level of **participation** achieved in the pursuit of an NSE Level:

Demonstration (Local)	Zone Competition (RDA)	Regional Competition (RDA)	National Competition (NDA)
5 points	10 points	20 points	30 points

- **Podium** – Achieving the top-3 in any competition requires dedication and excellence. Cadets that reach podiums in RDA and NDA competitions will receive points as follows:

Third place	Second place	First place
10 points	20 points	30 points

You will receive marks for the highest podium achieved in the pursuit on an NSE Level, no matter how many competitions you participate in or the number of podiums you reach. For example:

- a cadet ranking 1st in marksmanship at the zone level and 3rd at the regional band competition will get marks for its 1st place at the zone level
- members of a drill team finishing second at the regional competition will get marked accordingly
- a biathlete reaching the podium at the zone, regional and national levels will be awarded points for the highest podium achieved.

- **Colonel Robert Perron Award** – This is a national competition to identify the top cadet athletes (male and female) across Canada. You must register to participate in this competition if you wish to receive points. If you are interested, ask your officers. We are going to award points for the top-3 results, male and female, at all levels. Points will be awarded for the highest result, as follows:

Participation (Corps)	Top-3 male and female (Corps)	Top-3 male and female (Regional)	Top-3 male and female (National)
5 points	10 points	20 points	30 points

EXAMPLE PARTICIPATION

In the example provided (in yellow), a cadet would receive 170 points.

MARKSMANSHIP						
	Marksman	First Class	Expert	Distinguished		
	5 pts	10 pts	20 pts	30 pts		
PHYSICAL FITNESS						
	Bronze	Silver	Gold	Excellence		
	5 pts	10 pts	20 pts	30 pts		
ATTENDANCE - MANDATORY TRAINING						
	70-74%	75-79%	80-84%	85-89%	90-95%	96-100%
	5 pts	10 pts	15 pts	20 pts	25 pts	30 pts
EXPEDITIONS						
			Gold	Regional	Nat / Int	
			10 pts	20 pts	30 pts	
COMMUNITY LEADERSHIP						
	1 activity	2 activities	3 activities	4 activities		
	5 pts	10 pts	20 pts	30 pts		
DUKE OF EDINBURGH						
	Participation	Bronze	Silver	Gold		
	5 pts	10 pts	20 pts	30 pts		
COLONEL ROBERT PERRON AWARD						
	Participation	top-3 Corps	top-3 Regional	top-3 National		
	5 pts	10 pts	20 pts	30 pts		
PARTICIPATION IN OPTIONAL TEAMS						
	Demo	Zone	Regional	National		
	5 pts	10 pts	20 pts	30 pts		
PODIUM						
		Bronze	Silver	Gold		
		10 pts	20 pts	30 pts		
MUSIC QUALIFICATIONS						
	Basic	1	2	3	4	5
	5 pts	10 pts	15 pts	20 pts	25 pts	30 pts

Keeping Track of your Results

You are responsible for keeping track of your results. To help you, we are including tracking sheets at the end of this document.

Once you have reached **all the prerequisites** for a level, ask your officer at the corps to confirm your achievement. You should know that officers also keep track of your achievements and they enter the results in a national database. This is how we will be able to compare your results to those of others.

If we used the **EXAMPLES** provided above for Gold Star and Participation, this Gold Star cadet would have accumulated 530 points. NSE Level 1 requires 450 points. This cadet would have earned enough points to receive the NSE Level 1 badge and he would start his quest for NSE Level 2 with 530 points in bank:

Gold Star Compulsory 360 points	Participation Record 170 points	Total 530 points
------------------------------------	------------------------------------	---------------------

What happens when you reach an NSE Level?

When your NSE record shows that you meet all prerequisites, you will be receiving a badge. Wear it proudly because this is a significant achievement.

Once you achieve an NSE Level, you must start accumulating points again for your participation record. The results that you achieved in the pursuit of level 1 are only good for level 1. You can use the same areas of assessment again or choose new ones. So, if you used Physical Fitness for level 1, you can use it again, but you will have to qualify again in the pursuit of level 2. Results achieved in the pursuit of a level can not be transferred to another level. You can not accumulate points for level 2 while you are still pursuing level 1.

Penalty – Discipline

It is expected of cadets competing for the NSE that they maintain an irreproachable level of discipline. A penalty of 100 points will be subtracted from your NSE file for each instance where you are returned to your unit for disciplinary reasons, whether at CSTC, during expeditions or if you are suspended from your corps for disciplinary reasons.

What happens if your corps does not have optional teams?

Not all corps have access to the same resources. This is why you are allowed to accumulate points by participating in multi-corps teams. For example, you could play in a band composed of musicians from several corps and squadrons and accumulate points for participation, competitions and podiums.

OK, now that you know, where do you start?

1. Start by looking at the enclosed tracking sheet for Gold Star compulsory training and the tracking sheet for the Optional Training Record.
2. Define which level of performance you plan on achieving for each area of assessment. These are YOUR personal goals in your pursuit of any given NSE Level.
3. Start working on the pursuit of each area of assessment. If you are currently qualified Musician Level 2 and you aim at reaching Musician Level 3, start practicing and studying towards that goal. If you are a Bronze Level at Physical Fitness and wish to accumulate points for Excellence, start training towards that goal, etc. If want to join the biathlon team and participate in competitions, talk to your corps officers and see how this can be achieved.

YOU CONTROL YOUR OWN PERFORMANCE!

National Star of Excellence



Participation Record

Name:							
MARKSMANSHIP							Highest Score
	Marksmanship	First Class	Expert	Distinguished			→
	5 pts	10 pts	20 pts	30 pts			
PHYSICAL FITNESS							
	Bronze	Silver	Gold	Excellence			→
	5 pts	10 pts	20 pts	30 pts			
ATTENDANCE - MANDATORY TRAINING							
	70-74%	75-79%	80-84%	85-89%	90-95%	96-100%	→
	5 pts	10 pts	15 pts	20 pts	25 pts	30 pts	
EXPEDITIONS							
			Gold	Regional	Nat / Int		→
			10 pts	20 pts	30 pts		
COMMUNITY LEADERSHIP							
	1 activity	2 activities	3 activities	4 activities			→
	5 pts	10 pts	20 pts	30 pts			
DUKE OF EDINBURGH							
	Participation	Bronze	Silver	Gold			→
	5 pts	10 pts	20 pts	30 pts			
COLONEL ROBERT PERRON AWARD							
	Participation	top-3 Corps	top-3 Regional	top-3 National			→
	5 pts	10 pts	20 pts	30 pts			
PARTICIPATION IN OPTIONAL TEAMS							
	Demo	Zone	Regional	National			→
	5 pts	10 pts	20 pts	30 pts			
PODIUM							
			Bronze	Silver	Gold		→
			10 pts	20 pts	30 pts		
MUSIC QUALIFICATIONS							
	Basic	1	2	3	4	5	→
	5 pts	10 pts	15 pts	20 pts	25 pts	30 pts	
TOTAL PARTICIPATION RECORD							

National Star of Excellence



Gold Star Compulsory Training

Name:				
PO 401 - CITIZENSHIP				Score
	fail	baseline		→
	0 pts	20 pts		
PO 402 - COMMUNITY SERVICE				
	fail	baseline		→
	0 pts	20 pts		
PO 403 - LEADERSHIP				
	fail	baseline	enhanced	→
	0 pts	20 pts	40 pts	
PO 404 - PERSONAL FITNESS AND HEALTHY LIVING				
	fail	baseline		→
	0 pts	20 pts		
PO 405 - RECREATIONAL SPORTS				
	fail	baseline		→
	0 pts	20 pts		
PO 406 - AIR RIFLE MARKSMANSHIP				
	fail	baseline		→
	0 pts	20 pts		
PO 407 - GENERAL CADET KNOWLEDGE				
	fail	baseline		→
	0 pts	20 pts		
PO 408 - DRILL				
	fail	baseline	enhanced	→
	0 pts	20 pts	40 pts	
PO 409 - INSTRUCTIONAL TECHNIQUES				
	fail	baseline	enhanced	→
	0 pts	20 pts	40 pts	
PO 420 - CF FAMILIARIZATION				
	fail	baseline		→
	0 pts	20 pts		
PO 422 - NAVIGATION				
	fail	baseline	enhanced	→
	0 pts	20 pts	40 pts	
PO 424 - WILDERNESS SURVIVAL				
	fail	baseline	enhanced	→
	0 pts	20 pts	40 pts	
PO 425 - OUTDOOR LEADERSHIP				
	fail	baseline		→
	0 pts	20 pts		
PO 426 - EXPEDITION				
	échec	baseline	enhanced	→
	0 pts	20 pts	40 pts	
POSITIVE SOCIAL RELATIONSHIPS FOR YOUTH				
	échec	baseline		→
	0 pts	20 pts		
TOTAL GOLD STAR COMPULSORY TRAINING				→

National Star of Excellence



Master Cadet Compulsory Training

Name:				
PO 501 - CITIZENSHIP				Score
	Fail	Complete		→
	0 pts	20 pts		
PO 502 - COMMUNITY SERVICE				
	Fail	Complete	Enhanced	→
	0 pts	20 pts	40 pts	
PO 503 - LEADERSHIP				
	Fail	Complete	Enhanced	→
	0 pts	20 pts	40 pts	
PO 504 - PERSONAL FITNESS AND HEALTHY LIVING				
	Fail	Complete	Enhanced	→
	0 pts	20 pts	40 pts	
PO 507 - GENERAL CADET KNOWLEDGE				
	Fail	Complete		→
	0 pts	20 pts		
PO 509 - INSTRUCTIONAL TECHNIQUES				
	Fail	Complete	Enhanced	→
	0 pts	20 pts	40 pts	
PO 513 - ADVANCED TRAINING SEMINARS				
	Fail	Complete		→
	0 pts	20 pts		
PO 514 - ADVANCED TRAINING (individual plan and 3 self-study packages)				
	Fail	Complete		→
	0 pts	20 pts		
TOTAL MASTER CADET COMPULSORY RECORD				