



2332 Maj EJG Holland V.C. RCACC
Weekly Routine Orders



Date:	Wed 26 Nov 25
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CAF Member Dress: CADPAT

RO No.	25-048
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Cadet Dress: C5

Training Night Routine

(All times use 24hr clock)

	Start	Finish
Arrival / Sign-In	18:00	18:15
Opening Parade	18:20	18:40
Period 1	18:45	19:15
Break	19:15	19:20
Period 2	19:20	19:50
Break	19:50	20:05
Period 3	20:05	20:35
Closing Parade	20:40	21:00
Dismissal	21:00	

DUTY PERSONNEL

Primary Duty Officer: Capt Dang, A.

Secondary Duty Officer: MWO Boivin, A.

Duty NCO: Sgt Tandina, Mar.

Duty Cadet: 0

Duty Cadet: 0

MANDATORY TRAINING

		Period 1 18:45 to 19:15		Period 2 19:20 to 19:50		Period 3 20:05 to 20:35	
GREEN STAR 	PO/EO #	MX04.01		MX04.02		M100	
	PO/EO Title	Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical Activities		Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)		PHASE	
	Instructor	Capt Dang, A.		CV Bonacci, S.		CV Bonacci, S.	
	Location	Classroom 2		Classroom 2		Classroom 2	
RED STAR 	PO/EO #	MX04.02		M224.01		M224.01	
	PO/EO Title	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)		Describe Immediate Actions to Take When Lost		Describe Immediate Actions to Take When Lost	
	Instructor Location	Lt Plamondon, S. Classroom 3		CV Hassan, Z. Classroom 3		CV Hassan, Z. Classroom 3	
SILVER STAR 	PO/EO #	M303.04		M303.04		MX04.02	
	PO/EO Title	Communicate as a Team Leader		Communicate as a Team Leader		Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	
	Instructor Location	MWO Boivin, A. Junior Ranks Mess		MWO Boivin, A. Junior Ranks Mess		Capt Dang, A. Junior Ranks Mess	
	PO/EO #	GUEST		GUEST		GUEST	
GOLD STAR 	PO/EO Title	Guest Speaker		Guest Speaker		Guest Speaker	
	Instructor Location	0.00 Engineers' Classroom		0.00 Engineers' Classroom		0.00 Engineers' Classroom	
	PO/EO #	GUEST		GUEST		GUEST	
MASTER CADET 	PO/EO Title	Guest Speaker		Guest Speaker		Guest Speaker	
	Instructor Location	0.00 Engineers' Classroom		0.00 Engineers' Classroom		0.00 Engineers' Classroom	

Kevin Maloney
Captain
Commanding Officer