

Currently Our Corps has the following Optional Training Groups and Teams

- Orienteering

Orienteering is a sport that combines physical fitness with the ability to navigate through wilderness using a map and compass. It can be both an individual or team challenge. As such, it touches on several aspects of cadet training – physical fitness, the ability to make decisions, navigation skill, map reading ability, travelling in the outdoors, confidence and discipline.

Orienteering team will consist of single cadets or teams of 2, navigating around a plotted course, marking punches in order or in the fastest time. Orienteering is a sport which matches up physical fitness and map reading skills. There will be weekend practices where we will practice map reading as well as hiking through different terrain to train cadets in identifying hills, cliffs, trails and using that to their advantage when competing on the course. Cadets on this team will also learn the basics of setting up courses and competitions, and the different types of Orienteering courses.

The goal for the team is to complete the course in the shortest possible time.

- Biathlon

Biathlon is a combination of cross-country skiing or running and marksmanship. It requires tremendous endurance and strength as well as skill and precision.

Unpredictable elements including weather and wind conditions make this outdoor sport a fun and rewarding challenge that thousands of cadets participate in each year.

Cadet biathletes participate in a series of competitions at the local level that culminate in provincial / territorial competitions and an annual National Cadet Biathlon Championship.

- Marksmanship

The Cadet Marksmanship Program is a challenging and competitive sports program accessible to all cadets. It develops skills through superior training and Olympic-style competition. This is why every year, thousands of cadets participate in this fun and rewarding program.

Cadet Marksmanship:

- promotes safe handling of rifles;
- builds self-esteem and practice focus;
- promotes sportsmanship, sport etiquette and self-discipline;
- develops high level of marksmanship technical skills;
- provides personal challenge and achievement opportunities.

Marksmanship Competitions

The 2922 RCACC air rifle marksmanship competition team is made up of 5 cadets plus 1 or 2 alternates. The team must consist of (at least) 2 Junior shooters (Ages 12-14). Team members are selected from the cadet regiment following posted training and/or skill evaluation days. Team members have the opportunity to participate in a series of competitions at the local level that culminate in provincial/territorial competitions and an annual National Cadet Marksmanship Championship.

- First Aid

The first aid team will practice their first aid skills there 3 members per team (We can have multiple teams) Our corps has a first aid test that is written and the three top performers on this test are selected to attend the annual Darrell Cronin Memorial Cadet First Aid Competition in Gander to compete against other cadets and have some fun.

For more information on these groups please contact the Corps by email.