



Fulton Composite Squadron

GA-109

3980 Aviation Circle • Fulton County – Charlie Brown Airport • Atlanta, GA 30336



November - Cadet Weekly Schedule

Week	Date	9:00am Testing	9:15am Opening Formation	9:35am Emphasis items	9:45am Core Curriculum	10:35am Break & Admin Time	10:45am Special Training	11:45am Closing Formation	Logistics & Supplies	Remarks
45	6-Nov-10		<p style="text-align: center;">Arabia Mtn Nature Preserve, Lithonia GA Physical Fitness Challenge (Results Timed & Recorded)</p> <p>Curl Ups, Shuttle Run, Sit & Reach, Mile Run, Push Up, Hike</p>						Squadron	Uniform: Athletic Gear & Sneakers * Bring Bottled Water
46	13-Nov-10	Testing	Cadet Oath, Uniform Inspection, Announcements	Drill & Ceremony Color Guard Practice	<p>Aerospace Quiz Bowl Qualifier (Question from Modules 1,2 &3)</p> Community Service - (Traffic Control) at Christ Lutheran School 6:00pm	Break & Admin Time	Aerospace Quiz Bowl (Alpha Flight vs. Bravo Flight)	Promotion Ceremony & Announcements	Need Projector	Uniform: Class B-Blues
47	20-Nov-10	Testing	Cadet Oath, Uniform Inspection, Announcements	Drill & Ceremony Color Guard Practice	<p>Physical Fitness Challenge Test for Squadron Physical Fitness Award</p> Curl Ups, Shuttle Run, Sit & Reach, Mile Run, Push Up	Break & Admin Time	Cadet Planning, Q&A (Cadets are Encouraged to Bring Ideas for the New Year)			Uniform: Athletic Gear & Sneakers * Bring Bottled Water
48	27-Nov-10	(No Meeting) Thanksgiving Weekend								

Remarks & Special Notes:
