

# SEA CADET CORPS



NORTH EAST DISTRICT

NEDM: 29-07

LONDON AREA

## District PT Weekend



**Date:** 7 - 9 September 2007.

**Venue:** Waltham Forest Unit.

**Time of Arrival:** Friday 7/09/07 at 20:00. Approx. time of departure on Sunday 9/0 9/07 at 13:00.

The weekend is open to cadets male and female over the age of 13 and is also open to Officers/ Senior rates / SNCO and Registered Civilian instructors. The maximum number of people on course is 30.

**Cost:** £10.

The weekend will consist of an introduction into the PT branch and consists of the first part of the PT3 Qualification and basic adult Physical Trainer, and will also be a PT3 assessment for those qualified at aptitude, and pre PT2 weekend for those with PT3. The weekend will consist of Daily exercises, RT Games, 2.4km Fitness test, PFRT Table, Kit inspection, Display work, Sports and Core syllabus.

**Uniform/Kit:** A kit list is provided with this Memo.

**Requirements:** Any dietary or medical requirement please note ASAP.

All entry's to be in by the *30/08/07*. Please send all applications to PO (SCC) R.Earle, 194C Westward Rd South Chingford London E4 8QQ.

TEL: 02085230102. Unit: 0208 294473.

Mob: 07816838795.

( If there are any staff wishing to help out with the weekend please contact me ASAP. Thank you).

**A Nil Return is Required**

<b><i>KIT</i></b>	<b><i>Required number</i></b>
NO 4 uniform/ Marine equiv.	1
Sleeping bag	1
Wash kit	1
Towel	1
White T-shirt	2
White shorts	2
White socks	2
White underwear (Males no boxer shorts)	2
Sports Bra White ( Female)	1
White Trainers and gash trainers.	2
T-Shirt.	4
Shorts	2
Track suite Bottoms	1
Shoe Whitener	1
Stopwatch and whistle	1
Pair white trainer laces	1
Iron.	1
T1/T1 MED	1
P7 (PT)	1
Water Bottle	1
Cadet PT Task book.	1