



## Sea Cadet International Exchanges

Every year selected cadets who meet the necessary criteria can participate on exchange trips to countries such as the United Kingdom, Australia, Hong Kong, Bermuda, Japan, United States, Sweden, South Korea, Russia and the Netherlands under an International Exchange Programme. Exchange cadets are selected on their high standards in performance, fitness and involvement in cadet activities.

## Cadet Music Programme

Cadet bands build *esprit de corps* by performing in many community events including parades and concerts. Depending on the corps, Sea Cadet musicians may participate in:

- brass & reed
- drum & bugle
- glockenspiel & drum
- military band
- pipes & drums



The music programme involves instruction in theory, performance, sight reading, and instrument maintenance. It is a great supplement to school music programmes.

## Sea Cadet Tall Ship Deployment

The Canadian Forces sponsors a National Tall Ship Deployment for senior sea cadets. Selected cadets get to spend up to 3 weeks on a Canadian Tall Ship learning real sailing skills - an adventure never to be forgotten.

## How to Join...

Royal Canadian Sea Cadets is open to youth between the ages of 12 and 18. Visit our national website to find a Corps (group that meets regularly) near you. There will also be further information available and contacts if you have more questions.

In order to join Sea Cadets, you have to be a Canadian citizen or landed immigrant between the ages of 12 and 18. Youth between 9 and 12 should check out our Navy League Cadet programme. Your first step is to visit a local cadet corps. You can use our Corps Locator to find one close to where you live.

Once you have made contact with your local cadet corps, you will be asked to fill out an Application for Membership and an Authorization for Collection of Personal Information. You will also be asked to provide proof of age, and provincial health coverage. As a cadet, you will be expected to bring your provincial health card to all cadet activities.

Uniforms and training materials are provided. As a cadet, you will be expected to participate in fundraising activities. The funds raised are used to provide facilities and services not provided by Government of Canada commitments, including extra recreational and social activities (trips, dances, movie nights and more).

There is **no obligation** when you join Sea Cadets. You will be free to leave the programme at any time, and there is no expectation or commitment that you will join the Canadian Forces. If the programme isn't for you, simply return your uniform and other items that belong to the corps.

## Our Policies

The well-being and safety of cadets is the first priority of the Sea Cadet Programme.

The Navy League of Canada along with our partner, DND, are committed to providing a learning and working environment for all persons that is free from harassment. All volunteers, employees, officers, cadets, parents and other visitors will conduct themselves in a manner which promotes and protect the best interests and well-being of cadets, staff and volunteers.

All our uniformed and non-uniformed instructors have been carefully screened, before they come in contact with the Cadets. Many of the volunteers working with the Corps have also been screened.

## Lethbridge Sea Cadets Try something new!

Parades held Monday evenings from  
1815hrs to 2115hrs at the Vimy Ridge  
Armouries at the County of Lethbridge  
Airport  
403-327-5547 ext 1

[www.navyleaguelethbridge.com](http://www.navyleaguelethbridge.com)

# THE NAVY LEAGUE of CANADA



## SEA CADETS

National Office  
"Lisgar House"  
66 Lisgar Street  
Ottawa, ON K2P 0C1  
1-800-375-NAVY (6289)  
[www.navyleague.ca](http://www.navyleague.ca)





Founded in 1895, the Navy League of Canada is a national organization with a broad-based mandate to promote Maritime Affairs. With a presence in over 230 communities across Canada we operate the largest maritime-themed youth programmes in the country, Royal Canadian Sea Cadets and Navy League Cadets.

The Navy League of Canada has operated youth programmes since 1917. Our Sea Cadet programme (youth ages 12 – 19) was started then as the Boys Naval Brigade. Today there are over 8000 Sea Cadets in over 245 Corps across Canada.

Our cadet programmes incorporate lots of FUN, using a traditional Naval theme as a platform to develop valuable life-skills like leadership, teamwork, discipline, organization and effective communication. The Sea Cadet programme is an exciting programme that provides opportunities and challenges relevant for today's youth. The programme fosters the development of leadership skills, good citizenship and physical fitness. Providing adventure and challenges to our youth, while preparing them to become the leaders of tomorrow.

The Royal Canadian Sea Cadet Corps is a youth programme delivered in partnership by The Navy League of Canada and the Department of National Defence. While the programme introduces cadets to 'what' the Navy is all about, Cadets are not members of the Canadian Forces and are free to leave the programme at any time.

Sea Cadets get to participate in a great variety of activities,



including many experiences that are unique to this programme.

From September to June, Sea Cadets participate in local training one evening per week. All Sea Cadet Corps are also required to conduct a minimum of 4 weekend activities throughout the year. Most corps augment this with optional activities on alternate weeknights and weekends.

While delivery of the mandatory training programme is the responsibility of the Department of National Defence (DND), the Navy League collaborates with the Directorate of Cadets on programme design and supports delivery of the training by providing facilities, additional training materials and volunteers to augment corps staff.

The Navy League also supports a great variety of optional activities for cadets. Activities vary widely from corps to corps, but could include dances, corps trips, corps exchanges and competitions, ski days, scuba diving, boat building and additional on-water training.

Young people who join Sea Cadets will learn seamanship, from tying knots to sailing through the waves,



navigation, powerboat operation, lookout duties, small boat sailing, marksmanship, drill and adventure training.

### Sea Cadet National Regatta

The top 50 sea cadet sailors from across the country compete in the National Regatta. Each team consists of a skipper and crew who competed in local and provincial/multi-provincial regattas to win a berth in the National Regatta. Ten coaches accompany the sea cadets, along with over 50 support staff and volunteers who work throughout the weeklong competition.

The National Regatta is an exciting opportunity for the best sea cadet sailors to test their skills. The challenge of the National Regatta provides not only the ability to compete, but also a rewarding sailing experience. Teams compete for the title of top sea cadet sailors using training boats known as Pirates.

### Cadet Summer Training Centres

In the summer months, Sea Cadets can apply to attend a Summer Training Centre for up to six weeks. Operated by DND, these Training Centres (Camps) provide cadets the opportunity to further develop all the skills they learn at their home corps. It also provides an opportunity to see a different part of Canada and meet other youth from all across the country.

Senior Cadets may even have the opportunity to get hired as camp staff. Working at a summer camp provides cadets the opportunity to mentor other cadets and pass on what they have learned. It is also a lot of fun, creating memories that will last a lifetime.

### Cadet Biathlon Programme

Biathlon is a sport that combines marksman-ship skills with physical fitness – usually running or cross-country skiing. Cadet biathletes may compete in individual and team races at the Corps, zone or provincial level.

The Cadet Biathlon Programme has produced several world-class athletes and Canadian Olympians.



### Sea Cadet Scholarships

The Navy League of Canada recognizes the importance of Post-Secondary education to the future success of its Cadet Members. We encourage all cadets to apply themselves to their studies, and believe that the important life skills developed through cadet training (self-discipline, organization, teamwork, etc.) help prepare youth to tackle the challenges of college or university education. However, for many Canadian youth, the economic burden is too great, causing them to miss out on the tremendous opportunities that come with higher education. For this reason, The Navy League of Canada is committed to providing scholarship opportunities for cadets that have demonstrated the will to achieve. We sponsor our own scholarships through our Maritime Affairs programme as well as support the scholarship programme through the Royal Canadian Sea Cadet Education Foundation.

