

		January			
		13-Jan	20-Jan	27-Jan	
Training Program					
<b>Phase 1</b>					
Period	1	1900-1930hrs	<b>M103.03</b>	<b>M121.03</b>	<b>M121.01</b>
			Participate in Team building Activities	Coil and Heave a Line	Tie Knots, Bends and Hitches
			CPO2 Miller & Lt(N) Bremner Ship	PO1 Garraway + CV Magolan Ship	PO1 Garraway Ship
	2	1930-2000hrs	<b>M103.03</b>	<b>M121.03</b>	<b>M100</b>
			Participate in Team building Activities	Coil and Heave a Line	PHASE
			CPO2 Miller & Lt(N) Bremner Ship	PO1 Garraway + CV Magolan Ship	Lesson 6 - Bullying - CPO2 Miller & Bremner Ship
	3	2015-2045hrs	<b>Corps Drill</b>	<b>Corps Drill</b>	<b>Div Talks</b>
			Corps Drill	Corps Drill	Divisional Talks
			All Hands Ship	All Hands Ship	All Hands Ship
<b>Phase 2</b>					
Period	1	1900-1930hrs	<b>M203.06</b>	<b>M203.08</b>	<b>M223.03</b>
			Employ Problem Solving	Participate in Team-Building Activities	Execute Notes Using the Boatswain's Call
			CPO2 Mehta (CV Lavigne) Lower Legion	PO1 Lavinge + CV Quinn Ship	PO2 Troy Ship/Legion
	2	1930-2000hrs	<b>M203.06</b>	<b>M203.08</b>	<b>M100</b>
			Employ Problem Solving	Participate in Team-Building Activities	PHASE
			CPO2 Mehta (CV Lavigne) Lower Legion	PO1 Lavinge + CV Quinn Ship	Lesson 6 - Bullying - CPO2 Miller & Bremner Ship
	3	2015-2045hrs	<b>Corps Drill</b>	<b>Corps Drill</b>	<b>Div Talks</b>
			Corps Drill	Corps Drill	Divisional Talks
			All Hands Ship	All Hands Ship	All Hands Ship
<b>Phase 3</b>					
Period	1	1900-1930hrs	<b>M309.02</b>	<b>M303.06</b>	<b>C223.02</b>
			Identify Methods of Instruction	Solve Problems	Pipe the Side
			Capt King Lower Legion	1.Lt(N) Bremner + 2.CPO2 Mehta Legion	PO1 Rojas Ship/Legion
	2	1930-2000hrs	<b>M309.02</b>	<b>M303.06</b>	<b>M100</b>
			Identify Methods of Instruction	Solve Problems	PHASE
			Capt King Lower Legion	1.Lt(N) Bremner + 2.CPO2 Mehta Legion	Lesson 5/6 (depends on age) Legion / Ship
	3	2015-2045hrs	<b>Corps Drill</b>	<b>Corps Drill</b>	<b>Div Talks</b>
			Corps Drill	Corps Drill	Divisional Talks
			All Hands Ship	All Hands Ship	All Hands Ship
<b>Phase 4</b>					
Period	1	1900-1930hrs	<b>C321.04</b>	<b>Sr Shadowing</b>	<b>C403.01</b>
			Make a Monkey's Fist	Sr's Shadow a Sr	Self-Assess Leadership Skills
			PO1 Garraway (CV Quinn) Ship	All Hands Ship	CPO2 Rainville Legion
	2	1930-2000hrs	<b>C321.04</b>	<b>Sr Shadowing</b>	<b>M100</b>
			Make a Monkey's Fist	Sr's Shadow a Sr	PHASE
			PO1 Garraway (CV Quinn) Ship	All Hands Ship	Lesson 5 - Lt(N) Knoop Legion
	3	2015-2045hrs	<b>Corps Drill</b>	<b>Corps Drill</b>	<b>Div Talks</b>
			Corps Drill	Corps Drill	Divisional Talks
			All Hands Ship	All Hands Ship	CPO2 Rainville Ship

DRESS	Cadets:	C5	C5	C5
	CAF:	NECU	NECU	NECU
Planning Notes (Example):				