



Fort Pickett, VA 2010

# THE PICKETT POST

DAY 1 June 19<sup>th</sup> 2010

## HONOR FLIGHT: GOLF

### CADET QUOTES

- 1 "CAP doesn't get lost, they go on adventures"  
- Cadet Hill
- 2 "My Flight Commander is fun and outgoing"  
- Cadet Pierce
- 3 "1<sup>st</sup> Sergeant is extraordinary and awesome I'm all for her attitude"  
- Cadet Felder

## DAY 4

*By The Encampment PAO Staff*

After the morning PT session, the Cadet Med staff taught the cadets some basic first aid. Medical classes included: hot/cold injury, snakes bite prevention, CPR and checking vital signs. They even got hands on learning with slings and a backboard stretcher.



Soon after lunch the cadets were taken to a surprise activity. This was a chance to see a simulated occupation of a middle-eastern village. They got to observe several soldiers searching through the mock village and clearing the buildings, but most exciting part was when Chinook CH-47 helicopters came and airlifted them out.

Next stop was the Pickett Airfield where everyone observed Blackhawk Helicopters taking off, landing, and maneuvering on the tarmac. Each Cadet got a chance tour a Blackhawk Helicopter. The cadets even had the opportunity to sit in the cockpit.



The last activity of the day was the Physical Activity Relay Course. The cadets experienced activities ranging from the water balloon tosses to the challenging Tug-of-War games and ranger squats.

### ANNOUNCEMENTS:

- o Happy Birthday Cadet C. Dickerson