

Promotion to C/2nd Lieutenant

Date _____

Name _____

Date of last promotion _____

Grade *C/Chief Master Sergeant*

Rank (element member, leader, etc.) _____

Age _____

Armstrong Achievement

After you have passed the Armstrong Achievement, which takes a minimum of 60 days from earning you C/CMSgt, you must meet the requirements listed to earn the Mitchell Award and be promoted to 2nd Lieutenant. The Mitchell Award also requires a 60-day minimum wait after Achievement 8, the Armstrong Achievement.

To complete this achievement, the cadet will write a 300 to 500 word essay and present a 5 to 7 minute speech to the unit. The cadet must select one of the following topics:

- 1) Explain why America's aerospace power is vital to commerce, science, or national security.
- 2) Describe leadership mistakes you have made or witnessed, and explain what you have learned from them.
- 3) Explain the difference between followership and leadership.
- 4) Describe how, if at all, the Core Values have influenced your life.

A senior member must evaluate the writing and speech assignments.

Essay Date Completed _____ Senior Member's Signature _____

Speech Date Completed _____ Senior Member's Signature _____

Aerospace Education Mentor

Date _____ AEO Signature or Designee _____

Moral Leadership - You must attend 1/2 of ML offered since your last achievement.

circle one:

Date Attended _____ Topic _____ Participant / Discussion Leader / Recorder

Cadet Physical Fitness Test Date _____

Male Female

PT Testing must be within 60 days of promotion

EVENT	Score Needed to Pass per CAPP 52-18	Test Results	Passed	Failed	Initials of Test Recorder
Sit & Reach	/		<input type="checkbox"/>	<input type="checkbox"/>	
Curl-Ups	/		<input type="checkbox"/>	<input type="checkbox"/>	
Push Ups	/		<input type="checkbox"/>	<input type="checkbox"/>	
Shuttle Run	/		<input type="checkbox"/>	<input type="checkbox"/>	
Mile Run	/		<input type="checkbox"/>	<input type="checkbox"/>	

Attended Squadron / CAP Activities in the last 60 days

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Uniform Inspections - *Inspections must be within 60 days of promotion.*

BDU Inspection Date _____ Inspector _____

Blues Inspection Date _____ Inspector _____

OIC Recommendation _____

Armstrong Board of Review

Date Passed _____ Board President _____

Mitchell Award requirements are on reverse.

Mitchell Award

You must pass your Armstrong Achievement before you can begin the Mitchell Award. After the award is posted on the National HQ website, you may wear the rank of Cadet 2nd Lieutenant.

Comprehensive Leadership & Aerospace Exam

Date Passed / SCORE _____ / _____

Testing Officer's Signature _____

Aerospace Education Mentor

Date _____

AEO Signature or Designee _____

Encampment – *Completion of one encampment is required for the Mitchell Award.*

Date of Encampment _____

Location _____

Moral Leadership - You must attend 1/2 of ML offered since your last achievement.

circle one:

Date Attended _____

Topic _____ Participant / Discussion Leader / Recorder

During Phase II:

Date served as Recorder _____

Date served as Discussion Leader _____

Cadet Physical Fitness Test

Date _____

Male Female

PT Testing must be within 60 days of promotion

EVENT	Score Needed to Pass per CAPP 52-18	Test Results	Passed	Failed	Initials of Test Recorder
Sit & Reach	/		<input type="checkbox"/>	<input type="checkbox"/>	
Curl-Ups	/		<input type="checkbox"/>	<input type="checkbox"/>	
Push Ups	/		<input type="checkbox"/>	<input type="checkbox"/>	
Shuttle Run	/		<input type="checkbox"/>	<input type="checkbox"/>	
Mile Run	/		<input type="checkbox"/>	<input type="checkbox"/>	

Attended Squadron / CAP Activities in the last 60 days

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Uniform Inspections - *Inspections must be within 60 days of promotion.*

BDU Inspection Date _____ Inspector _____

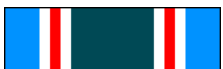
Blues Inspection Date _____ Inspector _____

OIC Recommendation _____

Mitchell Board of Review

Date Passed _____ Board President _____

Armstrong Achievement Ribbon:



C/2d Lt Insignia and Mitchell Award Ribbon:



CADET PHYSICAL FITNESS TEST REQUIREMENTS

PHASE I ACHIEVEMENTS 1 – 3 & THE WRIGHT BROTHERS AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	20	21	21	20	23	24	25	28	24	24	25	24	28	31	30	31
CURL UPS	30	31	34	36	39	38	38	38	25	27	29	30	31	30	30	28
PUSH UPS	10	11	12	16	18	22	24	26	10	10	9	9	9	11	11	12
SHUTTLE RUN	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
MILE RUN	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11

President's
Challenge
25th
percentile

PHASE II ACHIEVEMENTS 4 – 6																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	22	23	23	23	25	27	27	31	26	26	27	27	30	32	32	33
CURL UPS	32	34	37	39	41	41	40	40	27	29	31	33	34	32	32	30
PUSH UPS	11	12	14	18	20	25	26	30	10	11	10	10	10	12	13	14
SHUTTLE RUN	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3
MILE RUN	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20

President's
Challenge
35th
percentile

PHASE II ACHIEVEMENTS 7 – 8 & THE MITCHELL AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	25	25	26	26	28	30	30	34	28	29	30	31	33	36	34	35
CURL UPS	35	37	40	42	45	45	45	44	30	32	35	37	37	36	35	34
PUSH UPS	14	15	18	24	24	30	30	37	13	11	11	11	11	15	12	16
SHUTTLE RUN	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0
MILE RUN	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22

President's
Challenge
50th
Percentile

PHASE III ACHIEVEMENTS 9 – 11 & THE EARHART AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	26	26	27	27	30	32	32	36	29	30	32	32	35	37	36	37
CURL UPS	38	39	43	45	48	49	48	46	32	35	38	40	40	39	37	36
PUSH UPS	16	18	22	28	28	34	35	42	14	14	14	15	15	16	17	19
SHUTTLE RUN	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7
MILE RUN	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51

President's
Challenge
60th
Percentile

PHASE IV ACHIEVEMENTS 12 – 16 & THE EAKER AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	27	28	28	29	32	33	35	39	30	31	33	34	37	40	38	39
CURL UPS	40	42	46	48	51	52	50	49	35	38	40	41	42	42	40	39
PUSH UPS	19	22	25	32	34	37	38	46	16	16	16	17	17	18	20	22
SHUTTLE RUN	10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5
MILE RUN	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14

President's
Challenge
70th
Percentile

SPAATZ AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	28	29	29	30	33	34	36	40	31	32	34	36	38	41	39	40
CURL UPS	41	43	47	50	52	53	51	51	37	39	41	42	43	44	41	40
PUSH UPS	20	24	27	35	36	39	40	49	18	17	18	19	19	19	21	23
SHUTTLE RUN	10.7	10.4	10.0	9.8	9.4	9.2	8.9	8.9	11.3	10.8	10.7	10.5	10.5	10.3	10.4	10.3
MILE RUN	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52

President's
Challenge
75th
Percentile

NOTE: Use the table corresponding to the promotion being attempted. For example, a cadet attempting to meet C/CMSgt promotion requirements would use the table for Achievement 7.