



# ALERT Cadet™

## Basic Training Manual

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## Welcome to ALERT Cadet!

ALERT Cadet is a tool wise fathers can use to win and keep the hearts of their 8 to 17-year-old sons. The ALERT Cadet program focuses on the father/son relationship and the significant steps fathers can take to help their sons grow into Christian manhood. These steps include spending time in God's Word, applying biblical truths to real-life situations, learning and practicing life skills, completing outdoor adventure projects, serving others, and doing physical training. This ALERT Cadet *Basic Training Manual* will introduce these steps and get you started in lifelong disciplines.

Fathers, accomplish every project in the ALERT Cadet *Basic Training Manual* with your sons. Spend quality and quantity time with them, teach them how to do new skills, and demonstrate your own willingness to learn by having a teachable spirit. Hold your sons accountable for completion of the projects in the *Basic Training Manual*. Be sure to sign your sons' Completion Records at the end of this manual when they complete individual projects. Be diligent to plan, execute, and complete the projects in a timely manner. Win and keep your sons' hearts!

Sons, listen to your father and learn from him. Tell him and show him that you are grateful for his time, attention, teaching, and love. Hold your father accountable to complete his projects; however, recognize that your father is a busy man with many demands upon his time. Show him respect and honor by responding to correction with humility and love. Sons, give your heart to your father! (Prov. 23:26)

This ALERT Cadet *Basic Training Manual* is designed so that fathers and sons can complete it in a four-week period. Determine ahead of time when you will each work in the manual, when you will meet for accountability, and when you will complete each week's projects. Plan to succeed!

You have begun a great father-and-son adventure. Welcome to ALERT Cadet!

**The ALERT Cadet staff**

The ALERT Cadet program was founded in 1996 as a companion program to ALERT, the Air Land Emergency Resource Team. ALERT Cadet is for Christian fathers and their 8 to 17-year-old sons.

The ALERT Cadet program can be done at home, with a father and his sons, with three to five fathers and their sons in a small unit, or with six or more fathers and sons in a large unit.

## How to Complete this *Basic Training Manual*

The ALERT Cadet *Basic Training Manual* is the first step in the ALERT Cadet curriculum. We have designed the *Basic Training Manual* in such a way that diligent fathers and their 8 to 17-year-old sons can complete it in four weeks.

The *Basic Training Manual* focuses on God's Word, the Bible, through Scripture memory and Scripture meditation projects. Life skills and adventure projects in the *Basic Training Manual* provide training in those skills so that the skills become daily or weekly habits. The service projects provide opportunities for fathers and sons to serve others in Christlike ways. The physical training projects encourage fathers and sons to achieve and maintain active lifestyles.



The following guidelines should help you cover the material effectively:

- Ask your father (son) to hold you accountable to do the work in a timely manner.
- Use the Completion Record at the back of this manual to record your progress through the projects.
- Father, initial the Completion Record for your sons' work, and son, initial for your father's work.
- Do all of one week's assignments before beginning the assignments for the next week. If you miss an assignment, plan extra time early in the next week to complete that project, and then move on.

You will see the following terms in the *Basic Training Manual*:

- Read** - Read over the material until you understand it.
- Memorize** - Memorize the Scriptures and biblically-based principles word perfectly.
- Meditate** - Think and pray about these truths; apply them to your life.
- Do** - Complete the project.

We have divided the activities and projects in the *Basic Training Manual* into four weekly blocks. Each week's assignments include Scripture memory, Scripture meditation, skill, and physical training projects, and either an adventure project or a service project.

Let's get started with Week One!

## ALERT Cadet Information

Each week in this section you will learn about the ALERT Cadet program. This week you will read about the ALERT Cadet vision, structure, and Covenant.

### ALERT Cadet Vision *(read)*

The vision of the ALERT Cadet program is to **“assist fathers to win and keep the hearts of their 8 to 17-year-old sons.”** The program seeks to give fathers the tools necessary to train their sons to be effective servants, leaders, and ultimately, godly men. These tools include the ALERT Cadet handbooks, awards, rank structure, group activities, outdoor adventure opportunities, service projects, and leadership development.

### Project 1 *(do)*

Copy the ALERT Cadet vision on the lines below:

“The vision of the ALERT Cadet program is to \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_.”

### Structure *(read)*

ALERT and ALERT Cadet are ministries of the International ALERT Academy, a non-profit Christian organization dedicated to raising generations of young men and women who will follow Christ.

ALERT Cadet is headquartered at the International ALERT Academy campus in Big Sandy, TX, USA, about 100 miles (160 km) east of Dallas. The International ALERT Academy is a former college campus on 2,200 acres (890 hectares) of land with lodging and instructional, conference, aviation, and outdoor adventure facilities.

The basic element of ALERT Cadet is the family group, a father and his sons. A family group officially joins ALERT Cadet when the father and one or more sons complete the *Basic Training Manual* and apply for membership. Every family group is assigned to an active ALERT Cadet unit, even if the unit is geographically distant.

Fathers serve as the leadership in the ALERT Cadet program, so a young man is always under the direct authority of his father. The unit leader and father may assign unit responsibilities to an ALERT Cadet son based upon the son’s maturity and the father’s desires for his son.

Three or more family groups in a geographic area may form a new unit under the leadership of an ALERT Cadet father who holds the rank of 2nd Lieutenant. Each unit leader must agree to a code of conduct and statement of faith to uphold the biblical standards and ideals of the ALERT Cadet program.

When a unit grows to comprise six or more family groups, the unit leader will recommend one or more fathers in the unit to serve as squad leaders. The existing unit leader will then apply for promotion to 1st Lieutenant and continue as the unit leader. The assisting fathers will apply for commissioning to 2nd Lieutenant and serve as squad leaders under the unit leader. Each squad has from three to five families in it.

State and regional coordinators serve the unit leaders in their designated areas by organizing camps, service projects, and special activities. These coordinators hold the rank of Cadet Major or Captain.



The commanding officer of the ALERT Cadet program holds the rank of Cadet Lieutenant Colonel. His role is to administer the program, direct the activities, be a resource to the unit leaders and coordinators, and serve ALERT Cadet fathers. He also functions as the “vision keeper” for the program.

ALERT Cadet units are designated by geographic location, with each country divided into states and each state into regions. The full name of the unit thus indicates the unit's geographic location. The name is made up of three components. The first part indicates the country or state where the unit is located, the number indicates the region within the state, and a final word (Alpha, Bravo, Charlie, etc.) designates the exact unit in that geographic region in the order in which it was chartered. The Texas 4th Alpha unit, abbreviated TX 4A, is in the country of the United States (implied), the state of Texas, and the region of north central Texas; it was the first unit chartered in that region.



**Project 2 (do)**

Write out the full name of your ALERT Cadet unit. Find out who your unit leader, state/regional coordinator, and the ALERT Cadet commanding officer are. Write their names and ranks next to their roles below.

My ALERT Cadet unit designation is \_\_\_\_\_

Unit Leader \_\_\_\_\_

State/Regional Coordinator \_\_\_\_\_

Commanding Officer \_\_\_\_\_

**ALERT Cadet Covenant (read and memorize)**

The ALERT Cadet Covenant lays out the basis of what ALERT Cadet fathers and sons should be and do. A covenant, in Bible times, was a solemn promise between God and His people. Today, a covenant is still a solemn promise between two parties, witnessed by others, which is not to be broken.

**Project 3 (read and memorize)**

Begin memorizing the ALERT Cadet Covenant now and recite it often with your father (son). Ask your father (son) to initial the Completion Record when you memorize the first paragraph of the Covenant and can say it word perfectly, with no assistance.

*"By God's grace,*

*I will be swift to hear what is true,  
And give honor where honor is due.*

*I will learn what it means to obey,  
And be truthful in all that I say.*

*I will be neat in room and dress,  
And show to others true gratefulness."*

Grace is often defined as the power and desire to understand and to do God's will. Everything you overcome is "by God's grace," and every time you reflect Christ, it is by His grace. Focus on God's character and His grace as you complete the rest of this week's projects.



## Scripture Memory

A motto helps us remember why we are doing something and motivates us when we desire to quit or give up. The ALERT Cadet Motto, **Strong to Overcome**, taken from 1 John 2:14, reminds us that we are to be strong in faith to overcome the wicked schemes of our enemy, Satan, who wants to destroy us.

### Project 1 (read and memorize)

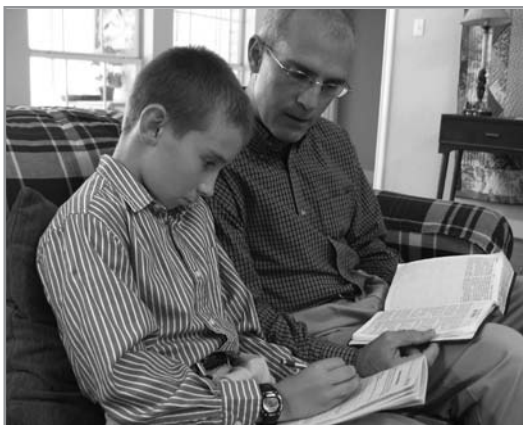
Memorize and quote the ALERT Cadet Motto to your father (son).

### Project 2 (read and memorize)

Memorize and quote the ALERT Cadet theme verse, 1 John 2:14, to your father (son).

*I have written unto you, fathers, because ye have known him that is from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one.*

1 John 2:14



## Scripture Meditation

Meditate on 1 John 2:14, the verse you just memorized. Meditation is focused thinking with a desired end result being application in your life. When you think a lot about something, especially God's Word, you gain insights as to what the words really mean.

All people face challenges, and each of us has the resources of God's Word, the Bible, to help us overcome these challenges. The following project will help you learn to be **Strong to Overcome** by overcoming challenges in your life.

### Project 1 (do)

Complete the exercise below on identifying and overcoming challenges as you become **Strong to Overcome**.

List three challenges or obstacles you are facing right now, in your life, work, or studies, that you would like to overcome.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Choose one of the challenges above and place a star (\*) left of the number. Below, list three steps you could take to overcome this challenge or obstacle.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Determine to take this next step to overcome this challenge. Choose one of the steps above and place a check (✓) by it. List below the name of a person you will ask to hold you accountable to take this step.

\_\_\_\_\_

## Skills

Men and young men sometimes try to take on battles that are not their own; preparing for the battle is our job, but the battle actually belongs to God. The ALERT Cadet theme song, "The Battle Is the Lord's," reminds us that He is strong, faithful, and able to successfully win all spiritual, emotional, or physical battles. He is the Creator and Sustainer of the universe, and He is all powerful! This is the God we serve!

### Project 1 (do)

Read the words to the ALERT Cadet theme song, "The Battle Is the Lord's," below and think about what God has already done for you. The words are taken from II Corinthians 10:3-5.

#### The Battle Is the Lord's

For our weapons are not carnal, nor our war with flesh and blood;  
But to pull down Satan's strongholds, we are mighty through our God!  
Casting down imaginations that rise up against His hand;  
Boldly bringing to subjection every thought to His command!

So be strong and of good courage! Let the trump of triumph sound!  
For the Lord our God is with us to regain surrendered ground!  
Our authority is Christ's own blood; We bear a two-edged sword;  
We will never fear, for vict'ry's near! The battle is the Lord's!

### Project 2 (do)

Play the musical score to the ALERT Cadet theme song or listen to the tune on the ALERT Cadet website, [www.alertcadet.org](http://www.alertcadet.org). Practice singing the song until you know it well. In Week Four you will sing both verses of the song.

## The Battle Is the Lord's!

Loren Films  
adapted by Betty Anderson

The musical score is written for voice and piano. It consists of six systems of music. Each system includes a vocal line (treble clef) and a piano accompaniment (grand staff). The lyrics are: "For our weapons are not carnal, nor our war with flesh and blood; So be strong and of good courage! Let the trump of triumph sound! But to pull down Satan's strongholds, we are mighty through our God! For the Lord our God is with us to regain surrendered ground! Casting down imaginations that rise up against His hand; Our authority is Christ's own blood; We bear a two-edged sword. Boldly bringing to subjection every thought to His command! We will never fear, for vict'ry's near! The battle is the Lord's!"

Words and music © 1995-2009 by ALERT Cadet

ALERT Cadet fathers and sons must consciously work to become **Strong to Overcome**. One of the best ways to overcome the evil one is by reading, listening to, and applying God’s Word to your life. The Bible is actually a “library” containing 66 “books,” each designed by the Holy Spirit to show us the God we serve. Daily Bible reading helps us know God better.

At ALERT Cadet we often get the question of why we use the King James version of the English Bible. The answer is simply to facilitate group recitation of the Scriptures using a generally accepted version which is a word-for-word translation of the original language. For your Bible reading and study, you may prefer to utilize the King James or another word-for-word translation. The Old English of the King James is sometimes difficult for younger ears to comprehend.

Many fathers and sons use an inexpensive paperback Bible for daily reading so that they can highlight meaningful words or passages. If you can, begin marking your Bible as you read daily. Mark the passages in a way that is useful to you. You could circle words that have similar meanings, put check marks by points you want to apply, or underline phrases that are especially meaningful to you.

For example, verse 14 from I John 2 might look like this:

*I have written unto you, fathers, because ye have known him that is from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one. ✓*

**Project 3 (do)**

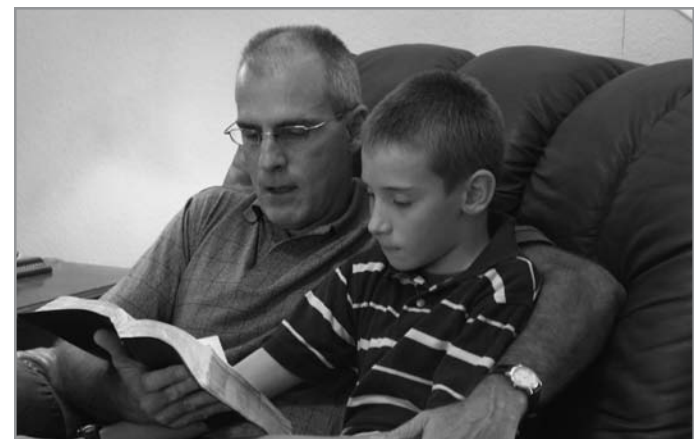
*Begin the practice of spending daily time in God’s Word. Talk with your father (son) and identify the book of the Bible in which you will begin reading. If Bible reading is new for you, you might want to start with the story of Jesus in the book of Luke. Your father (son) may initial the Completion Record when you complete seven consecutive days of Bible reading.*

What book of the Bible will you read? \_\_\_\_\_

Will you commit to read at least one chapter in God’s Word every day for seven consecutive days?      yes \_\_\_\_ no \_\_\_\_

Check the boxes below as you read and highlight in God’s Word every day for seven consecutive days.

- Day 1                       Day 2                       Day 3
- Day 4                       Day 5                       Day 6
- Day 7



## Service Project

Service to others is an integral part of the ALERT Cadet program. The purpose of doing service projects is given in Ephesians 2:10: “for we are His workmanship, created in Christ Jesus unto all good works, which God hath before ordained that we should walk in them”. In a sense, then, we were created by God specifically to do good works. Serving your family and home is a good way to show gratefulness and to develop the heart of a servant and an “others-focused” mindset.

### Project 1 (do)

With your father (son), plan and carry out a service project for your family at your home. Be sure that the service is something you would not normally do on a regular basis. Listed below are some suggestions.

- Do minor house repairs
- Wash the windows inside, and, if possible, outside, as well
- Deep clean the refrigerator and freezer
- Clean and organize the garage or a storage area
- Trim the hedges and trees
- Vacuum and wash a vehicle
- Paint a room



Pray for your family members as you are serving them. As you work, ask yourself, “Am I working diligently and in a thorough manner? Or, am I complaining and leaving unpleasant details undone?” Remember to maintain a cheerful attitude throughout your project “with good will doing service, as to the Lord and not to men.” (Ephesians 6:7)

## Physical Training

Developing stamina and maintaining physical fitness are critical to your ability to respond to and meet the physical needs you see around you. Work with your father (son) to begin, or add to, your existing physical training program. Before you begin, read the precautionary warning below.

*Do not undertake physical training and/or any increase in physical activity without first consulting your personal physician. If you have been inactive for a period of time, you should gradually perform the exercises in this booklet to build your strength, endurance, and cardiovascular fitness.*

*Use of the material in this manual is a voluntary activity. By your participation, you are agreeing to waive any and all rights to bring a claim against the International ALERT Academy, ALERT Cadet, their employees, agents, or volunteers for any and all damages or expenses whatsoever in the event that you are injured or suffer bodily harm.*

More detailed PT information is available in the ALERT Cadet *Physical Training Instruction Manual* available on the ALERT Cadet website.

### Warm-Up

Begin with some of these warm-up activities to increase your cardiovascular activity and elevate the blood circulation to your muscles. This will increase your muscles’ efficiency before starting an exercise so as to prevent damage.

**March in Place** – Start with your left foot; march in place for 60 seconds, raising your knees high and swinging your arms opposite to your feet.

**The Windmill** – Start with your feet shoulder-width apart and extend your arms to the sides. Bend at the waist and reach towards your left foot with your right hand. Straighten and repeat for the opposite side. Complete 10 repetitions.



**Stretches**

Now that your body is warmed up and blood is flowing to your muscles, take time to stretch out the main muscles you will be exercising.

**Triceps Stretch** – Stand with your feet shoulder-width apart. Bring your right arm over your head and back between your shoulder blades. With your left arm, pull your right arm down your back. Hold for 15 seconds. Switch arms and repeat.



**Shoulder Stretch** – Stand with your feet shoulder-width apart. Place your right arm across your chest. With your left arm, pull your right arm closer to your chest and look across your right shoulder. Hold for 15 seconds. Switch arms and repeat.



**Standing Abdomen Stretch** – Stand with your feet shoulder-width apart and your fingers interlocked in front of your body. Raise both your arms above your head and pull them backwards while your head is angled back. Hold for 15 seconds.



**Quadriceps Stretch** – Stand on your left leg. Pull your right leg behind your body with your right arm so that your heel is close to your buttocks. Extend your left arm out to the side for balance. Hold for 15 seconds. Switch legs and repeat.



**Exercise**

**Side-Straddle Hop (“Jumping Jacks”)**

Start with your feet together and your hands at your side. Jump outward, and at the same time, raise your arms and hands above your head until you can clap your hands together, counting, “One!” Return your feet and arms to the starting position and count, “Two!” Do another side-straddle hop counting, “Three!” when your arms are up. When your arms come down, instead of saying, “Four!” say the number of the repetition. In this way, you can easily keep track of how many 4-count side-straddle hops you have done.



**Flexibility Test**

Sit on the ground with your legs and feet together. Try to touch your toes while keeping your knees straight and your ankles flexed. To pass you must touch your toes with both hands and hold it for 3 seconds.



**Project 1 (do)**

Twice this week, perform the warm-ups, the stretches, the exercise, and the flexibility test. Practice side-straddle hops to increase the number you can correctly complete in 2 minutes. Record the dates and the numbers below.

Dates:		
<b>Side-Straddle Hop</b> # of 4-count hops in 2 minutes		
<b>Flexibility Test</b> (pass/fail) To pass, hold for 3 seconds		