



X-TREME TEAM CHALLENGE

29 OCTOBER 2016

The Events:

Apocalypse Survival

BIVOU-Wacky

Puzzle Palace

Commo Bombo

SySTEM Failure

Attack the Evac

Hollywood Cadets

RECONquest

Speed Sports

Balanced Approach

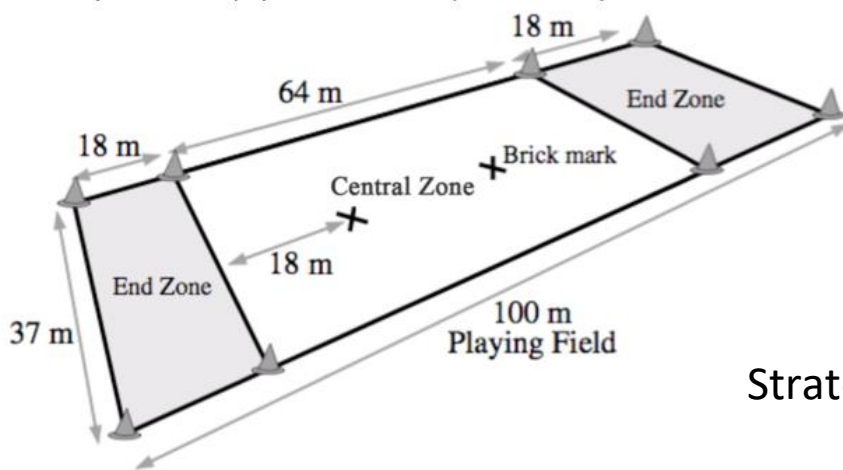
10 CHALLENGES. 10 HOURS. 10 FINISHERS.
ONE X-TREME TEAM

The Challenges

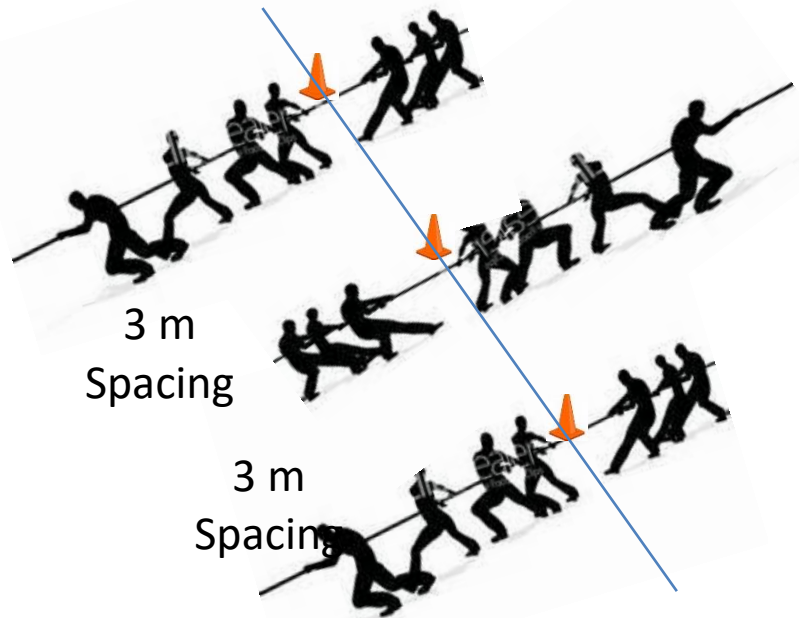
Challenge 1: Speed Sports

- **Concept:** 5 Min Briefing, 2 Teams compete in Ultimate Speed Frisbee while the other 2 teams simultaneously compete in 3 Tug of War matches for 15 minutes, Teams then swap fields and compete in the other event for another 15 mins. Score Cards are graded in last 5 mins.
- Ultimate Frisbee played with 2 Frisbees, Strategic Tug-O-War played with 3 ropes and team needs to decide/strategize how to divide their team among the three ropes.

Ultimate Speed Frisbee

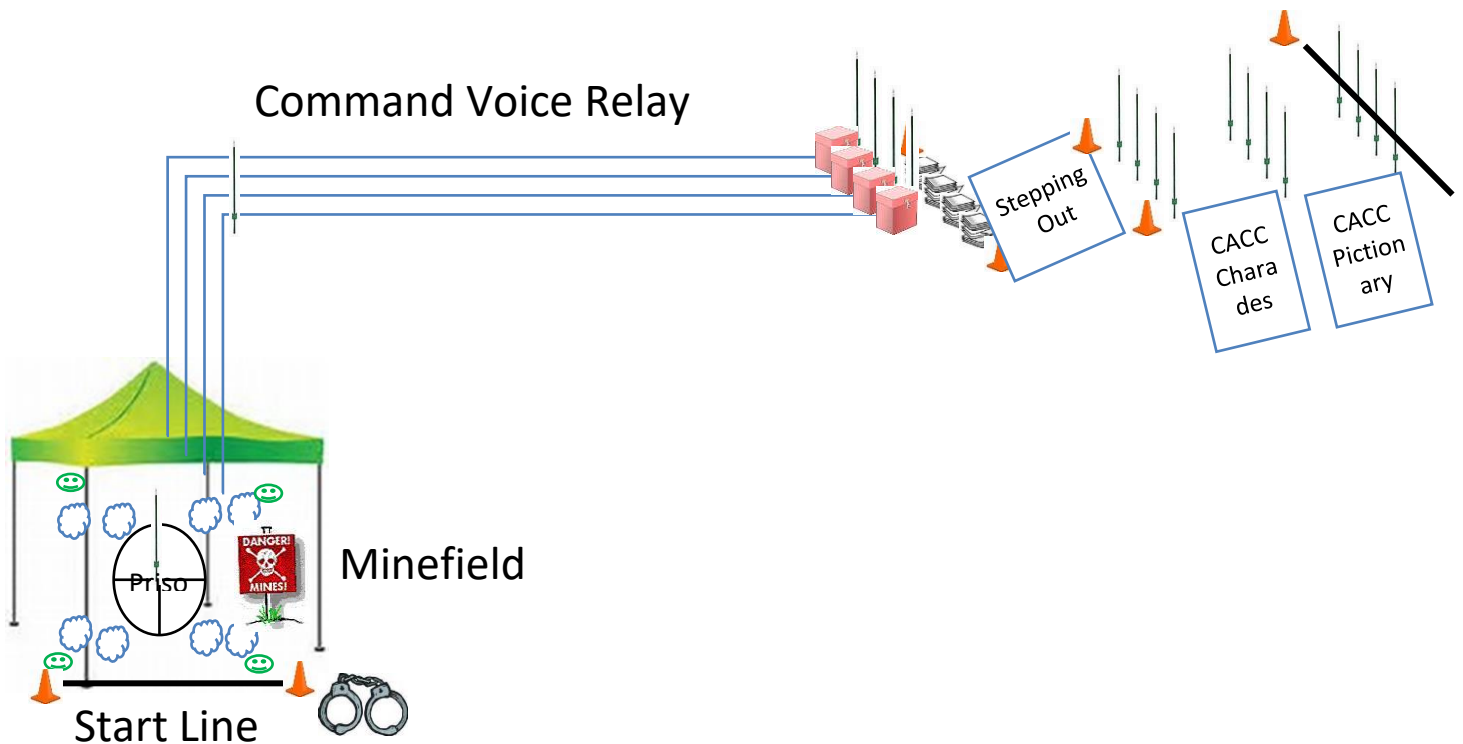


Strategic Tug-O-War



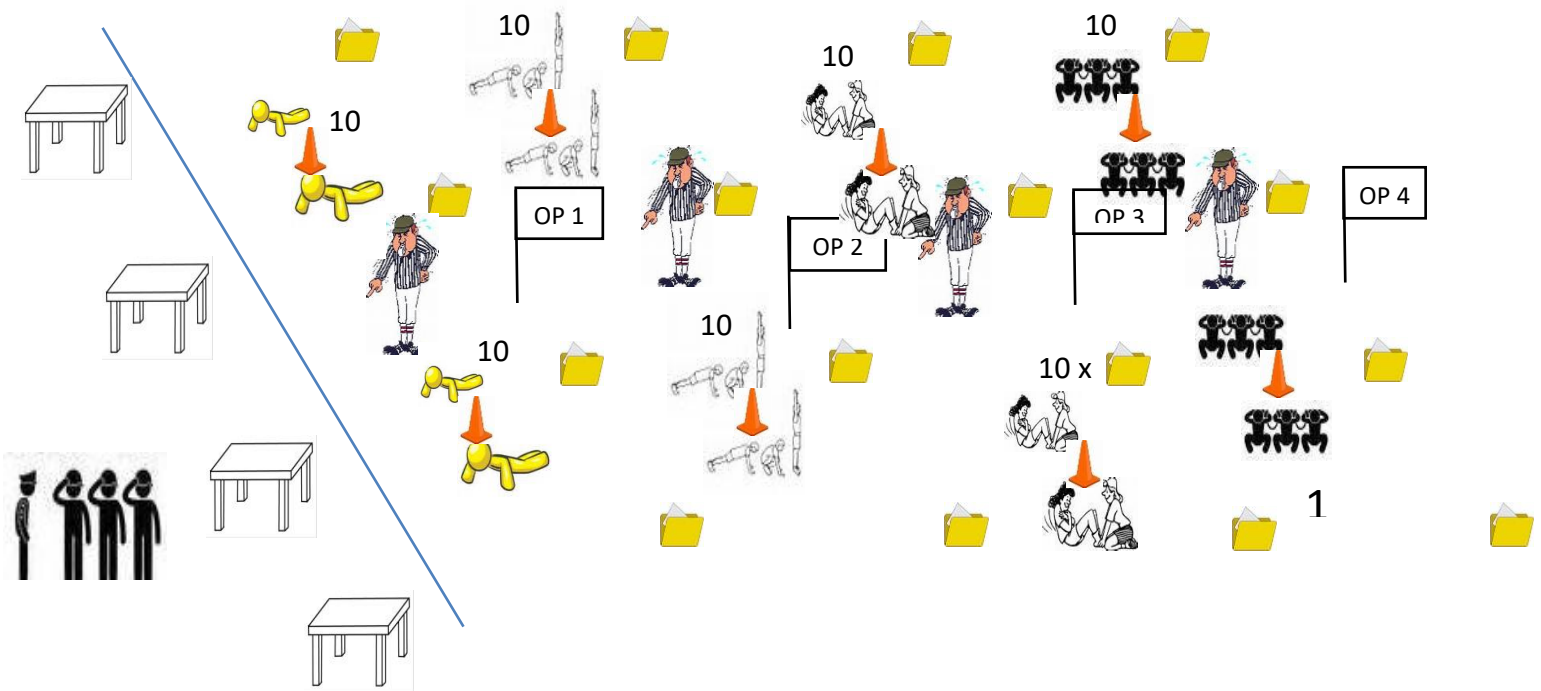
Challenge 2: Commo Bommo

- **Concept:** 10 Min Briefing, Teams have 20 minutes to run in 4 parallel lanes through a series of 5 communications obstacles. Score Cards are graded in last 5 mins. Obstacles are:
 - Minefield Navigator: 1 Cadet is blindfolded, spun in circles 3 times, and then directed by his team from afar through a "minefield" to a drop box on the ground and returned to his team with the box. The dropbox contains combination to the locker at the next station. A cadet is then taken prisoner and locked to Station 1.
 - Command Voice Relay: Once Cadet 1 is handcuffed, rest of team spreads out to verbally relay a series of numbers (combination to Station 2) over a long distance down the line to the last cadet who will unlock the lockbox at station 2. Lockbox has combination and partner radio to Cadet who is restrained at Station 1. Once "prisoner" is released, rest of team may continue to next challenge.
 - Stepping Out: Teams will unlock 10 sheets of laminated paper that the team must use to progress 100 feet to the next challenge. Only these pieces of paper may be stepped on. Team will have to work together to transport whole team to destination. If anyone touches any part of the ground the entire team will need to restart this obstacle.
 - CACC Charades: Given 20 charades cards of CACC subjects, team will select 2 people to act and the remainder to guess the charade. Once 10 cards are successfully completed, then team advances to the final obstacle.
 - CACC Pictionary: Given 20 Pictionary cards of CACC subjects, team will select 2 people to draw and the remainder to guess the picture. Once 10 cards are successfully completed, the team gets the key to the handcuffs, and then runs back to the starting/finish line where they will free their handcuffed cadet and cross the finish line.



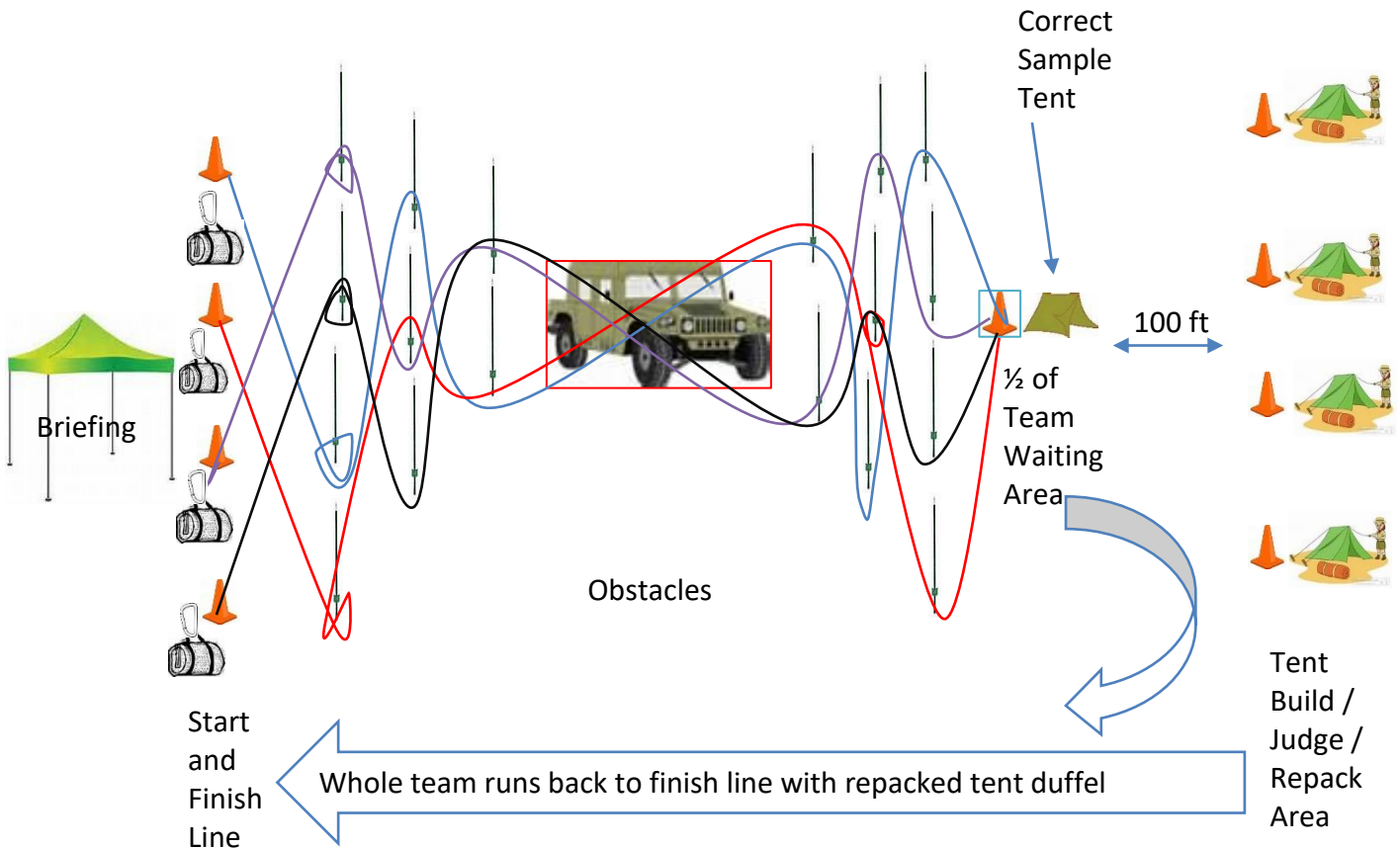
Challenge 3: RECONquest

- Concept:** 5 Min Briefing, 4 Teams each start at Home Base (Rock Drill Table) with 50 military silhouettes spread out table with 4 Observation Points (Ops) identified. At whistle, teams have 15 minutes to send out 4 recon teams to go through physically demanding obstacles, recon each OP and memorize the object, come back through the obstacles to Home Base. Recon teams who do not make it back to the home base before the 15 minutes are up will be "killed". Surviving recon teams must correctly select the reconnoitered silhouette at their respective OP, and arrange them in the correct order. Points will be awarded for all correctly identified silhouettes and deducted for an incorrect guess. Score Cards are graded in last 5 mins.



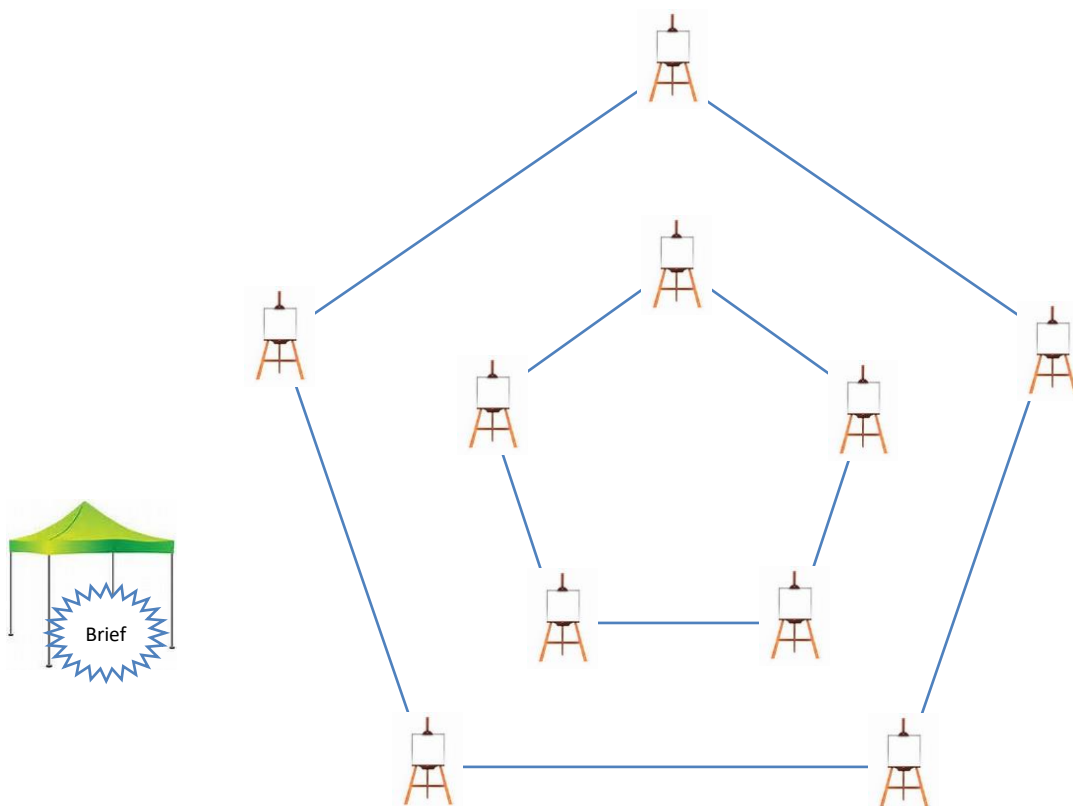
Challenge 4: BIVOWacky

- Concept:** 5 Min Briefing/prep, Teams split into 2 (5 cadets each), 1st half carries bag filled with tent supplies attached to a carabiner which is then attached to 1 of 4 ropes (1 for each team) which transit through a series of t-posts, vehicles and other obstacles to the second half of their team who is waiting for the tent bag to be delivered. Once it is received, the second half of the team moves 100' away and builds the tent to standard. Once receiving a thumbs up from the judge, the team reforms, breaks it back down, packs the bag, and then carries the whole thing back to the starting line. Event is graded on time. Score Cards are graded in last 5 mins.



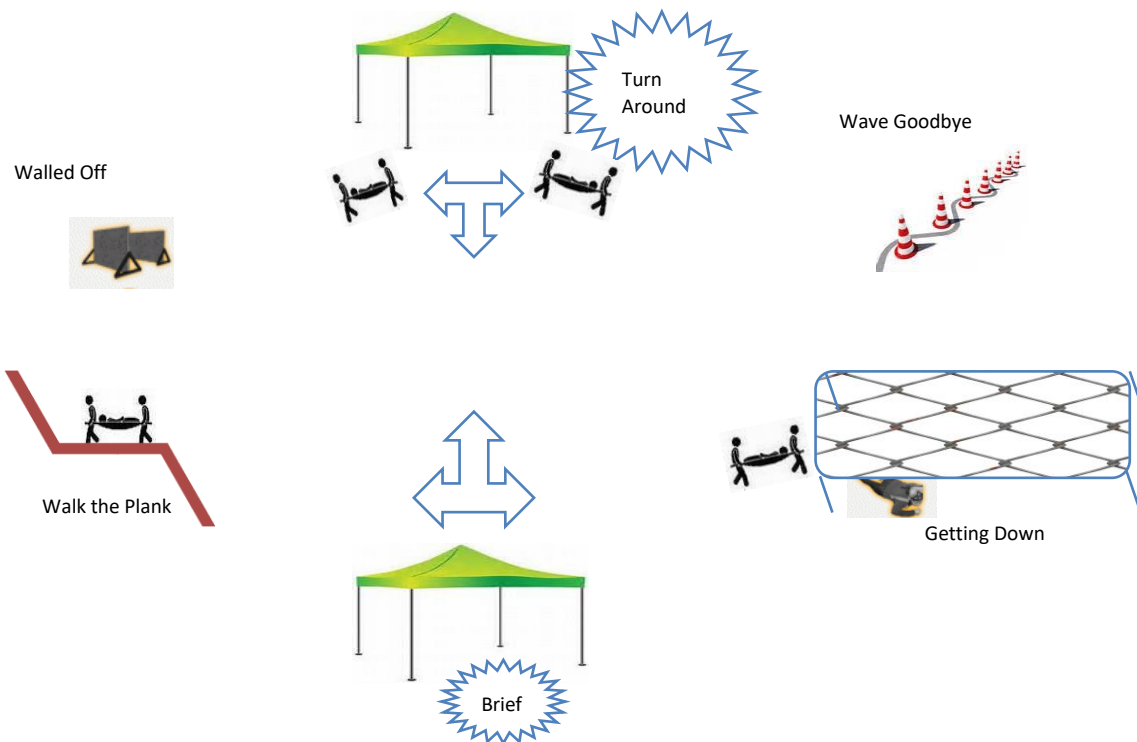
Challenge 5: Puzzle Palace

- Concept:** 5 Min Briefing, As a team, cadets run through two concentric Pentagons of puzzle stations. Each station has a flip chart with a complex puzzle, mind bender, or logic test on it. There are 5 categories of puzzles: Math, Deductive Reasoning, Brain Teasers, Paradox, and Word Puzzles. All 10 cadets must travel together. Each station has a difficulty posted and so they can strategize/lead their way together to the most points possible in 20 minutes. Four teams will run the course simultaneously adding to the flexibility needed in the strategy. Score Cards are graded in last 5 mins.



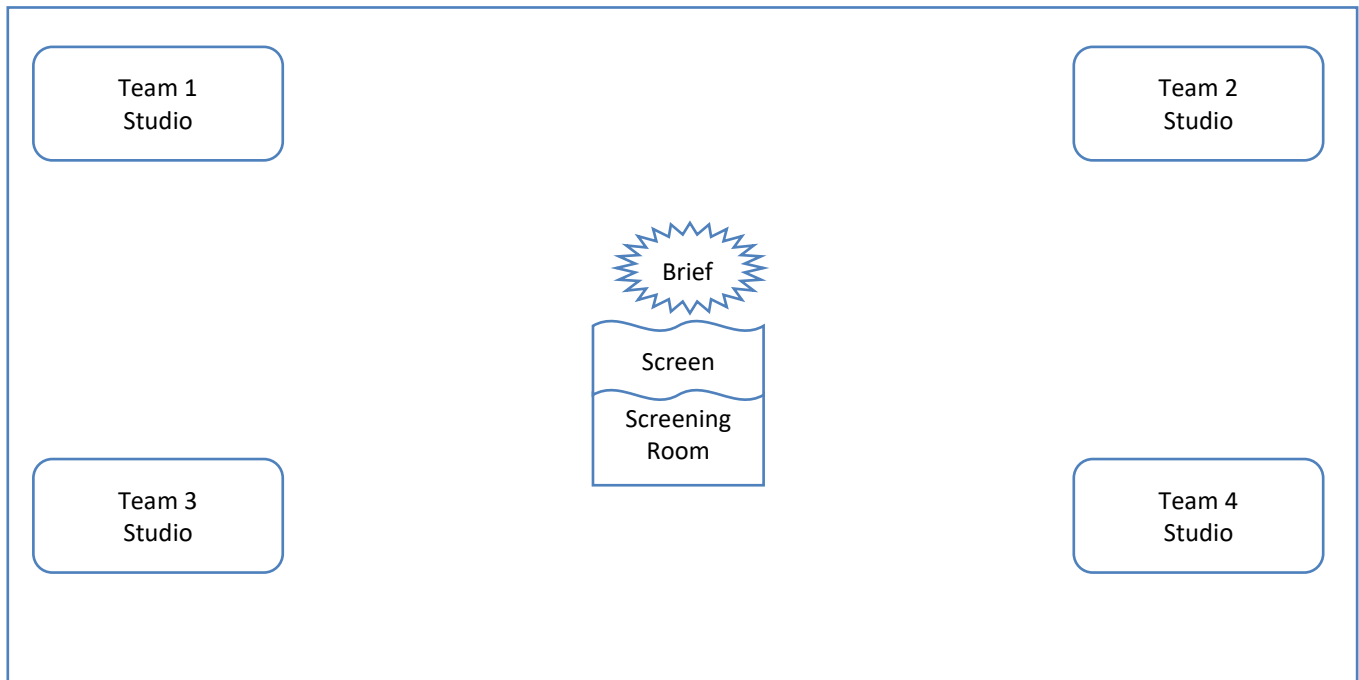
Challenge 6: Litter Evac

- **Concept:** 5 Min Combined briefing. Teams are split into two (5 cadets from each team walk to the turnaround point past the obstacles). The first two teams are then given a litter with 165-pound manikin 10 feet away. At the whistle the team has 15 minutes to carry the litter to the litter, strap it in, and get the litter to the other end of the course (turn-around point) for the other half of their team to reverse the course back to the starting point. Teams will be awarded one point for taking it to the turn-around point, one point for returning it to the start, and one point (for each half of the team) for successfully navigating through 4 obstacles for a total value of 10 points. Full credit will only be given at the turn around point and the finish point once the manikin has been unstrapped and moved 10 feet away from the litter. Litter Obstacles include:
 - Getting Down
 - Teams must traverse 50' under and 18" high ceiling with litter
 - Walled Off
 - Teams must traverse over a knee-high, waist-high, and chin-high wall with litter
 - Walk the Plank
 - Teams must traverse a six-inch wide plank that makes 3 x 90-degree turns with litter
 - Wave Goodbye
 - Teams must traverse a series of tight, 90-degree turns with litter



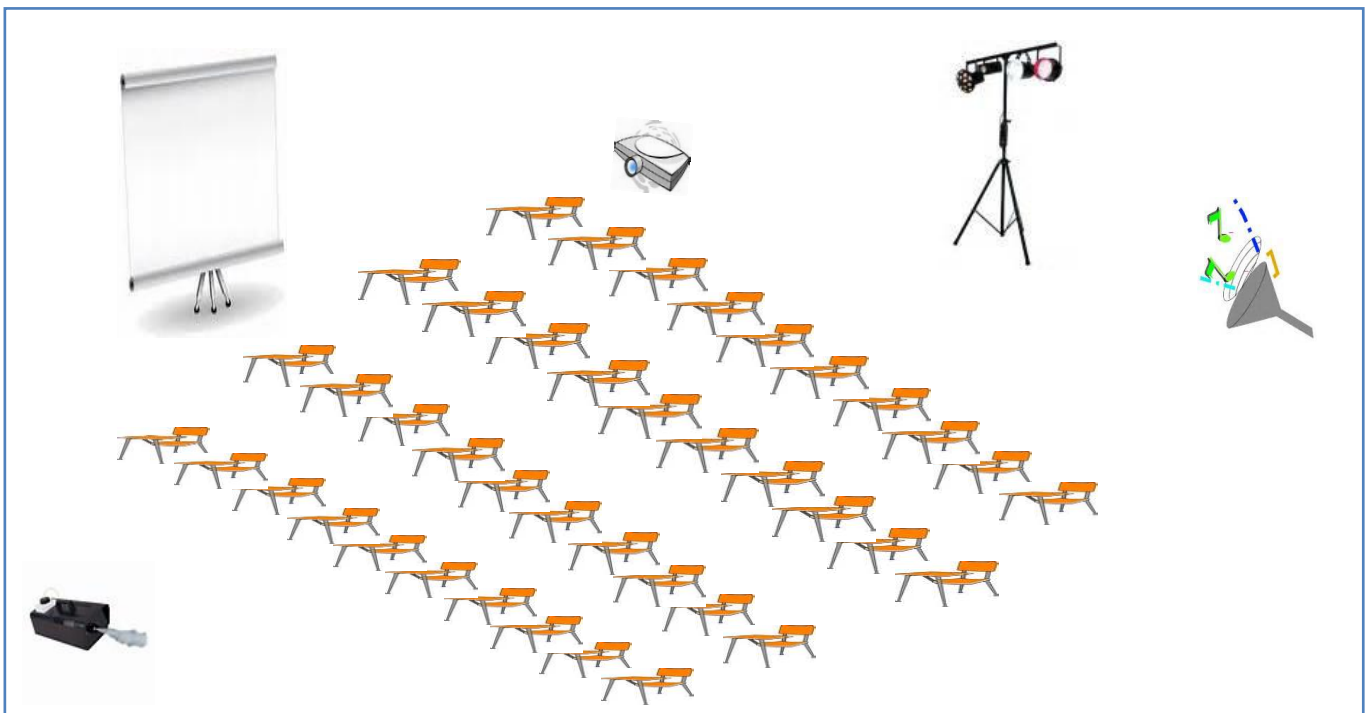
Challenge 7: Hollywood Cadets

- **Concept:** During the 5-minute briefing, Cadets will be given a subject, camcorder, tripod, and memory card and will be shown how to operate the equipment. Cadets will then have 25 minutes to plan and film, with four camcorders, a recording of themselves in a 60-second video that are then judged on originality, time control, factual accuracy, relevance, humor, surprise, symbolism, and emotive value. During the final 10 minutes, their 60-second video will be graded by the judges.
- Sample Assignments (These won't be used in the competition)
 - Create a 60-second Cadet Corps recruiting commercial for high school students that would have been used in the year 1985.
 - Create a 60-second jody of the virtues of drinking V-8 juice instead of Coke.



Challenge 8: SySTEM Failure

- **Concept:** A 5-minute briefing will be followed by each team member being given a pencil and Scantron score and seated at individual desks in columns back from the projector screen. Cadets will then be given 20 minutes to answer as many STEM-based multiple choice questions as possible. Questions will be projected on the screen slowly at first and then in a progressively faster fashion. Noise, lights, and fog will all be introduced in progressively increasing amounts during the 20 minutes. Points will be awarded for each correct answer and deducted for each incorrect answer. Score cards will be totaled for a composite score for each team.



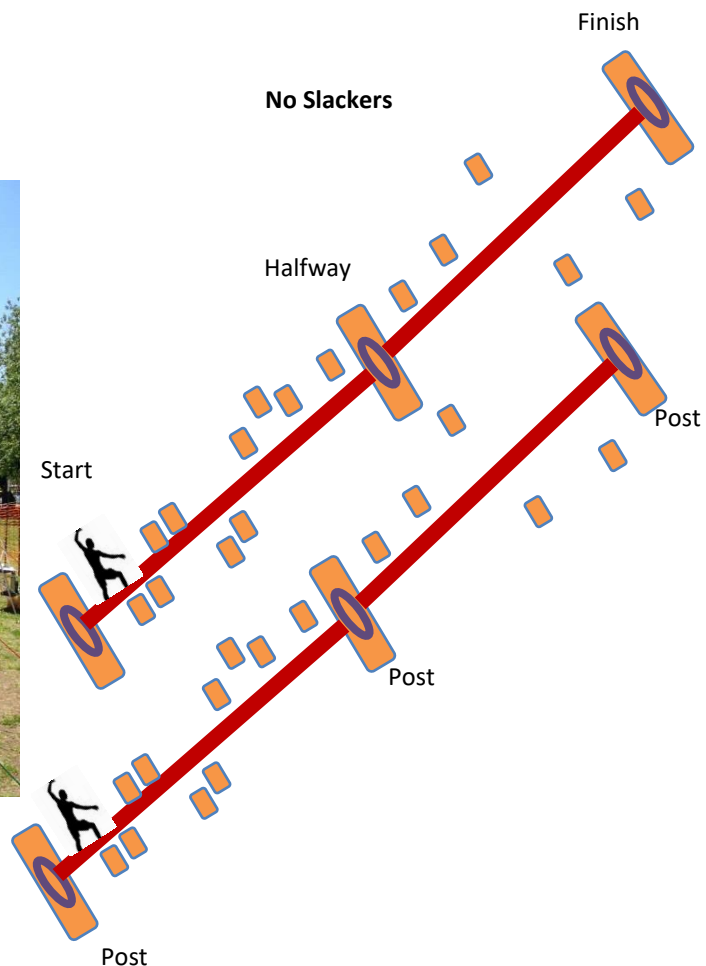
Challenge 9: Balanced Approach

- **Concept:** Rotation begins with a 5-minute brief. This obstacle is comprised of two events: Slackline and Human Foosball. After the briefing, the 4 teams will split and 2 will go the Slackline (2 lanes) while the other two go to Human Foosball (Head-Head competition). The first period will last 15 minutes and then all teams will rotate to the other obstacle immediately for another 15-minute period. Scoring will be accomplished in the last 5 minutes.
 - Human Foosball event has 3 white PVC pipes with rope running through them and secured with a few feet of up/back and left/right play to ground anchors. Gloves/loops are superglued to the poles and players must keep their hands in the gloves/loops at all times. Team must work together to move left or right and advance the ball down the field through opposing team and into the net. The other team has 3 corresponding and opposed black pipes and must try to score on the white team.
 - No Slackers (Slackline) event is made up of two simultaneous lanes of a series of 2 slacklines. Cadets must walk as a team across the slacklines and may only stand on certain safe areas and may use each other for balance while on the slackline. If a cadet falls off the line and touches a non-safe area, that cadet must return to the beginning. Cadets may only stand on safe areas or the slack line. Points are awarded for achieving a series of objectives on the slacklines.

Human Foosball



No Slackers



Challenge 10: Apocalypse Survival

- Concept:** Rotation begins with a 5 minute brief. Teams will then assemble at table with backpacks and survival gear spread out. Teams will be allowed to choose a limited number of survival items and will then progress through a series of 10 stations at which they will use their equipment to demonstrate proficiency. Once they demonstrate the required tasks they will receive credit for that station and may move on to the next. Up to 10-points will be awarded for successfully completing stations.



Station 1
Fire

Station 2
GPS

Station 3
Compass

Station 4
Knots

Station 5
Mountaineer
ring

Station 10
Scenario

Station 9
Scenario

Station 8
Water

Station 7
Triage

Station 6
CPR