**BITTERROOT VALLEY MILITARY PROGRAM PROMOTION ELIGIBILITY**

* **Promotion to Cadet Private First Class (CPFC)** Attended 6 Meetings + Pass PFC Basic Skills Test + Must have completed an Initial Strength Test
* **Promotion to Cadet Lance Corporal (CLCpl)** Attended 6 Meetings *after* earning PFC + LCpl Test + 5% Improvement on Initial Strength Test
* **Promotion to Cadet Corporal (CCpl)** Attended 20 meetings past LCpl + Cpl Test + Lead Basic Drill + 5% Improvement from LCpl Strength Test, Attend Promotion Board of 3+ staff members.
* **Promotion to Cadet Sergeant (CSgt)** Attended 24 Meetings past Cpl + Sgt Basic Skills Test + Review Board of 3 staff members + 5% improvement from Cpl Strength Test, Attend Promotion Board of 3+ staff members.
* **Promotion to Cadet Staff Sergeant (CSSgt)** Attend 30 Meetings past Sgt. Recommended by staff. Records review. Board Review focus on leadership cadet has demonstrated.
* **Promotion to Cadet Gunnery Sergeant (CGySgt)** Attend 30 Meetings Past CSSgt + Recommended by staff + Board Review focus on leadership cadet has demonstrated.
* **Promotion to Cadet Master Sergeant (CMSgt)** Attend 30 Meetings past CGySgt + Recommended by staff + Board Review focus on leadership cadet has demonstrated.
* **Promotion to Cadet Sergeant Major (CSgtMaj)** Attend 30 Meetings past CMSgt + Clearly demonstrates decisive and effective leadership.

Determining improvement percent of strength tests

National Average Mile Run

|  |  |  |
| --- | --- | --- |
| Age  | Males | Female |
| 16 – 19 | 9:34 | 12:09 |
| Less than 16 Years Old | 11:12 | 12:14 |

This data was collected in the United States in 2010 and is based on the run times of 10,000 runners.

FIGURING OUT A 5% IMPROVEMENT ON A RUN TIME – EXAMPLE:

9:34 IST run time = (9 minutes x 60 seconds = 540 seconds + 34 seconds) = 574 total seconds

Next run = 9:05 run time (545 seconds)

574 – 545 = 29 Seconds

.05 x 574 = 28.7 (round up) 29 Seconds

Math – (29 Seconds x 100 /574 seconds) = 5.05% Improvement