

## What can you do as a ROMSEY SEA CADET ?

Whether it's team building, adventure training, unit-based sports and activities or sea-based cruises on one of the Sea Cadets training ships, the Sea Cadets are geared towards developing individual skills and personalities.

As well as making friends with other cadets, each young person will gain valuable skills to benefit them in later life. These include First Aid and 'Heartstart' - a British Heart Foundation initiative, along with leadership, teamwork and communication skills. There is also the opportunity to gain Duke of Edinburgh, BTEC, Royal Yacht Association and CQVO qualifications.



Sports are a very big part of life in the Sea Cadets. Activities and competitions in every area include sailing, rowing, canoeing, swimming, 5-a-side football, shooting and camp craft.

At national camps and courses, cadets from across the country learn subjects and join-in activities that may not be available at their local Unit. Many of these events take place on naval bases.

How about cooking in a naval galley or living in a tent and making breakfast on a tiny stove, while hiking through some wonderful scenery with only a map and compass for navigation? Or the chance to sail around the French coast and Channel Islands on a sailing ship, climbing the rigging and keeping watch?

The Sea Cadets can offer something for everyone!

Find out more by coming along to our Unit at 7:15pm  
Tuesdays for 12 - 18 year olds or  
Thursdays for 10 - 18 year olds

See you there!

Romsey Sea Cadets  
Romsey Sports Field, Southampton Road, Romsey SO51 8AT  
Tel: 01794 514387  
Email: romseyscc@tiscali.co.uk



**ROMSEY SEA CADETS**  
Charity Registration Number 289206

