

Cadet Activity Program

Summer 2022

Annex Y - Guelph - SWOA



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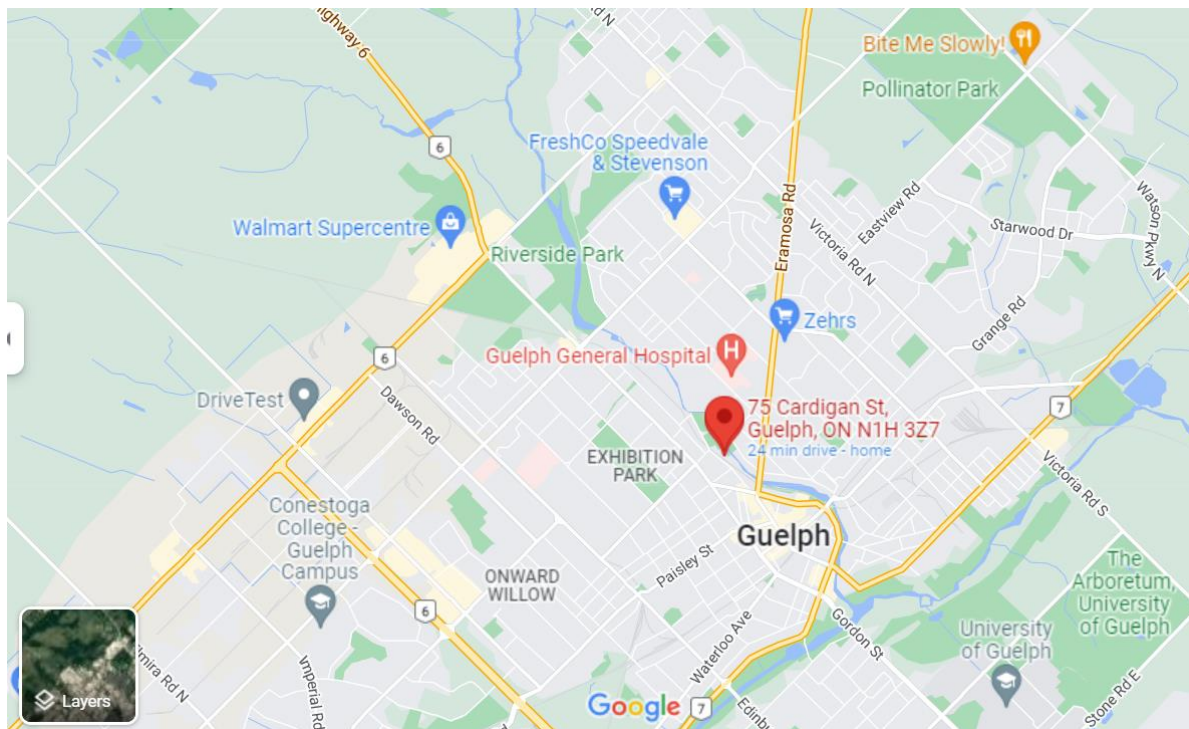
1. Welcome

Welcome to the Guelph Cadet Activities Program (CAP) Site for SWOA. General activities include marksmanship, drill, mental wellness, leadership, fitness. We are looking forward to seeing you soon!

2. Location and Directions

The main location is the Guelph Navy League Building located at 75 Cardigan Rd., Guelph, ON, N1H 3Z7 (see map). You can directions at the link below:

[Guelph Navy League Building](#)



3. Site Serials

The serials delivered at this site are:

CAP 1: 1 Aug –5 Aug

CAP 2: 8 Aug – 19 Aug

4. Timings

Cadets that are being dropped off by parents are asked to arrive between 7:45-8:30am as training will start at 8:30am. Cadets being picked up can be picked up between 3:50-4:30. ALL cadets must be offsite by 4:30pm each day.

5. Contact Information

- a. The contact information for the CAP site is:

Site OIC: Capt Gibbons, S
Tel: (519) 223-3875
Email: Douglas.Gibbons@cadets.gc.ca

- a. EMERGENCIES ONLY - The contact information for the Area CAP Officer Commanding is:

Area CAP OC: LCdr James Messecar
Tel: 519-755-7240
Email: James.messecar@cadets.gc.ca

- b. EMERGENCIES ONLY - The contact information for the Area CAP Coordinator is:

Area CAP Coord: Maj Shawn Wettig
Tel: (519) 574-1584
Email: Shawn.wettig@cadets.gc.ca

6. Additional Overnight Equipment List

Required for Overnight portion of CAP2 ONLY (11 – 14 August)

3 Sets of clothing (1 per day)	WARM clothing (for evenings)
1 Towel	Personal hygiene items
1 Pair extra shoes	Swim wear
1 Pair FTU boots (optional – WEAR IF YOU HAVE)	Water shoes (optional)
1 Set pajamas	Sunscreen and bug spray
1 Set sports attire	REUSABLE WATER BOTTLE
1 Pair running shoes	1 Hat (sun protection)