



2016-2017 Civil Air Patrol Academic Bowl

Register your unit to participate in this challenging Academic Competition!

There are many benefits of participating in the Academic Bowl including:

- Improve SAT/ACT scores
- Increase interest in college admissions
- Demonstrate academic strength of CAP program
- Boost esprit de corps

Dates of Competition

October 1-25, 2016	Practice Test for Level I (open to all cadets!)
November 1-20, 2016	Team Registration
November 1-20, 2016	Level I
February 1-15, 2017	Level II
June 23-27, 2017	Level III – The Championship in Washington, DC*

NOTES:

- All cadets are encouraged to participate in the Practice Test (free of charge). It is a great way to assess college test readiness.
- There is a one-time fee of \$50 to participate in the online team competition, which covers both Level I and Level II (if your team qualifies to advance to Level II). To register and pay, go to www.cofcontests.com.
- Teams with scores in the top 50% in Level I will advance to Level II (no additional fee required).
- A student may only participate on one COF sponsored academic or leadership team; either a JROTC Leadership Team (Army only), a JROTC Academic Team (Army, Marine Corps, Navy, Air Force, Civil Air Patrol) or an All American Academic Bowl Team.
- If your school is prone to winter storms and school closings, please do NOT wait until the last day to compete. Deadline extensions will be granted on a limited basis.

*Details of Championship to be determined and announced at a later date.



Competition Website

COF Contests – To register and participate in the Practice Test, Level I, and Level II, go to www.cofcontests.com.

How to Assemble an Academic Team

- Academic Team = 4 primary members and 2 alternates (alternates online only)
- Cadets may be Juniors (11th grade), Sophomores (10th grade) or Freshmen (9th grade)
- NO seniors may participate

Each CAP unit will be allowed one team consisting of **four cadets** – they may be freshmen, sophomores or juniors. Seniors may not be included on the team. Two alternates may be named and may participate in the online testing.

Selecting Team Members

Instructors may assess and select potential team members using the following criteria –

- Peer selection boards (e.g. interviews, essays)
- Teacher or school recommendations
- GPA
- Performance on the Practice Test (details below)
- Overall enthusiasm for the competition

PRACTICE TEST (October 1-25)

The Practice Test is taken individually, not as a team, and consists of 25 questions similar to those questions in Levels I and II. There is NO charge for the Practice Test and it is open to all cadets in the unit. The Practice Test is a great way to evaluate your entire unit's understanding of the CAP curriculum and general subjects. We encourage all cadets in the unit to take the Practice Test at an internet-accessible computer either in the classroom, at home, in the library, or other location. The cadets should logon to www.cofcontests.com, select CAP Academic Bowl, answer the questions, and print out their scores to turn in to the instructor. COF does not retain Practice Test scores. **It is up to each instructor to review the scores and determine members of the team.**



How to Prepare the Team

One of the main goals of the CAP Academic Bowl is to prepare students for state exit/graduation exams as well as college entrance exams, such as the SAT and ACT. However, many CAP leaders are understandably interested in measuring how well their cadets are learning the CAP curriculum. Therefore, we will have a mix of CAP curriculum as well as English, Math, and Science in each level of the competition. The CAP curriculum questions will focus primarily on leadership preparation, wellness and fitness, group/team dynamics and communication skills. A few questions about current events are also included – focusing on national and international news, particularly international relations, politics, business, and science. All of the current events questions will be taken from major media available on television, the internet, and in daily newspapers (see suggested resources below).

Level I includes 25% CAP questions, 65% SAT/ACT-type questions, and 10% current events questions.

Level II includes 15% CAP questions, 75% SAT/ACT-type questions, and 10% current events questions.

We encourage all cadets, whether they are on the academic team or not, to prepare for the ACT, SAT, and ASVAB tests by reviewing English, Science, and Math coursework. There are several resources available, free-of-charge, to all students.

Websites to review include:

www.cofcontests.com – practice questions developed by COF

www.cofcontests.com – online SAT and ACT guides

www.number2.com – a free test prep website

www.march2success.com – a free test prep website

www.khanacademy.org – a free website with math, history, and science lessons

www.foxnews.com/index.html - FOX News

www.cnn.com/studentnews/ - CNN Student News

www.npr.org/ - National Public Radio

www.reuters.com/ - Reuters

www.usatoday.com/ - USA Today Newspaper



How to Register the Team

Team registration is open **Tuesday, November 1 – Sunday, November 20** at www.cofcontests.com. All teams, regardless of previous participation, must register using a new User ID and Password. The instructor should click on CAP Academic Bowl and then select Registration. It will take approximately 15 minutes to answer a few required questions to register your team – each unit may register ONE academic team. The team must be registered prior to competing in Level I. We suggest that each instructor register his or her team before the team is ready to participate in Level I. We strongly encourage all teams to register and participate before the last day of competition.

*** Be prepared to create a User ID and Password to use throughout this year's competition and keep it in a secure place for future reference.** Payment will be tied to your team's User ID and Password.

Registration Fee: There is a fee of \$50 per team to cover administrative expenses. The fee permits teams to compete in Level I and Level II (if the team qualifies to advance to Level II). To pay with a credit card, go to www.cofcontests.com during registration (November 1-20).

To pay by check, please send a check or money order (payable to College Options Foundation) to:

College Options Foundation
ATTN: Emily Donahue
115 Lloyd Avenue
Tyrone, GA 30290

***Please be sure to include the competition name (CAP AB), instructor's name, school name, city, state, contact phone number, and your User ID and Password (created during Registration) with your check.**



How to Participate in Levels I and Level II (online)

1. The instructor or team captain should logon to www.cofcontests.com
2. Select the CAP Academic Bowl
3. If the team has not registered, click on Team Registration (see instructions above)
4. Select **Level I** (November 1-20)
5. Enter your User ID and Password; your high school name should appear
6. Follow directions on that page and begin the competition
7. Level I consists of approximately 75 questions and takes approximately 1 hour to complete. **Level I is a TEAM event** – all cadets on the team (including alternates) should sit at one computer and answer questions as a team.

If your team advances to **Level II** (February 1-15), you will follow the same procedure, using the same User ID and Password (no additional fee).

Keep your User ID and Password for this year's use. If you misplace your password, you may go to www.cofcontests.com and select CAP, then select For Instructors, then select Retrieve Your Team User ID and Password.

Level III – The Championship

Details of CAP participation in the Championship will be announced at a later date.

Official Rules of the Online Competition

1. The designated point of contact should be a CAP instructor with access to email. Most correspondence with teams is through email; therefore, it is essential that instructors check their email and respond as soon as possible. Foundation staff is also available by phone for questions or concerns. (1-888-576-8287 or edonahue@collegeoptions.net)
2. A student may not participate on more than one COF sponsored academic or leadership team. A student may participate on either a JROTC Leadership Team (Army only), a JROTC Academic Team (Army, Marine Corps, Navy, Air Force, Civil Air Patrol) or an All American Academic Bowl Team.
3. Each CAP unit will be allowed ONE academic team consisting of four cadets. The team may include juniors, sophomores, and/or freshmen. Two alternates may be named and may participate in the online portion of the competition, but will not be allowed to attend The Championship in Washington, DC. No seniors may participate in the Academic Bowl.



4. Level I and Level II are internet-based competitions. The team must have high speed (DSL, cable, etc.) internet access.
5. Level I and Level II each require approximately one hour to complete. **Once a team has logged in, there is no ability to stop and start over. The competition must be completed in one sitting.**
6. No one is allowed in the room during the competition except for the 4 members of the team, two alternates, and one instructor who will act as proctor for the test. Instructors may not assist the team with questions during the test.
7. No outside sources or other electronic devices (cell phone, additional computer, dictionary, thesaurus, text book, newspaper, etc.) are allowed. Calculators, pens/pencils, and scratch paper are permitted.
8. No communication about the competition with other CAP teams or schools is allowed. Teams are not permitted to discuss the questions or design of the competition with anyone outside of the team members and instructors.
9. All scores will be sent to the Foundation's server automatically. If a team believes there has been an error in scoring, the team must contact the Foundation via phone or email within 12 hours of completion of their participation (upon finishing the test). A written explanation of the problem will be required and should be sent via email (edonahue@collegeoptions.net).
10. If your team qualifies to advance to Level II, and your school is prone to winter storms and school closings, please do NOT wait until the last day to participate. Deadline extensions will be granted on a very limited basis
11. If there is an electrical outage or other technical difficulty during the competition, the team must contact the Foundation via phone or email within 12 hours of the difficulty. A written explanation of the problem will be required and should be sent via email (edonahue@collegeoptions.net).
12. The CAP Academic Bowl relies on the adherence by all teams to the CAP Code of Honor/Core Values. The Foundation expects that all team members and instructors will abide by all rules.
13. Finally, we believe the **Number 1 rule in this competition is...Have Fun!** We hope you enjoy this challenge.