

## **22 (Sandy) Squadron Air Training Corps**

*Bedfordshire and Cambridgeshire Wing*

The ATC/ACF Cadet Centre, Alnwick Close,  
Sandy, Beds. SG19 1UA

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### Press Release

#### **Sandy Air Cadets go to new heights**

Air Cadets from 22 (Sandy) Squadron recently got the chance to spend the day on the high and low ropes courses at RAF Wittering, along with cadets from 2500 (St. Neots) Squadron.

The day was run by the RAF Motivational Outreach Team, starting with a full safety briefing, before the cadets were kitted out with safety harness and helmets. The cadets started on the low ropes course, which although not a daunting as the high ropes, proved to be a challenge, involving a lot of teamwork to complete the course

After lunch the cadets were ready to take on the high ropes course. A group of cadets were taken on the individual course where they would have to climb up the high ropes and walk across cables by themselves, with encouragement from the cadets ground to support them.

The rest of the cadets took on the 'Jacob's Ladder', which required the cadets to work together to climb the ladder, as the higher they went, the further apart the beams of the ladder became.

Cadet Laura Dorell (13) said "The day really showed the importance of teamwork and communication. I have learnt a lot from the day, and had great fun, and although going up the high ropes was very scary at times, I am glad I managed to complete the course".

If you would like information on how to join as a Cadet, a member of Staff or Civilian Committee member please call 01767 691681, email [info@sandy-aircadets.org.uk](mailto:info@sandy-aircadets.org.uk) or visit our website at [www.sandy-aircadets.org.uk](http://www.sandy-aircadets.org.uk).

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## **Notes to Editor:**

### **Included photographs:**

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Photo 1 – **L to R:** Cadet Adam Holloway (15) and Cadet Simon Parsons (15) keep their balance on the low ropes

Photo 2 – Cadets tackling the “Jacob’s Ladder”

Photo 3 – Cadet Flight Sergeant Akeel Shaikh (19) gives Cadet Laura Dorell (13) a helping hand

Photo 4 – Cadet Laura Dorell (13) climbs to new heights

All photographs taken by CI Jeffrey Henshaw

**For more information, please contact CI Jeffrey Henshaw, Squadron Media Communications Officer**

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