

PROMOTING LEADERSHIP *at Sea*

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PHOTOS BY ARMN NEVILLE COUGHLAN

Can you imagine being woken at 0500hrs and told to grab your gear and board an AW139 helicopter with absolutely no idea what lies ahead of you? Well that is exactly what happened to the members of the senior Naval Service cadet class earlier this year when they were hit with a sur-

prise four-day PLX (planned leadership exercise). What made it even worse for the cadets was that they were in the middle of an academic training phase in the National Maritime College of Ireland (NMCI) at the time and a gruelling physical exercise was the last thing on their minds. ►

