
CYBERPATRIOT

QUICK START GUIDE 2011

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MN-048 Aerospace Education



1. Deadline to signup is 8 October 2011 (or when 1250 teams sign up)
2. Entry fee is waived for CAP Units
 - a. Regular fee is \$350.00
 - b. Make sure to use CAP unit
3. CAP/JROTC units are in the all service division
 - a. Open division is for other high schools
 - b. A school can have both an All-service and Open division entry

(All information following is from the All-service Division)

4. Schedule
 - a. Practice Round 1 – 29 August 2011
 - b. Practice Round 2 – 12 September 2011
 - c. Round 1 – 29 October 2011
 - d. Round 2 – 03 December 2011
 - e. Round 3 – 14 January 2012
 - f. Semifinals 23 February 2012 (Orlando)
 - g. Finals 22 March 2012 (Washington DC)
5. Registration
 - a. <https://www.uscyberpatriot.org/layouts/cyberpatriot/coachregistration.aspx>
 - b. Make sure in the organization you put Region-state-Unit
 - i. NCR-MN-048 (Example for Mankato)
 - ii. This ensures the \$350 fee is waived
 - c. Verification official should be the unit commander
 - i. Make sure the commander knows
 - d. Put your home or work address not the squadron address
 - i. You will be shipped materials
 - ii. Some information may come the day before the competition
 - e. You will receive an email saying that you signed up
 - i. Will come right after you sign up
 - ii. info@uscyberpatriot.org (this is the address that sends the email)
 - iii. Check your spam mail if you don't get it
 - iv. You will receive another email that you are accepted
6. Team
 - a. Competitors must be 13 or in grades 9-12
 - b. 5 team members with up to 5 alternates
 - c. At least 1 Adult coach (must be the one signed up above)
7. Mentors

- a. Great to use if your unit doesn't have computer experts
 - b. Must agree to the CyberPatriot Standards of Conduct
 - c. You can use additional help for training/practice
 - d. Organizations with security emphasis – They should be able to find someone to help you
 - i. ISSA –
 1. <https://www.issa.org/Chapters/Chapter-Directory.html>
 - ii. ISACA –
 1. <http://www.isaca.org/Membership/Local-Chapter-Information/Pages/default.aspx>
 - iii. Local College or University – Contact the computer department
8. Training
- a. Training can be done anywhere
 - b. May need more than just regular CAP meetings
 - c. Recommend getting a machine that will be used for competition and load VMWare on it
9. Competition Hardware/Software
- a. 1 Ghz Intel compatible processor (AMD processors have had issues with VMWare and are not recommended)
 - b. 2 GB RAM
 - c. 10 GB of free disk space
 - d. Keyboard & Mouse
 - e. Network connection (DSL or better)
 - f. 1024x768 or higher display
 - g. (Optional) It is recommended to use a projector or large display to share the screen output with the rest of the team, but not required.
 - h. Software Requirements are as follows:
 - i. Operating System (Windows 2000 or newer, recent VMWare supported Linux, or Macintosh 10.4.11 or later)
 - ii. Web Browser
 - iii. ZIP client capable of handling encrypted ZIP files (7-Zip recommended)
 - iv. VMWare Player (for Windows or Linux) or VMWare Fusion (for Macintosh)
10. Competition System
- a. Will be notified about 1 month before competition which system will be used
 - i. Could be any version of Windows from XP to Windows Server 2008
 - ii. Any version of Linux
 - b. Will run in VMWare
11. VMWare Player
- a. Enables users to easily run any virtual machine
 - b. [http://www.highschoolcdc.com/docs/training/Intro to VMWare.pdf](http://www.highschoolcdc.com/docs/training/Intro%20to%20VMWare.pdf)

- c. Download
 - i. http://downloads.vmware.com/d/info/desktop_downloads/vmware_player/3_0
 - d. Can change virtual machines without restarting
 - e. Images can be downloaded at <http://www.vmware.com/appliances>
 - f. Can train on other operating systems
 - g. Closing out of VMWare player puts your computer back to where it was
 - h. Use this option for training.
12. Getting a program going
- a. Make sure cadets want to do it
 - b. Sign-up committed cadets
 - c. Find some help if you do not feel comfortable with conducting the training
 - d. Find a computer you can use
 - i. May be a squadron resource
 - ii. Get someone to loan a computer for training and competition
 - iii. If you meet at a school – check with the IT department to see if you can use one of the school’s computers (See VMware above)
13. Training
- a. A course was developed by The University of Texas at San Antonio Center for Infrastructure Assurance and Security for the Cyber Patriot National High School Cyber Defense Competition
 - b. Download basic security videos from
 - i. <http://www.saic.com/cybernexs/#media-downloads>
 - c. Download training modules (from highschoolcdc.com) (Right click and save as to save the zip file)
 - i. [Module One](#) - Module One serves as an introduction to Information Assurance and Cyber Security. This module discusses fundamental concepts of Information Assurance and threats to cyber security.
 - ii. [Module Two](#) - Module Two discusses the interdependency of physical and cyber security; the impact policies and procedures can have on cyber security, and the use of awareness training to strengthen cyber security programs.
 - iii. [Module Three](#) - Module Three discusses the co-existence of data and voice traffic on networks, shared infrastructures, components of a typical network, and countermeasures for network-based threats.
 - iv. [Module Four](#) - Module Four contains an overview of major Operating System functions, threats to Operating Systems, major steps to securing Operating Systems, and identifying vulnerabilities on an active system.

- v. [Module Five](#) - Module Five discusses threats associated with applications and personal information along with basic techniques for securing personal information on computer systems.
- d. Unzip the modules
- e. Review the modules and plan enough time to train
 - i. Module 1
 - 1. Lecture only
 - 2. 60 Minutes
 - ii. Module 2
 - 1. Lecture Only
 - 2. 60 Minutes
 - iii. Module 3
 - 1. Lecture 3 Hours
 - 2. Practical Exercises 75 Minutes
 - iv. Module 4
 - 1. Lecture 3 Hours
 - 2. Practical Exercises 80 Minutes
 - v. Module 5
 - 1. Lecture 2 ½ hours
 - 2. Practical 50 minutes

WEB RESOURCES

- <http://www.uscyberpatriot.org/> *Information about the program*
- <http://www.facebook.com/CyberPatriot?ref=ts> *Facebook pages*
- <http://twitter.com/CyberPatriotAFA> *Twitter*
- <http://www.highschoolcdc.com/> *CyberPatriot Training*
- http://www.highschoolcdc.com/docs/CyberPatriot_Fact_Sheet.pdf
- http://www.highschoolcdc.com/docs/CyberPatriot_PowerPoint.ppt
- <http://mankatoaerospace.org/cyber/cyber.htm> *Additional training material*

CYBERPATRIOT STANDARDS OF CONDUCT

http://afa.org/CyberPatriot/pdfs/CP_SOC_06-24-10.pdf

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Working with young people can be among the most gratifying and impactful endeavors an adult can undertake, but there are also special responsibilities that must be discharged to prevent harm to the minor. As a CyberPatriot Coach, Mentor, or Technical Advisor, I promise to strictly follow the rules and guidelines in this CyberPatriot Standards of Conduct as a condition of my providing services to the youth participating in CyberPatriot.

As a CyberPatriot Coach, Mentor, Technical Advisor or Volunteer, I will:

- Treat everyone with respect, patience, integrity, courtesy, dignity, and consideration;
- Emphasize ethical use of the Internet and information technology skills and knowledge;
- Insofar as practical, avoid situations where I am alone with an individual minor;
- Use positive reinforcement rather than criticism or comparison when working with student competitors;
- Refuse to accept expensive gifts from minors or their parents;
- Refrain from giving expensive gifts to minors without prior written approval from the parents or guardian of the individual;
- Report any suspected abuse to school authorities and the local Child Protection Services agency; and
- Cooperate fully in any investigation of abuse of minors.

As a *CyberPatriot* Coach, Mentor, Technical Advisor or Volunteer, I will not:

- Smoke or use tobacco products in the presence of minors;
- Use, possess, or be under the influence of alcohol at any time while working with the team;
- Use, possess, or be under the influence of illegal drugs at any time;
- Pose any health risk to others (i.e., no contact with the team when I am in a contagious condition);
- Strike, spank, shake, or slap any youth participating in CyberPatriot;
- Humiliate, ridicule, threaten, or degrade any youth participating in CyberPatriot;
- Touch a youth in a sexual or other inappropriate manner;
- Use discipline that frightens or humiliates any youth participating in CyberPatriot; and
- Use profanity in the presence of any youth participating in CyberPatriot.

I understand that any action inconsistent with these Standards of Conduct, or failure to take action mandated by this Standards of Conduct, may result in my removal and prohibition from any future participation in CyberPatriot.