



**Practice Instructions and Homework Assignments
for the Level 2 CW Academy Course
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Introduction:

Welcome to CW Academy's Level 2 course. Before you take note of the homework assignments, below, you should understand how we expect you to practice during the eight-week course.

Your course is broken up into 16 sessions corresponding to a twice weekly on-line meeting with your advisors. You are expected to practice the assignment for session 1, for example, before the on-line session 1 so that the advisor can assess your progress and any problems. So, you practice the session 1 assignments for the days preceding session 1, and then practice the session 2 assignment for the days preceding session 2, and so on.

There are four key tools we use to ensure your success in this course. One is SKYPE which enables us to meet in a virtual training room two times per week, online. We can see and hear each other, and can hear any code being sent.

Two other tools are Morse Runner and RufzXP. These are used to build up your speed and proficiency in copying callsigns. Morse Runner also provides practice copying serial numbers. In both cases, you use the application and enter information via keyboard. This will allow you to become proficient at using contest logging programs should you be interested in learning or improving your contesting skills.

A fourth tool is the weekly CWT on-air events managed by CWops. These occur each Wednesday at 1300Z, 1900Z and (Thurs) 0300Z. Each one is an hour long and provides a great opportunity to practice and learn contesting technique. We will begin doing CWT assignments about half way through our course.

In addition to these tools, we also make use of headcopy-oriented files that you can download from the CWops website (www.cwops.org). These are meant to be listened to and copied in one's head.

In essence, then, Level 2 focuses on two popular areas of CW in ham radio – contesting and ragchewing. In contesting, callsign copy and entry is a critical skill, so Morse Runner, RufzXP, and CWT will provide a lot of practice. In ragchewing at speeds over 20 wpm, writing what you copy will quickly limit you. Learning to copy and retain information without writing is a critical skill, too. In Level 2 you will be doing both.

When you meet twice weekly with your advisor, he or she will be assessing how you are doing using interactive exercises and other means. The idea is to provide you with feedback that will help you overcome any barriers you encounter.

As with all of our CW Academy courses your success is intimately tied to your daily practice. We hope you enjoy the course and achieve noteworthy improvements in all aspects of your CW skills.

Preliminary Preparation

The assignments that follow are based on a Monday/Thursday SKYPE schedule. That is important to understand because the CWT assignments are meant to fall on Wednesdays. If the schedule is different, you may have to move the CWT assignment around so that it corresponds to a Wednesday.

There are essentially two types of files used for practicing headcopy skills. One type file is WIAW Code Practice files which may be downloaded from the CWops website (www.cwops.org). The other are denoted as “QSO files” and have titles such as “chapter xxxx” and a speed. These files will be emailed to Level 2 participants before the sessions begin.

There is type of file for practicing CWT skills. This file is denoted “CWT files” and have titles such as “chapter xxxx.” They are all sent at high speed. These files will be emailed to Level 2 participants before the sessions begin.

Finally, we use RufzXP and Morse Runner to practice callsign, number and data entry skills related to contesting. These programs should be downloaded from the Internet. Read “Using RufzXP” and “Using Morse Runner” which will be emailed to you before the sessions begin.

Both RufzXP and Morse Runner allow you to set speeds. Your assignments will be described along with mode and speed settings. Your advisor will go over how to use them prior to the sessions beginning.

Assignments

Session 1:

Day one:

headcopy practice – W1AW file 140108-10 – please listen to it once and just pick out without writing the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it.

QSO headcopy practice QSO file chapter 0001-10. It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don’t write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Day two::

Using RufzXP, set starting speed at 10 wpm and do a full cycle until it ends. Type in call signs as you copy them, and note your result at the end of the session.

Using Morse Runner, set speed at 10 wpm, using “single call” mode (pull down “run” tab and select “single calls”). Set “run for” time at 20 minutes. Note your results at the end of the session.

Day three:

headcopy practice – W1AW file 140122-10 – please listen to it once and just pick out without writing the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it.

QSO headcopy practice QSO file chapter 0002-10. It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don’t write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Session 2:

Day one:

headcopy practice – W1AW file [1400205 10](#) – please listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

QSO headcopy practice QSO file chapter 0010-10 It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Day two:

Using RufzXP, set starting speed at 10 wpm and do a full cycle until it ends. Type in callsigns as you copy them, and note your result at the end of the session.

Using Morse Runner, set speed at 10 wpm, using “single call” mode (pull down “run” tab and select “single calls”). Set “run for” time at 20 minutes. Note your results at the end of the session.

Day three:

headcopy practice – W1AW file [1400625 10](#) – please listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

QSO headcopy practice QSO file chapter 0003-10 It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Session 3:

Day one:

headcopy practice – W1AW file **1400219 10** – please listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

QSO headcopy practice QSO file chapter 0009-10 It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Day two:

Using RufzXP, set starting speed at 10 wpm and do a full cycle until it ends. Type in call signs as you copy them, and note your result at the end of the session.

Using Morse Runner, set speed at 10 wpm, using “single call” mode (pull down “run” tab and select “single calls”). Set “run for” time at 20 minutes. Note your results at the end of the session.

Day three:

headcopy practice – W1AW file **140219-13**– please listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

QSO headcopy practice – QSO file chapter 0003-15. It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Session 4

Day one:

headcopy practice – **140305 13** listen to it once and just try to grab as many words as you can in your head. Then do 140218 20 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0004 - 15

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down

Day two:

RufzXP: do one whole cycle with starting speed of 13 wpm; then do a cycle with starting speed of 15 wpm. Compare results.

Morse Runner: using single-call mode, do 10 minutes with starting speed of 15 wpm; then do 10 minutes with starting speed of 13 wpm. Compare results.

Day three:

headcopy practice – **140319 13** listen to it once and just try to grab as many words as you can in your head. Then do 140319 15 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0008 - 15

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Session 5:

Day one:

headcopy practice – **140402 15** listen to it once and just try to grab as many words as you can in your head. Then do 140402 18 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0005 - 20

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down

Day two:

RufzXP: do one whole cycle with starting speed of 15 wpm; then do a cycle with starting speed of 13 wpm. Compare results.

Morse Runner: using single-call mode, do 10 minutes with starting speed of 15 wpm; then do 10 minutes with starting speed of 13 wpm. Compare results.

Day three:

headcopy practice – **140416 15** listen to it once and just try to grab as many words as you can in your head. Then do 140416 18 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0006- 20

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Session 6:

Day one:

Using RufzXP, set starting speed at 15 wpm and do a full cycle until it ends. Type in callsigns as you copy them, and note your result at the end of the session.

Using Morse Runner, set speed at 18 wpm, using “single call” mode (pull down “run” tab and select “single calls”). Set “run for” time at 20 minutes. Note your results at the end of the session.

Day two:

headcopy practice – 140430 15 listen to it once and just try to grab as many words as you can in your head. Then do 140430 18 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0001 - 20

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Day three:

RufzXP: do one whole cycle with starting speed of 15 wpm; then do a cycle with starting speed of 18 wpm. Compare results.

Morse Runner: using single-call mode, do 10 minutes with starting speed of 18 wpm; then do 10 minutes with starting speed of 15 wpm. Compare results.

Session 7:

Day one:

Do a Morse Runner for 10 minutes, speed set 15...but this time, go to the run menu and choose "WPX competition." Make sure activity level is set at 1. It is set to go for 60 minutes, so only do about 10 minutes and then stop. Look at your score in lower right-hand window area and note your points, then close the program.

Day two:

Do a RufzXP cycle with starting speed of 15; then do one with a starting speed of 18. Compare results.

Day three:

headcopy practice – 140514 18 listen to it once and just try to grab as many words as you can in your head. Then do 140514 15 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0010 - 20

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Session 8:

Day one:

RufzXP: do one whole cycle with starting speed of 15 wpm; then do a cycle with starting speed of 18 wpm. Compare results.

Morse Runner: using WPX competition mode, activity level 2, do 10 minutes with starting speed of 18 wpm; then do 10 minutes with starting speed of 20 wpm. Compare results.

Day two:

headcopy practice – 140613 18 listen to it once and just try to grab as many words as you can in your head. Then do 140613 15 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0002-20

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Day three:

RufzXP: do one whole cycle with starting speed of 18 wpm; then do a cycle with starting speed of 15 wpm. Compare results.

Morse Runner: WPX competition mode, activity level 3, do 10 minutes with starting speed of 18 wpm; then do 10 minutes with starting speed of 15 wpm. Compare results.

Session 9

Day one:

headcopy practice – **140625 18** listen to it once and just try to grab as many words as you can in your head. Then do 140625 15 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0003-25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down

Day two:

RufzXP: do one whole cycle with starting speed of 20 wpm; then do a cycle with starting speed of 15 wpm. Compare results.

Morse Runner: using WPX competition mode, activity level 2, do 10 minutes with starting speed of 20 wpm; then do 10 minutes with starting speed of 25 wpm. Compare results.

Day three:

headcopy practice – **140107 20** listen to it once and just try to grab as many words as you can in your head. Then do 140108 15 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0008-25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Session 10:

Day one:

CWT practice CWT file chapter 0001. This is a simulation of a typical CWT “running” station. He is sending “CQ CWT” to start then answering calling stations one after another. There will be three different stations he works and he will repeat his exchange (name and number OR state) each time. So, you have three opportunities to capture his call, his name, his number each time you play the file. Take as many times as you need to get all three pieces of info and write them down.

Day two:

CWT – any or all sessions- monitor any running station and take as long as you need to copy callsign, name and number. Try to get the info for 5 running stations.

Day three:

headcopy practice – W1AW file 140611-18, then again at 15 – Don’t write anything – just listen and absorb.

QSO headcopy practice – QSO file chapter 0009-20 It is a whole QSO simulation – a CQer, someone who responds, swapping of RST, QTH and name info; swapping of weather and rig info; and a “wrap” exchange (e.g. tnx fer qso, 73, etc.). Don’t write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Session 11:

Day one:

Using RufzXP, set starting speed at 15 wpm and do a full cycle until it ends. Type in callsigns as you copy them, and note your result at the end of the session.

Using Morse Runner, WPX competition mode, activity level 3, set speed at 20 wpm, Set “run for” time at 20 minutes. Note your results at the end of the session.

Day two:

headcopy practice – 140204 - 20 listen to it once and just try to grab as many words as you can in your head. Then do 140219 at 15, listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0007-25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Day three:

RufzXP: do one whole cycle with starting speed of 20 wpm; then do a cycle with starting speed of 15 wpm. Compare results.

Morse Runner: WPX competition mode – full 60 minutes – starting speed of 20, activity level 3.

Session 12:

Day one:

CWT practice file chapter 0002. This is a simulation of a typical CWT “running” station. He is sending “CQ CWT” to start then answering calling stations one after another. There will be three different stations he works and he will repeat his exchange (name and number OR state) each time. So, you have three opportunities to capture his call, his name, his number each time you play the file. Take as many times as you need to get all three pieces of info and write them down.

Day two:

CWT – any or all sessions – monitor and try to capture the info from 5 running stations.

Day three:

headcopy practice – W1AW file 140121– listen to it at 20 wpm. Then listen to 140122 at 15 wpm. As before, just let it wash over you and see if you get the gist of the text.

QSO headcopy practice QSO file chapter 0004 - 25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Session 13:

Day one:

Morse Runner: using WPX competition mode, activity level 3, speed 20, full 60 minutes. Note results.

Day two:

headcopy practice – 140624 25 listen to it once and just try to grab as many words as you can in your head. Then do 140624 20 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0006--25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Day three:

Morse Runner using WPX competition mode, activity level 3, speed 20, full 60 minutes. Note results.

Session 14:

Day one:

CWT practice CWT file chapter 0003. Take as long as you need to copy running station's callsign and exchange info.

Do a Morse Runner –WPX competition mode, activity level 3, speed 20, for 20 minutes..

Day two:

CWT, any session or sessions (1300Z, 1900Z or 0300Z).

Get the info from a running station and try to work him after he finishes his last QSO. Try to work 5 QSOs.

Day three:

headcopy practice – 140304 20 listen to it once and just try to grab as many words as you can in your head. Then do 140304 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0005 - 25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Session 15:

Day one:

Morse Runner: using WPX competition mode, activity level 3, speed 25, full 60 minutes. Note results.

Day two:

headcopy practice – 140429 25 listen to it once and just try to grab as many words as you can in your head. Then do 140429 20 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0002--25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.

Day three:

Morse Runner using WPX competition mode, activity level 3, speed 20, full 60 minutes. Note results.

Session 16:

Day one:

CWT practice CWT file chapter 0005. Take as long as you need to copy running station's callsign and exchange info.

Do a Morse Runner –WPX competition mode, activity level 3, speed 20, for 30 minutes..

Day two:

CWT, any session or sessions (1300Z, 1900Z or 0300Z).

Try to make at least 5 QSOs during a CWT session and jot down call/name/number or S/P/C of the station you worked. Also note the band and approximate time.

Day three:

headcopy practice – 140527 25 listen to it once and just try to grab as many words as you can in your head. Then do 140527 20 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0001 - 25

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer? RST, QTH and Name info for caller? WX/rig info for CQer? WX/rig info for caller?

Take as many times at it as you need to get all the info down.