



**Practice Instructions and Homework Assignments
for the Level 3 CW Academy Course
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Introduction:

Welcome to CW Academy's Level 3 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.

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 3 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 3 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 3 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 3 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 140107 20 – 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 chapter0001-20. 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?

Day two::

Using RufzXP, set starting speed at 15 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 20 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:

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.

Session 2:

Day one:

CWT practice CWT file chapter 0003. 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:

Monitor any session of CWT (1300Z, 1900Z or 0300Z) and tune around, finding stations that are “running” (e.g. staying on a frequency and soliciting calls). Try to decode at least 10 different running stations, and jot down:

Callsign name number OR state info for each (e.g. K6RB Rob 3)

They will be going quite fast so don't get frustrated. Just sit on the frequency and do what you did in Tuesday's assignment – listen, listen and listen some more. You'll get it.

Day three:

headcopy practice – W1AW file **140204-20**– 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 chapter0003-20” 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 3:

Day one:

headcopy practice – W1AW file 140121 20 – 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 chapter0010-25 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 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 20 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:

CWT practice – CWT 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.

Session 4:

Day one:

CWT practice file chapter 0004. 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 - Monitor any session of CWT (1300Z, 1900Z or 0300Z) and tune around, finding stations that are “running” (e.g. staying on a frequency and soliciting calls). Once you have gotten all the info, wait for a pause between QSOs and send you callsign once. If after three tries you don’t make the QSO with that running station, move on and try another. Remember, if you make the QSO, after the other station sends his exchange (which you already know), just send “tu name CWA” and wait for a “tu”

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 – W1AW file 140304– first listen to it at 25 wpm (140304-25). Then listen at 20 wpm (140304-20). As before, just let it wash over you and see if you get the gist of the text.

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?

Session 5

Day one:

headcopy practice – **140218 30** 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 - 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 single-call mode, do 10 minutes with starting speed of 35 wpm; then do 10 minutes with starting speed of 30 wpm. Compare results.

Day three:

headcopy practice – **140121 30** listen to it once and just try to grab as many words as you can in your head. Then do 140121 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 6:

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 for 10 minutes, speed set 25...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:

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

Try to make at least 10 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 – 140429 30 listen to it once and just try to grab as many words as you can in your head. Then do 140429 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0007 - 30

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 7:

Day one:

Using RufzXP, set starting speed at 18 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 30 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 – 140610 30 listen to it once and just try to grab as many words as you can in your head. Then do 140610 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0006 - 30

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: using single-call mode, do 10 minutes with starting speed of 35 wpm; then do 10 minutes with starting speed of 30 wpm. Compare results.

Session 8:

Day one:

CWT practice CWT file chapter 0009. 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, shoot for 15 QSOs.

Day three:

headcopy practice – W1AW file 140624-25, then again at 20 – Don’t write anything – just listen and absorb.

QSO headcopy practice – QSO file chapter 0001-35” 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 9:

Day one:

RufzXP: do one whole cycle with starting speed of 22 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 30 wpm; then do 10 minutes with starting speed of 25 wpm. Compare results.

Day two:

headcopy practice – 140415 30 listen to it once and just try to grab as many words as you can in your head. Then do 140415 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0008-30

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 25 wpm; then do a cycle with starting speed of 20 wpm. Compare results.

Morse Runner: WPX competition mode, activity level 3, do 10 minutes with starting speed of 30 wpm; then do 10 minutes with starting speed of 25 wpm. Compare results.

Session 10:

Day one:

CWT practice file chapter 0011. 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 – try to make at least 15 QSOs.

Day three:

headcopy practice – W1AW file 1400527– first listen to it at 30 wpm. Then listen at 25 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 0005 - 35

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:

headcopy practice – **140415 30** listen to it once and just try to grab as many words as you can in your head. Then do 140415 20 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0003-35

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 single-call mode, activity level 3, do 10 minutes with starting speed of 35 wpm; then do 10 minutes with starting speed of 30 wpm. Compare results.

Day three:

headcopy practice – **140318 30** listen to it once and just try to grab as many words as you can in your head. Then do 1400318 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0002-35

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 12:

Day one:

CWT practice CWT file chapter 0013. 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 30, for 20 minutes..

Day two:

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

Try to make at least 15 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 – 140218 30 listen to it once and just try to grab as many words as you can in your head. Then do 140218 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0009 - 35

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 13:

Day one:

Using RufzXP, set starting speed at 20 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 30 wpm, Set “run for” time at 20 minutes. Note your results at the end of the session.

Day two:

headcopy practice – 140107 - 30 listen to it once and just try to grab as many words as you can in your head. Then do it at 25, listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0007-35

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 25 wpm; then do a cycle with starting speed of 20 wpm. Compare results.

Morse Runner: WPX competition mode – full 60 minutes – starting speed of 25, activity level 3.

Session 14:

Day one:

CWT practice CWT file chapter 0013. 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 30, for 20 minutes..

Day two:

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

Try to make at least 15 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 – 140218 30 listen to it once and just try to grab as many words as you can in your head. Then do 140218 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0009 - 35

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 30, full 60 minutes. Note results.

Day two:

headcopy practice – 140624 30 listen to it once and just try to grab as many words as you can in your head. Then do 140624 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0009--35

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 25, full 60 minutes. Note results.

Session 16:

Day one:

CWT practice CWT file chapter 0014. 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 30, for 30 minutes..

Day two:

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

Try to make at least 20 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 – 140429 30 listen to it once and just try to grab as many words as you can in your head. Then do 140429 25 listen to it once and just try to grab as many words as you can.

QSO headcopy practice QSO file chapter 0010 - 35

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.