



United States Naval Sea Cadet Corps

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Winter 2013

Dear Recruit Training Cadets and Families:

Welcome to the 2013-2014 Winter Training Command, at **MARINE CORPS BASE CAMP PENDLETON – AREA 33**. This year's training is utilizing the talents of some excellent Sea Cadet, Navy, and Marine Corps staff. All evolutions will be supervised by a full complement of staff and all personnel will report to the Commanding Officer. This "Welcome Aboard Letter" is meant for cadets attending **RECRUIT TRAINING**.

Please review the information listed below with your cadet. This will help ensure a safe and positive training experience. Note that each evolution has a specific SEABAG LIST – insure you pack according the appropriate Seabag List.

TRAINING OBJECTIVES: Our objectives and purpose for offering this training evolution are:

- To provide basic indoctrination to Cadets in the fundamentals of barracks life, military standards, naval traditions, and responsibilities to enable them to enhance their fulfillment as a cadet, and to perform and excel during their tenure with the Corps.
- To provide training in a specific subject(s) for those Cadets attending training.
- To provide professional training to NSCC Officers and NSCC Staff Cadets so as to allow them the opportunity to utilize their abilities in a supervised military environment.
- To promote the highest level of training that is consistent with NLCC/NSCC National Goals with an atmosphere of respect, support, and esprit de corps.

TRAINING LOCATION: Our training site will be **BUILDING 33605**. This is an active duty **MARINE CORPS** base with all the facilities and amenities for quality training. We will be using the galley and classroom facilities. Regular bathroom and shower facilities are available. **THIS TRAINING SITE IS SUBJECT TO CHANGE DUE TO MILITARY NEEDS OR OPERATIONAL SITUATIONS.**

SAFETY: Safety is our #1 priority. The success of this evolution depends on the safety of all personnel. This will be accomplished by the following methods:

- Accountability – This is achieved by knowing where our people are at all times and what they are doing. Each individual will act in a responsible manner.
- By always being alert to possible hazards and taking appropriate action to prevent possible harm to any personnel under our care.
- By making safety everyone's responsibility, from the cadet to the Commanding Officer. If any person feels their safety is about to be compromised, that person will bring it to the attention of the chain of command.

CODE OF CONDUCT/HAZING/FRATERNIZATION: Please review the attached CODE OF CONDUCT. These will be the basis for a quality training experience. Furthermore, there is a **ZERO TOLERANCE** for hazing and/or fraternization. All cadets, staff cadets, and staff must review the "Hazing Orientation" presentation on the website at www.nscpsw.org.

REPORTING PROCEDURES: You should report between **8:00 AM and 10:00 AM on Friday, December 27th**, except commercial travelers (plane, train, bus) who should plan to arrive on Thursday, December 26th. Adult staff and staff cadets will report at a time designated by their Training Officer-in-Charge.

CADET FIELD SERVICE RECORD: In your possession should be your service record, valid ID, signed Local Orders, and a complete Sea Bag (based on your specific training Sea Bag List). Also, a SUPPLEMENTAL HEALTH HISTORY (Page 7/8) form should be included if taking or using over-the-counter or prescription medications. **INDIVIDUALS SHOULD CARRY THEIR OWN SERVICE RECORD.** No cadet may report aboard without a service record.

REPORTING UNIFORM is **PT GEAR** (civilian clothes if traveling by plane, train, or bus)

HAIRCUTS: Haircuts must conform to NSCC Grooming Standards. **MALE CADETS MUST HAVE A #1 “all around” haircut.** Recruit training is a highly well-ordered learning environment where “attention-to-detail” is stressed and a disciplined environment is maintained. This includes a uniformed haircut.

YOU MUST GET YOUR HAIRCUT PRIOR TO TRAINING. Each session we have cadets who actively choose to not get their haircut because they have been told it will be done at training – **THIS IS NOT THE CASE.** Cadets may not check-in without a proper haircut.

CADET PREPARATION: All cadets need to understand that this is a TRAINING evolution. They are participating to learn more about being in the NSCC program. Each individual will be asked to do things that are challenging and different from “the way I’ve always done it.” To prepare for this evolution, each person should:

- Do physical training. Push-ups, sit-ups, and running are a good way to start. Physical training is included in the cadet-training curriculum.
- Pack their sea bag. This will help in knowing what has been brought to training. Each cadet will be 100% responsible for their own belongings.
- Break-in footwear. There will be a lot of walking during this training and boots are more comfortable if they have been broken in.

PHYSICAL READINESS TEST (PRT): Cadets attending any NSCC training **MUST PASS THE PRT.** This is a requirement to attend training. A copy of the minimum requirements has been attached and the “PRT STANDARD ACKNOWLEDGEMENT (part of the travel information sheet) must be on file.

PRT will be conducted as part of the check-in process. Cadets who cannot pass the PRT will not be allowed to attend training. Cadets who have traveled by commercial carrier and do not pass the PRT during check in on Day #1 of training will need to have arrangement made to travel home.

ALL PERSONNEL TRAVELING BY COMMERCIAL CARRIER ARE TO REPORT IN CIVILIAN CLOTHES **and arrive on Thursday, December 26th NO EARLIER THAN 1100 and depart on Sunday, January 5th (no earlier than 1500 unless other arrangements have been made).** SAN DIEGO INTERNATIONAL AIRPORT arrivals and departures will be transported by shuttle service to and from Camp Pendleton for a \$30 fee each way (fee should be included with registration). OCEANSIDE TRAIN / BUS arrivals and departures will be shuttled to and from Camp Pendleton at no charge.

GRADUATION: Graduation events will take place on Sunday, January 5th at 10:00 AM on the Drill Field.

OUTSIDE PARTY CONTACT: To create and maintain the most productive military environment needed for a successful training, it is necessary to isolate trainees from outside influences that may prove distracting. To this end, it is essential for parents, relatives, and friends to understand:

- Visits from parents, relatives, and friends will be prohibited.
- Visits from home unit staff not attached to the training are not allowed, unless approved in advance by the Commanding Officer.
- Trainees are not allowed to place or receive phone calls. In case of family emergencies parents are to contact unit CO. The unit CO will then contact the Training Site. If there is an emergency regarding a cadet, a call will be placed to the parents and the unit CO.
- Cadets may send mail to family and friends.

CADET E-MAIL

Cadets may receive e-mail at mail@nscpsw.org. Please be sensitive about what you write and understand cadets can't respond to e-mails. E-mail's are printed out daily and given to the cadets during personal time in the evenings. Please put your cadet's name and "Recruit Training" in the subject line

MEDICAL RESTRICTIONS: Trainees with pre-existing medical conditions that will affect a safe training environment cannot be allowed to participate. While we want cadets to complete their training, safety is our first concern.

Medications prescribed or over the counter, **are** permitted. If your cadet will need to take medications, a Supplemental Medical History (Page 7/8) which is included in this packet must be completed and approved prior to training. **Discontinued use of required medication is not advised.**

The final determination of participation in training due to a medical condition lies with the Commanding Officer, based on NSCC Regulations.

SEABAG: Review the sea bag list FOR YOUR SPECIFIC TRAINING. **ALL CADETS MUST BRING A WATER SYSTEM (canteen w/web belt or Camelback is OK).** All items must be marked with the cadet's last name and first initial (all underwear and socks look the same after a while). A sea bag inspection will be conducted on the first day of training. If required items are not in sea bag, **escort officer/parent will be required to obtain items needed.**

ADULT STAFF UNIFORM: The working uniform for adult staff that are in height/weight standards will be Woodland BDUs, NWUs, or Khakis. Others may wear the Alternative Uniform.

NO CELL PHONES ALLOWED FOR ANY CADETS. Cadets traveling by commercial carrier may bring a cell phone to stay in contact with family until arrival. These cell phones will be secured during training and returned to cadet for their return travel. Failure to turn in cell phones or using cell phones during training will be grounds for dismissal.

QUESTIONS/CONCERNS: Your unit CO is the first person who may be able to answer questions or concerns. They have been sent a copy of this information letter. If you still have questions, please e-mail to question@nscpsw.org.

We look forward to your cadet having a positive training experience. Welcome Aboard!

LCDR Vahan Manoogian, NSCC
Commanding Officer

Attachments:

- a) Sea bag List
- b) Code of Conduct
- c) Standing Orders
- d) PRT Standards
- e) Medical History Supplemental for Training Authorization, Consent and Release

**UNITED STATES NAVAL SEA CADET CORPS
2013 WINTER RECRUIT TRAINING**

SEABAG LIST

NOTE TO PARENTS: Your cadet is responsible for packing his/her sea bag. Please inspect their sea bag for the following items.

REPORTING UNIFORM: PT GEAR (civilian clothes for those traveling by commercial carrier) with **CURRENT ID CARD.**

- | | |
|---|--|
| 1 Dress BLUE Uniform with flashes | 1 Pair black dress shoes |
| 1 Black Neckerchief | 1 White Dixie cup cover (male) |
| 1 Sea Bag | for Combo/beret (female) |
| 1 Black belt w/black buckle | |
| 2 sets Working Uniforms (BDUs, NWUs, or Utilities as used by your unit) | |
| 1 Tube of at least SPF 15 sunscreen | 1 Black ballpoint pen, 1 pencil |
| 1 Padlock with 2 keys (no combination locks) | 1 Pad of paper |
| *1 key should be placed in personnel file * | 1 Chain to wear key around neck |
| 1 Pair of athletic running shoes | 1 Sewing kit |
| 2 Athletic bras (female) | |
| 8 Pair black socks | 1 Shoeshine kit (NO liquid polish) |
| 8 Pair white socks | 1 Lip balm or chap stick |
| 2 White crew neck T-shirts | 1 small flashlight |
| 8 underwear (Males - Boxers OK) | 1 Religious material-optional |
| 1 Swimsuit (females - one piece) | 1 Mesh laundry bag |
| 2 Pair of PT shorts | 1 Pair of shower shoes |
| 1 Pair of sweats | 1 ea. Hygiene supplies (shampoo, toothbrush, toothpaste, soap, shaving gear, stick deodorant, comb/ brush) |
| 2 towels | |
| 2 washcloths | |
| 1 Bathrobe or shower wrap (optional) | |
| 1 Canteen 1w/belt or Camelback Water System | 4 Self-addressed stamped envelopes with paper |
| 1 Hand Soap (small pump bottle) | |
| 1 Hand Sanitizer (kept in uniform pocket) | Females - feminine products, pins, rubber bands, gel to secure long hair |
- 1 SLEEPING BAG AND PILLOW (additional blanket if you get cold is OK)**
1 Rain Poncho

CONTRABAND

The following items are EXPRESSLY PROHIBITED (Do Not Bring)!!!

Make-up and perfume/colognes, Weapons, Controlled substances, **NO CELL PHONES**
Matches/lighters, Pornographic materials, Tobacco products,
Electrical appliances, Alcoholic beverages,
Glass containers

Medications NOT TURNED IN at check-in, Aerosol cans (hairspray, shaving cream),
Jewelry (except 1 optional small religious medal or 1 set small ball earrings for females)

****NOTE: ALL SEABAG ITEMS MUST BE MARKED WITH CADET'S NAME**

****NOTE: Any contraband items brought by mistake must be turned back to the adult escorting to training.**



NSCC/NLCC PHYSICAL READINESS TESTING NOTEBOOK

***FIND YOUR AGE CATEGORY AND SEE WHAT STANDARDS YOU MUST MEET

***"HOW TO DO EACH EXERCISE" SHEETS ARE INCLUDED - THE WAY IT'S SHOWN HERE IS HOW YOU WILL BE TESTED AT CHECK-IN; NO SUPRISES.

April 2010

MALES

10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	28	35	45
SHUTTLE RUN	14.5 sec.	11.5 sec.	10.3 sec.
PUSH-UPS/ PULL-UPS	12 push	14 push or 2 pull	22 push or 6 pull
1 MILE RUN	11:40	9:48	7:57

11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	29	37	47
SHUTTLE RUN	13.5 sec.	11.1 sec.	10 sec.
PUSH-UPS/ PULL-UPS	14 push	15 push or 2 pull	27 push or 6 pull
1 MILE RUN	11:25	9:20	7:32

12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	32	40	50
SHUTTLE RUN	12.4 sec.	10.6 sec.	9.8 sec.
PUSH-UPS/ PULL-UPS	15 push	18 push or 2 pull	31 push or 7 pull
1 MILE RUN	10:22	8:40	7:11

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

FEMALES

10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	26	30	40
SHUTTLE RUN	14.2 sec.	12.1 sec.	10.8 sec.
PUSH-UPS/ PULL-UPS	9 push	13 push or 1 pull	20 push or 3 pull
1 MILE RUN	13:00	11:22	9:19

11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6 1/2"
MODIFIED SIT-UP	28	32	42
SHUTTLE RUN	13.4 sec.	11.5 sec.	10.5 sec.
PUSH-UPS/ PULL-UPS	7 push	11 push or 1 pull	19 push or 3 pull
1 MILE RUN	12:42	11:17	9:02

12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec.	11.3 sec.	10.4 sec.
PUSH-UPS/ PULL-UPS	5 push	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:24	11:05	8:23

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

MALES

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4 1/2"
MODIFIED SIT-UP	36	45	56
SHUTTLE RUN	11.9 sec.	9.9 sec.	9.1 sec.
PUSH-UPS/ PULL-UPS	20 push or 4 pull	24 push or 5 pull	40 push or 10 pull
1 MILE RUN	9:30	7:04	6:26

15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1"	2"	5"
MODIFIED SIT-UP	38	45	57
SHUTTLE RUN	11.7 sec.	9.7 sec.	9 sec.
PUSH-UPS/ PULL-UPS	25 push or 5 pull	30 push or 6 pull	42 push or 11 pull
1 MILE RUN	9:15	7:30	6:20

16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	40	45	56
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	25 push or 6 pull	30 push or 7 pull	44 push or 11 pull
1 MILE RUN	9:00	7:10	6:08

17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

FEMALES

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	32	37	47
SHUTTLE RUN	13.2 sec.	11.2 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:00	10:06	7:59

15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/2"	5"	8"
MODIFIED SIT-UP	31	36	48
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	15 push or 1 pull	20 push or 2 pull
1 MILE RUN	11:45	9:58	8:08

16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec	10.9 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	12 push or 1 pull	24 push or 1 pull
1 MILE RUN	12:10	10:31	8:23

17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

SIT & REACH (Male and Female)

STARTING POSITION - Cadet removes shoes and sits on floor facing the box with legs fully extended and feet shoulder-width apart. The soles of the feet should be flat against the end of the box.

ACTION - Cadet extends arms forward placing hands side by side, palms down along the measuring line. The test administrator holds the cadet's knees with one hand to keep knees straight while placing other hand on the measuring line where the cadet needs to reach to. Cadet reaches forward along the measuring line as far as possible or until they touch the test administrator's hand with both of their hands. Have cadet rock back and squeeze their stomach muscles tightly while holding their breath. As they reach forward again, blow out held air and relax the stomach muscles. Make sure that the cadet bends at the hip and not just the waist for maximum reach. They may repeat this three times. On the last reach forward, hold the position for one second while that distance is recorded.

RULES - 1. Legs must remain straight, soles of feet against box.
2. Fingertips of both hands must reach evenly along the measuring line on the top of the box.



MODIFIED SIT-UPS (Male and Female)

OBJECTIVE - Number of sit-ups performed in one minute.

EQUIPMENT - Stopwatch. A mat or other clean surface is preferred.

STARTING POSITION - Cadet lies on back with knees flexed at 90 degrees; partner holds feet and counts each correctly performed sit-up. Heels should not be more than 12 inches from the buttocks and the back is flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. Hands must remain on the shoulders at all times.

ACTION - Cadet raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one sit-up.

THE TEST - The timer calls out the signal "Ready? Go." and begins timing one minute. Timer calls out at 30 seconds and again at 45 seconds to help cadets pace themselves. At one minute the timer calls out "Stop". The number of correctly executed sit-ups completed in one minute is the cadet's score. Make sure each cadet knows how many they need to do before they begin.

- RULES** -
1. "Bouncing" off the floor/mat is not allowed. Buttocks must remain on the floor at all times.
 2. The sit-up will be counted only if the cadet (a) keeps hands on shoulders; (b) touches elbows to thighs; and (c) returns to down position with scapula touching floor before curling up again.



SHUTTLE RUN

(Male and Female)

OBJECTIVE - Fastest time to perform run.

EQUIPMENT - Four wood blocks (2"x 2"x 4"), stopwatch, 30ft rope, tape.

SET UP - Tape 30ft rope down center of floor, use tape to make lines at either end of rope. Place blocks behind one of the tapelines, two on each side of 30ft rope. (Figure 1)

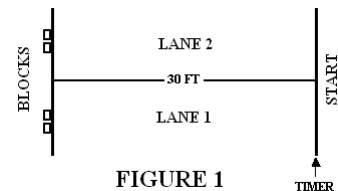


FIGURE 1

STARTING POSITION - Cadets start from behind line opposite the blocks, one in each lane. Timer stands on one side, watch lined up with starting line.

ACTION - On the signal "Ready? Go", the cadet runs to the blocks, picks one up and runs back to the starting line, places block behind line (Figure 2), runs back, picks up second block and runs back across starting line. Time stops when cadet crosses the starting line holding second block. For faster times encourage cadet to not slow down when approaching starting line with second block, but to run 5-7ft past timer before stopping (Figure 3).

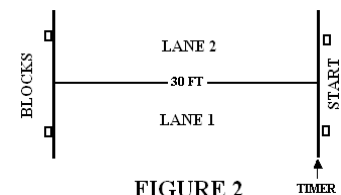


FIGURE 2

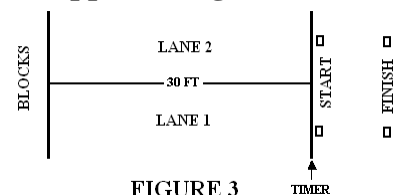


FIGURE 3

RULES - 1. Record score to the nearest tenth of a second.

2. Do not allow cadet to throw first block across starting line.

HINTS - It is preferable to have two cadets running at the same time. Most stopwatches can time two at once, check the watch directions. To eliminate the necessity of returning the blocks after each run, start alternately, first from behind one line and then from behind the other line.

To cut off seconds in the run have cadet reach for block and pivot (Photo).



PULL-UPS (Male and Female)

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing: Cadet hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small cadets may be lifted to starting position. Cadet raises body until chin clears the bar and then lowers body to full-hang starting position. Cadet performs as many correct pull-ups as possible.

Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.



OR

RIGHT ANGLE PUSH-UPS (Male and Female)

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight and legs straight, parallel, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds his/her hands at the point of the 90-degree angle so that the cadet being tested goes down only until his/her shoulders touch the partner's hands, then back up. Push-ups are continued until the cadet can do no more in rhythm, has reached the target number, or stops.

Scoring: Record only those push-ups done with proper form and rhythm.

Rationale: The right angle push-ups are recommended for upper body strength/ endurance testing because the cadet's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those cadets at higher levels of strength/endurance.



ONE-MILE RUN (Male and Female)

OBJECTIVE - Fastest time in minutes and seconds to cover one-mile distance.

EQUIPMENT - Track or safe area marked to equal distance of one mile. Stopwatch.

STARTING POSITION - Cadets assume standing "ready" position at the start of course. More than one cadet at a time can be tested if area permits and an adequate timing and recording system is used.

ACTION - At the signal "Ready? Go", the cadets begin running the mile distance. Fast times are encouraged to meet the set standards.

RULES - Walking is permitted, but cadets should be encouraged to cover the distance in the shortest time possible.

Before administering this test, cadet's health status should be reviewed. Also, cadets should be given ample instruction on how to pace themselves when running this distance against time.



U.S. NAVAL SEA CADET CORPS
PACIFIC SOUTHWEST REGION 11

Code of Conduct

In order to live, work, learn, and become a team, certain rules must be established under which trainees may grow and work together. To this end, the following Code of Conduct is established. There are no double standards. All personnel, cadets and staff:

1. Will conduct themselves in a military manner to bring credit to themselves, their company, their home unit, the Naval Sea Cadet Corps, and the Navy.
2. Will not use vulgar, obscene, profane, humiliating, racially/ethnically slanted language or address to one another.
3. Will not threaten, or attempt to do bodily harm to one another.
4. Will not take, obtain, or withhold by any means, the property, money or other articles of value from another.
5. Will not introduce with the intent to use, sell, transfer, or distribute any amount of illicit drugs or paraphernalia.
6. Will not introduce with the intent to use, sell, transfer, or distribute any amount of alcoholic beverages.
7. Will not use tobacco products.
8. Will not engage in collection, soliciting, or distributing funds of any kind except as authorized by the command.
9. Will not willfully damage or destroy any government or personal property.
10. Male and female members will refrain from physical contact, hand-passed notes, romantic interludes and any behavior deemed inappropriate by training standards.
11. Will speak to or about each other in a respectful manner. There is to be no arguing, gossiping, backbiting, teasing, or other language deemed not acceptable. The words **“Shut up”** will not be used during training.

Failure to abide by these rules, and other guidelines established by the Commanding Officer will result in disciplinary action up to and including removal from training. Any individual dismissed from training will be responsible for transportation costs.

U. S. NAVAL SEA CADET CORPS
PACIFIC SOUTHWEST REGION

Standing Orders

These orders are to remain in effect for the duration of the training unless modified by competent authority. Failure to obey them will be regarded as a breach of discipline and will subject you to disciplinary action.

1. All cadets will rise at reveille. You will rise promptly and put on the uniform of the day. You will clean and square away your company area in preparation for morning inspection. You will be ready for muster at the appropriate time. Staff Cadets and Officers will rise 10 minutes prior to trainees.
2. You will be present at every muster and in the proper uniform of the day unless excused by the proper authority.
3. You will maintain proper military bearing at all times and observe all military customs and courtesies.
4. You will stand all assigned watches in a military and seamanlike manner.
5. You will not leave the assigned training area or berthing area without the approval of proper authority.
6. You will observe the chain of command. You will initiate requests and reports by addressing your squad leader.
7. You will at all times display due regard for the health, welfare, and safety of yourself and your shipmates.
8. You will not pretend to be ill or injured.
9. You will not embarrass or degrade another person.
10. There will be no smoking.
11. You will not fight or engage in skylarking.
12. The use of illegal or controlled substances is prohibited.
13. You will not leave any electrical appliances unattended while plugged into a circuit.
14. No trainee will be out of their bunks between lights out and reveille unless they are on watch, using the restroom (head) or with approval of proper authority. Staff Cadets will observe lights out one hour after trainees.
15. Staff will remain in uniform while in a duty status.
16. All trainees will respect and observe "out of bounds" notices and "off limits areas" throughout the barracks.
17. Trainees may not use phones.
18. You will not loiter on the quarterdeck. All trainees on the quarterdeck will be in the uniform of the day.
19. All meals will be eaten as a company unless excused by proper authority.
20. Forms of address:
 - *The Commanding Officer will be addressed as Captain, Skipper, or by rank and name.
 - *The Executive Officer will be addressed as Commander or by rank and name.
 - *All other officers will be addressed by rank and name. (EX: LCDR O'Riley, Ensign Collins, Instructor Gorman)
 - *Chief Petty Officers will be addressed as CHIEF.
 - *Company Commanders will be addressed as CC.
 - *Assistant Company Commanders will be addressed as ACC.
 - *All other staff cadets will be addressed by rank and name. (EX: Petty Officer Brown, Seaman Smith)
 - *Recruits will be addressed as Recruit (last name) (EX: Recruit Johnson)

NOTICE

This form, used as a supplement to the Report of Medical History, is MANDATORY for all Cadets who are currently taking medication and will report to training with prescription and/or non-prescription (over the counter) medications. Cadets may bring prescription and non-prescription medication to training as long as the medication is not for a contagious illness or physical condition that would normally preclude his/her full participation in rigorous physical activity. Medication must NOT have expired. This form is to be used in conjunction with the current report of Medical History when screening cadets prior to attending "ALL" trainings for those taking medications.

THE INFORMATION YOU PROVIDE MUST BE ACCURATE AND COMPLETE. If the cadet is taking prescription medications, a qualified medical provider must endorse this document in Section 10, confirming the accuracy of the prescription information provided. Medical provider signature for OTC medications is NOT REQUIRED; parent signature is sufficient for OTC medications.

Commanding Officers of Training Contingents (COTC) and Senior Escort Officers (SEO) retain the obligation and right to deny acceptance for training to any Cadet if upon review of the Report of Medical History and this document, it is determined that the Cadet is not physically and/or medically qualified (without ADA accommodation). This includes a determination that they do not have sufficient or qualified personnel to administer required medications. Parents/Legal Guardians should be consulted before making these type determinations.

1. PERSONNEL INFORMATION

1a. Last Name	1b. First Name	1c. MI	1d. Social Security Number
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2. TRAINING INFORMATION

2a. Training Code	2b. Training Start Date	2c. Training End Date	2d. Training Days	2d. Training Location
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3. PACKAGING AND LABELING REQUIREMENTS

3a. Prescription Medication <ul style="list-style-type: none"> Must be in the original container from the pharmacy or manufacturer. Must have a complete prescription label attached to the container. The container will only contain the medication it is labeled for. The Cadet must be the person prescribed the medication and his or her name must appear on the prescription label. 	3b. Non-Prescription Medication (Over the Counter) <ul style="list-style-type: none"> Must be in the original container from the manufacturer. Must have a complete manufacturer's label attached to the container identifying the contents and directions for use. The container will only contain the medication it is labeled for.
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4. PRESCRIPTION OR NON-PRESCRIPTION MEDICATION *(Use additional documents if more than three medications are provided)*

4a. Name of Medication	4b. Strength	4c. Total Quantity Required	4d. Total Quantity Sent
4e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	4f. Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 4l and/or Block 7		
4g. Prescribing Provider Name	4h. Prescribing Provider Phone Number	4i. Prescribing Provider Phone Number (alternate)	
4j. Reason for medication <i>(Describe in detail if necessary)</i>			
4k. Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
4l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
4m. Expected effects if medication is not taken as directed.			

5. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS *(Use additional documents if more than three medications are provided)*

5a. Name of Medication	5b. Strength	5c. Total Quantity Required	5d. Total Quantity Sent
5e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	5f. Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 5l and/or Block 7		
5g. Prescribing Provider Name	5h. Prescribing Provider Phone Number	5i. Prescribing Provider Phone Number (alternate)	
5j. Reason for medication <i>(Describe in detail if necessary)</i>			
5k. Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
5l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activates or location.			
5m. Expected effects if medication is not taken as directed.			

MEDICAL HISTORY SUPPLEMENTAL

6. PRESCRIPTION OR NON-PRESCRIPTION MEDICATION <i>(Use additional documents if more than three medications are provided)</i>			
6a. Name of Medication	6b. Strength	6c. Total Quantity Required	6d. Total Quantity Required
6e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	6f. Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 6l and/or Block 7		
6g. Prescribing Provider Name	6h. Prescribing Provider Phone Number	6i. Prescribing Provider Phone Number (alternate)	
6j. Reason for medication <i>(Describe in detail if necessary)</i>			
6k. Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
6l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
6m. Expected effects if medication is not taken as directed			
7. REMARKS (please include comments as required by Blocks 4, 5 and/or 6. Also provide any other medical history that you or your physician deems important)			
8. STATEMENT OF UNDERSTANDING AND CONSENT			Parent/Guardian Initial Below
8a. During the NSCC/NLCC training evolution, NSCC medical personnel on duty and/or assigned NSCC staff members have my permission to administer the medication listed in Block 4, Block 5 and/or Block 6. I understand that all medications provided to the NSCC training contingent staff, must be in the original medication bottle containing all of the information required by Block 4, 5, and/or 6.			
8b. I give consent to the NSCC staff to contact the medical provider as needed for clarification with regard to medications listed and the conditions for which the medication is prescribed. The medical provider has been notified that the NSCC is authorized to obtain medical/prescription information if necessary.			
8c. I understand that all medications will be collected at the beginning of training and administered to the Cadet based on dosing instructions on the medication bottle/package. In no instance will Cadets be allowed to self-medicate with any medication whether it is over the counter or prescription. I understand I must provide the required amount of medication needed for the entire duration of the training evolution.			
8d. I understand that the Commanding Officer of the Training Contingent (COTC), and/or National Headquarters (NHQ) retains the authority to not accept and/or terminate Cadet's training at any time due to medical/other reasons. If terminated, parent agrees to immediately pick up their son/daughter upon notification by the COTC and/or training staff.			
9. AUTHORIZATION AND RELEASE			
I certify that, to the best of my knowledge, the information provided is true and accurate and I have disclosed all pertinent medical history. Furthermore, I authorize the Naval Sea Cadet Corps, its agents, officials, and training staff members, to dispense medication listed on this authorization and I "Hold Harmless" the Naval Sea Cadet Corps from any and all liability, actions, or causes of action for damages or injury that may arise, directly or indirectly, from my child's use of medication while participating in Naval Sea Cadet Corps activities. I understand that training staff members may not be medical professionals and that medication will be dispensed according to the manufacturer's instructions and/or the instructions I provided on this authorization.			
9a. Name of Parent/Guardian (Type or Print)	9b. Signature	9c. Date (DD MMM YY)	
10. ENDORSEMENTS			
I have reviewed the medical record of this cadet and certify that the medications listed on this form are true and correct as prescribed and that this cadet is physically able to attend the listed training evolution.			
10a. Name of Medical Provider (Type or Print)	10b. Signature	10c. Date (DD MMM YY)	
I certify that I have reviewed the above information and the Cadet listed on this form is physically able to attend the listed training evolution.			
10d. Name of Commanding Officer (Type or Print)	10e. Signature	10f. Date (DD MMM YY)	