



# United States Naval Sea Cadet Corps Winter Training 2013-2014



## *The Training Times*

### **“Behind the Cadets”**

January 2014, Second Edition



“The DETERMINATION and COURAGE of one will always  
CHANGE the LIVES of many”

#### **ALPHA COMPANY**

Today at 0830, the recruit companies received their meatballs (award ribbons).



Alpha Company earned a marching meatball, which is one of the harder meatballs to earn. These ribbons symbolize recognition in various activities

throughout the company’s day. This morning they were recognized by Lieutenant Junior Grade Anastasi for their outstanding marching skills, to which he summoned the Alpha guide-on to grant the prized ribbon. Marching is a large part of recruit training because it is a visual representation of a company’s cohesiveness and how well the company’s staff cadets have been instructing. As recruits travel through training, the constant marching on the grinder transforms them into cadets. By the end of RTC, each company’s guide-on pole will be a colorful flurry of meatballs for marching, athletics, academics, personnel inspections, and esprit de corps. Every day from here on out meatballs will be awarded in the

morning. *Written by SA Freeman and PO3 Ogden  
Photo by: PO Ogden Edited by: SA Honeyman and  
ENS Wright*

#### **BRAVO COMPANY**

The cadets of Bravo Company have been striving to be the best cadets they can be. They are always working hard and always looking to learn more about what it means to be the best cadet you can be. Cadets are paying close attention to themselves, their fellow shipmates, and their officers to learn



from each others’ mistakes and know how to help themselves and their shipmates better themselves. By this time, they have really started to understand and function as efficient as any model cadet should. This is

key to following any order that is given. Bravo Company is working hard and they have shown great advancement in their marching and getting better every moment of practice that they can

dedicate. *Written by: PO2 Quillman and SA Rodriquez. Photo by: PO2 Quillman Edited by SA Honeyman and ENS Wright*

### **CHARLIE COMPANY**

On the peaceful day of December 30<sup>th</sup> 2013, the Charlie Company was awakened by their staff cadets for the long day in store. The female recruits scrambled out to “The Grinder.” These young ladies felt the pressure of all eyes on them as they formed up to stand at attention. None of the girls moved as their staff cadets inspected them visually. All of the recruit companies formed up with flawless alignment for the awarding of “meatballs.” Meatballs are ribbon awards that are hung from the top of the Guide-On pole. There are multiple meatballs to be awarded every day, the particular “meatballs” to be awarded to this outstanding company were, barracks, marching, and esprit de corps. Esprit de Corps is considered the best award to receive. All recruit companies strive for this very award in which they will do just about anything to get. The recruits were later marched to the classroom where a course on customs and courtesies took place. Charlie and Delta Companies were instructed on proper actions in front of superiors and other peers. Some of the particular things they learned were how to properly salute, how to march, and how to conduct themselves in a military manner. Charlie Company was later marched to the field where a massive physical training session/challenge took place between all of the companies. This finally wound down the day for these recruits to rest once again. *Written by and Photo by: SA Chris Brown Edited by: ENS Wright*



### **DELTA COMPANY**

Four days into recruit training and Delta Company is as strong as ever, having claimed the Athletic and Personnel meatballs on Sunday and achieving military bearing meatball on Monday. Although still learning to be the best sea cadets possible, Delta is already finding the true meaning of teamwork and realizing they are stronger than they thought at the beginning of recruit training. After morning colors

(the flying of the US Flag and the National Anthem), all companies were inspected from head to toe and they received little to no gigs (also known as strikes) for being out of regulation. Later on, they went down to the baseball field for yet another day of physical training. While participating in physical training, Delta came up with a new diddy in response to a diddy Charlie Company came up with. Working hard and pushing themselves and their fellow

shipmates to the best of their abilities, they helped each other survive the first four days of recruit training. We can't wait to



walk along Delta's side again and see each of them grow from a recruit to an official Sea Cadet. *Written by: SA Chavez, SA Brandon-Lowe Photo by: SA Chavez Edited by: SA Honeyman and ENS Wright.*

### **PHOTOJOURNALISM**

Photojournalism is not just having fun in this training. It takes a lot of hard work and it's a very busy task. There are techniques and the tricks to get a good picture. A creative mind is needed but that's not all. Journalism expresses things like the



emotions of their subjects in the pictures of things that will grab the audience's attention. It's a challenge to take pictures without distracting or

interfering with the recruits or Leaguers so there's creativity in getting good angles. It's also a huge responsibility in order to keep the parents updated on their recruit's activities. We in Photojournalism also get to learn the differences about each company and what's unique about them. You always have to be prepared for any shot at any time. *.Written by: E2 Davis, E2 Medina, and E2 Morales Picture by: E2 Davis Edited by: SA Honeyman and ENS Wright*

## MARKSMANSHIP

Cadets of Marksmanship training awoke on base to a morning filled with packing and prepping for their trip ahead. They all had a single goal in mind: to



finally get their hands on a fully-functional rifle. Upon arriving at the off-base rifle range, the cadets immediately started setting up camp. The

quicker they got done, the more time they had to insulate themselves from the rapidly dropping temperature. After a day of stress-free activities, the cadets feasted like royalty with a meal of nachos, beans, and tri-tip steak provided by LCDR Blackshear. The cadets knew the following day would be the best part of the training and all were eager to begin. At 0900 the next morning, the cadets and staff lined up on the range. The range master gave a short but serious briefing that if any cadets were kicked off the range for any reason, they would also be disqualified from the rest of the training. The rifles handled for the day were .22 caliber bolt action rifles, a perfect starter for any person. The day on the range went smoothly and everyone was able to get a turn to on the firing line. After the cadets finished shooting, they packed up the campsite and swept through the buildings. Sea Cadet code is to leave something in a better condition than they get it, this is no exception. On the way back, the Marksmanship cadets stopped at In-N-Out, not a bad way to end an exciting day. *Written by PO2 Trieu Edited by SA Hillburn and ENS Wright*

## RADIOACTIVE



On December 29, 2013, the Radio Active training cadets showed up for the physical readiness test (PRT). The PRT consists of physical fitness tests such as:

pushups, sit-ups, sit and reach, shuttle run, and the mile run. Each cadet must pass the PRT for their age group in order to be eligible to take their training. The cadets arrived at check-in between 0800 and 1000 and then proceeded to take the PRT. After all the cadets had passed the PRT, they were

qualified to take the Radio Active training. At the Radio Active training, the cadets learned about ham radios, communications, transmissions and basic requirements for radio subjects. After this training, the cadets will have an idea of what it is like to work with military communications. *SA Carreon and PO3 Constantino Photo by: PO3 Constantino Edited by SA Honeyman and ENS Wright*

## STEM TRAINING

Today the cadets will be attending STEM training. After saying their goodbyes to their families, the training begins here at Marine Corps Base Camp Pendleton. Their training will be about a week long, and they will be learning about engineering and rocket science. The main goal of this training evolution is to be able to build a remote-controlled vehicle that will function under water. The cadets will be given the resources to complete this project including materials and knowledge. Cadets will also



be learning the basics of planning and execution of the final product. The STEM cadets will be given a safety briefing on the tools that they will be using, including screwdrivers, pliers, and pipe cutters. LTJG Cartland will introduce

the staff, many of whom have experience in STEM or engineering. In addition, LTJG Anastasi will talk to the class about how STEM training has gone in the past. Basic terminology was also introduced to cadets, including terms for energy and motion. LTJG Cartland will introduce the concepts of projectile physics, specifically regarding finless projectiles like the rockets they will also be building. The cadets will use this knowledge and terminology to effectively communicate with each other and the staff in order to complete their assigned task. The first few days will be studying the basic concepts mainly in the classroom. Later in the week, they will begin the hands-on work and construction. *Written by: PO3 Monsale, SA Lin Photo by: SA Lin Edited by SA Honeyman and ENS Wright*

## MEDICAL

Today, Medical hit the ground running practicing

and testing new terms from their newly issued First



Responder textbook and going over long but very intriguing classroom instructions. Officers went over terms pertaining to describing

injuries and wounds that would be seen by either a field medic or a first responder and how they would need to assess the variety of situations. They were also assigned to come up with quick lesson plans to teach their fellow shipmates how to address and describe a variety of cadet-generated faux injuries. They split into their three squads, lead by their squad leaders, and generated a “game-plan” to accomplish the task at hand. Later on, Medical went over field-carry techniques such as the “chair carry,” the “extremity carry,” and others. The Medical cadets will later be going over topics such as fixing and using IVs and testing their skills taught in the classroom. Thanks to the generosity of the Marine Corps, Medical Training has access to the same facilities used to train active duty military personnel. One facility that potentially can be used which makes many of the cadets excited has been affectionately named by the active duty personnel who use it, “The Kill Room.” This will be used to train and hone the cadets’ stress levels to better their efficiency in any situation where it may be needed. *Written by: PO3 Arechiga and SA Singh Photo by: PO3 Arechiga Edited by SA Honeyman and ENS Wright.*

### THE BIG BALLOON PARADE 2013

On the 30<sup>th</sup> of December, the NLCC League Cadet Orientation, POLA, and NLCC Exploration marched in the Big Bay Balloon Parade 2013. The Big Balloon parade is a televised parade that lots of people come to watch. It was a great opportunity for the League Cadets and Sea Cadets to show their



pride in their uniform. The cadets showed great military bearing and were able to keep their heads held high, even

though it was very hot. The Navy League Cadets are a younger form of the Sea Cadets. Their ages range from 11-13 1/2. Right now they are going through their form of Boot Camp and are doing great. POLA is for Sea Cadets. It stands for Petty Officer Leadership Academy. Cadets are taught leadership skills to be a Petty Officer. First Responder is for NLCC League Cadets and it has a little bit of everything. For example: First Aid, Exploration, and Leadership Training. All of these cadets marched proudly along the streets of downtown San Diego. They showed everyone how to be a smart clean looking



cadets. Everyone could tell that the crowd was very interested and proud of these cadets and showed it through their applause. *Written by: PO2 Strong Photo by: PO2 Strong Edited by: ENS Wright*

### MAA (MASTER-AT-ARMS)

Master-At-Arms is a skilled group of cadets that have shown outstanding team work throughout these 5 days taking self-defense classes, learning how to seize and restrain a suspect, and utilizing



interrogation skills. Starting the brand New Year these cadets will be

practicing traffic accident exercises in the field. Their teamwork has become evident just simply by watching them march in formation to chow. They’re having a good time together and making good friendships while learning methods of keeping themselves and others safe and secure. *Written by: PO2 Piepmeier and SA Norton, Photo by: PO2 Piepmeier, Edited by ENS Wright*

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