



United States Naval Sea Cadet Corps

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Summer 2015

Dear Sea Cadets and Families:

Welcome to the Summer 2015 USNSCC Marksmanship Training, 28JUN-3JUL, at Banning Sportsman's Club, Banning, CA. Below is important information that will help make your training experience successful.

ARRIVAL/DEPARTURE INFORMATION: Arrival time is 12:00 noon on 28JUN, and pick-up time is at 3:00 PM on 3JUL

LOCATION: Banning Sportsman's Club, 250 Mias Canyon, Banning, CA 92220. This is where all cadet are to be dropped off and picked up. Note – departure time is 3:00 PM on 3JUL. Because of the generosity of Banning Sportsman's Club, it is crucial that we leave the facilities in immaculate condition – 36 sets of hands helping makes it a very manageable task. **EXCEPT FOR THOSE THAT ARE TAKING A PLANE, DO NOT PLAN ON LEAVING EARLY.**

For those cadets who are flying, plan to arrive at ONTARIO AIRPORT on 28 JUN. Once you have arrived, you will retrieve your luggage and proceed to the USO. Once all cadets have arrived, the shuttle will take them, AS A GROUP, out to the Sportsman's Club.

For return flights, please make arrangements, if possible, for late morning on 3JUL. We realize that flight schedules may be limited so we will work with any flight.

Shuttle Service is \$30.00/each way. If you did not do your registration ONLINE where this option would have been available or you did not request shuttle service, please send a note to admin@nscpsw.org. Be sure to include your cadet's flight itinerary so we can update the records.

Our goal is ensure that your cadet has an exceptional training experience. This year's training is utilizing the talents of some excellent Sea Cadet, Navy, and NRA trained personnel. Our evolutions will be supervised by a full complement of staff and all personnel who will report to the Commanding Officer. Please review the information listed below with your cadet. This will help insure a safe and positive training experience:

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

- To provide basic and advanced firearms safety and procedures.
- To provide training enabling cadets to become competitive in basic marksmanship competition.
- To provide orientation in safe use of pistol, rifle, shotgun, and black powder firearms.
- 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.

PRT: The PRT will be administered on check-in day. Those that do not pass on check-in day will be given an opportunity to re-test at the end of the week. Per guidance from National Headquarters, no cadet will be sent home for failure to pass the inventory PRT, **however the make-up PRT must be passed or no credit will be given for training.**

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. Or anyone nearby if emergent conditions dictate.

We are excited by the opportunity to train cadets in a safe environment, and to send them back home to their units and families with proper respect for the safe handling firearms. Our staff looks forward to working with your cadet.

NOTE- To ensure safety for all participants, absolute adherence to the rules of the firing range will be observed. No second chances will be offered for any infraction. Cadets will be immediately dismissed from the training evolution and sent home.

Very respectfully,
LCDR Tom Blackshear, NSCC
Commanding Officer

**UNITED STATES NAVAL SEA CADET CORPS
2015 SUMMER MARKSMANSHIP TRAINING
BANNING, CA**

SEABAG LIST

NOTE TO PARENTS: Your cadet is responsible for packing his/her sea bag. Please inspect their sea bag for the following items. **ALL SEABAG ITEMS MUST BE MARKED WITH CADET'S NAME**

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

1 Sea Bag

2 sets Working Uniforms (BDUs or NWUs as used by your unit)

***Note – you may bring different working uniforms as needed; if you only have one set, then only bring one set

1 Uniform jacket (nights can get cold)

1 Tube of at least SPF 15 sunscreen

1 Padlock with 2 keys (no combination locks)

***1 key should be placed in personnel file ***

1 Pair of athletic running shoes

1 Pair Black Boots (for your working uniform)

8 Pair black socks

8 Pair white socks

8 White crew neck T-shirts

8 underwear (Males - Boxers OK)

8 Uniform Undershirts

2 Pair of PT shorts

1 Pair of Sweats (top and bottom)

2 towels

2 washcloths

1 Bathrobe or shower wrap (optional)

1 Canteen w/belt or Camelback Water System

1 Hand Soap (small pump bottle)

1 Hand Sanitizer (kept in uniform pocket)

1 SLEEPING BAG AND PILLOW (additional blanket if you get cold is OK)

1 Rain Poncho

Spending Money

1 Black ballpoint pen, 4 #2 pencils

1 Composition Notebook

1 Chain to wear key around neck

1 Sewing kit

2 Athletic bras (female)

1 Shoeshine kit (NO liquid polish)

1 Lip balm or Chap Stick

1 small flashlight

Religious materials (optional)

1 Mesh laundry bag

1 Pair of shower shoes

1 ea. Hygiene supplies (shampoo, toothbrush, toothpaste, soap, shaving gear, stick deodorant, comb/ brush)

4 Self-addressed stamped envelopes with paper

Females - feminine products, pins, rubber bands, gel to secure long hair

CONTRABAND

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

Make-up and perfume/colognes, Weapons, Controlled substances, Matches/lighters, Pornographic materials, Tobacco products, Electrical appliances, Alcoholic beverages, Glass containers, Aerosol cans (hairspray, shaving cream), Jewelry (except 1 set small silver ball earrings for females)

****NOTE: CELL PHONES – commercial travelers may turn in during check-in; these will be returned on departure day.**

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



UNITED STATES NAVAL SEA CADET CORPS
Headquarters & Service Company
Summer Training Command
Marine Corps Base, Camp Pendleton, CA

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CODE OF CONDUCT

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So that this command and all its personnel may effectively work together as a team in a safe environment conducive to learning and esprit de corps, we have established the following Code of Conduct. It will govern all our behavior, from the Commanding Officer to the most junior Cadet. All personnel, cadets, and staff:

1. Will conduct themselves in a professional and military manner so as to bring credit to themselves, their home unit, the United States Naval Sea Cadet Corps, and the United States Navy.
2. Will not use vulgar, profane, humiliating, or 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, alcoholic beverages, or tobacco products.
6. Will not engage in collection, soliciting, or distributing funds of any kind except as authorized by the command.
7. Will not willfully damage or destroy any government or personal property.
8. Will refrain from physical contact, hand-passed notes, or romantic interludes that are prejudicial to good order and discipline.
9. Will speak to or about each other in a respectful manner. There is to be no arguing, gossiping, backbiting, teasing, or other language deemed unacceptable.

Failure to abide by this Code of Conduct and other guidelines established by the Commanding Officer may result in disciplinary action, extra military instruction (EMI) or dismissal from training.

All reported violations of this Code of Conduct will be investigated. Accusations determined to be knowingly false will carry the same penalty as the violation itself. Summer Training Command, Camp Pendleton, CA is **not** the place to joke around. Don't forget where you are and what you're here for.

This command has a ZERO TOLERANCE policy concerning hazing, sexual harassment, and fraternization. This includes bullying, use of foul language, and any negative behavior that takes away from a safe and positive training environment. Transportation costs for anyone dismissed from training rest with the parents or home unit.

V. Manoogian, LCDR, NSCC
Commanding Officer

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)



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 SUPPRISES.

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)

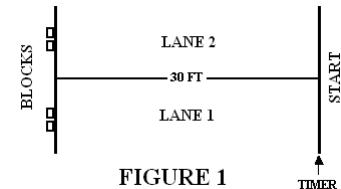


FIGURE 1

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).

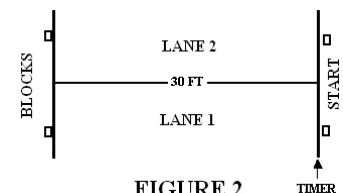


FIGURE 2

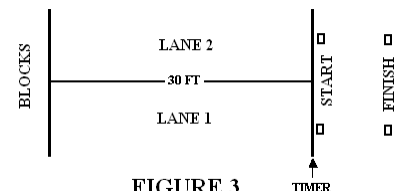


FIGURE 3

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.

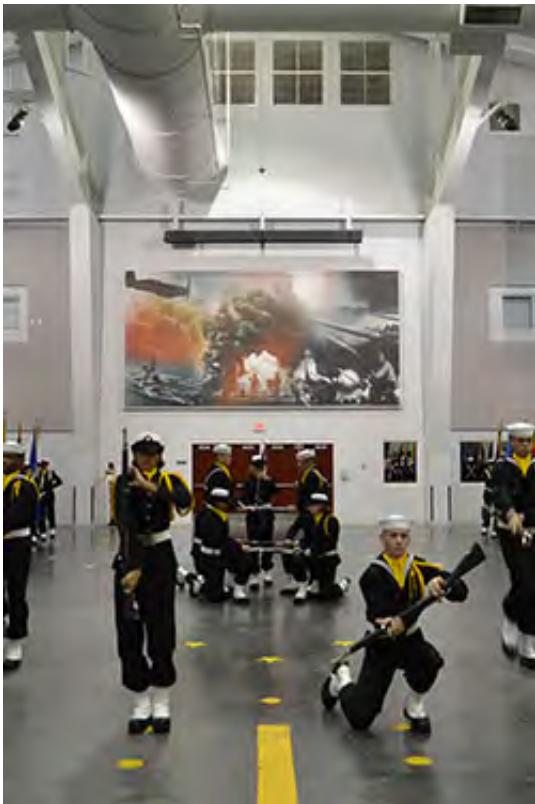




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GENERAL ORDERS



To take charge of this post and all government property in view .

To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight or hearing.

To report all violations of orders I am instructed to enforce.

To repeat all calls from posts more distant from the guard house than my own.

To quit my post only when properly relieved.

To receive, obey, and pass on to the sentry who relieves me all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and Officers and Petty Officers of the Watch only.

To talk to no one except in the line of duty.

To give the alarm in case of fire or disorder.

To call the Officer of the Deck in any case not covered by instructions.

To salute all officers and colors and standards not cased.

To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.

Last Modified 10/15/2012

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Sailors Creed

I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and the fair treatment of all.

The "Sailors Creed" was written by a "Blue Ribbon Recruit Training Panel" in 1993 at the direction of Chief of Naval Operations Admiral Frank Kelso, who personally participated in the final edit of the working group's proposal. Admiral Kelso then directed that every recruit be given a copy and required to commit it to memory.

In 1994, Chief of Naval Operations Admiral Jeremy Boorda approved a minor change which made the creed inclusively descriptive of all hands. The change involved replacing the word "bluejacket"; with "Navy," which describes the lowest enlisted rate, E-1, through the highest officer rank, O-10. After 1997 another change to the text occurred when the words "my superiors" were replaced with "those appointed over me." In today's Navy, the Sailor's Creed is memorized by all personnel in boot camp and has been incorporated in officer training as well.

All of the personnel in the uniform of Naval Service are Sailors first and in addition, they are officers, chiefs, petty officers - aviators, seabees, surface warriors and submariners. This is an important point impacting unity and esprit de corps.

Sources:

Faram, Mark D. "Pledge Has Found Place in Boot Camp, Academy and Training Schools." Navy Times 54, no. 27 (April 4, 2005): 10.

"From My Perspective...Sailor's Creed." Direct Line [newsletter of the Master Chief Petty Officer of the Navy] (1997): 22. [A copy of this article is located in the Navy Department Library's "Creed" vertical file.].

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U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS	CADET APPLICATION MEDICAL HISTORY SUPPLEMENTAL	FOR OFFICIAL USE ONLY
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. <u>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.</u> THE INFORMATION YOU PROVIDE MUST BE ACCURATE AND COMPLETE. If the cadet is taking <u>prescription medications</u>, 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). <u>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.</u>		
1. PERSONNEL INFORMATION		
1a. Last Name	1b. First Name	1c. MI
1d. Social Security Number		
2. TRAINING INFORMATION		
2a. Training Code	2b. Training Start Date	2c. Training End Date
2d. Training Days	2d. Training Location	
3. PACKAGING AND LABELING REQUIREMENTS		
3a. Prescription Medication • 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) • 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.
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) ☐ Refrigerate ☐ Child-Proof Cap ☐ Other:
4f. Frequency and Dosage (check one) ☐ As needed, as labeled ☐ On schedule, as labeled ☐ Other: See Block 4I and/or Block 7		4g. Prescribing Provider Name
4h. Prescribing Provider Phone Number		4i. Prescribing Provider Phone Number (alternate)
4j. Reason for medication (Describe in detail if necessary)		
4k. Relevant side effects to be observed if any: (Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)		
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) ☐ Refrigerate ☐ Child-Proof Cap ☐ Other:
5f. Frequency and Dosage (check one) ☐ As needed, as labeled ☐ On schedule, as labeled ☐ Other: See Block 5I and/or Block 7		5g. Prescribing Provider Name
5h. Prescribing Provider Phone Number		5i. Prescribing Provider Phone Number (alternate)
5j. Reason for medication (Describe in detail if necessary)		
5k. Relevant side effects to be observed if any: (Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)		
5l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities 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) ☐ Refrigerate ☐ Child-Proof Cap ☐ Other:		6f. Frequency and Dosage (check one) ☐ As needed, as labeled ☐ On schedule, as labeled ☐ 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)	