



## United States Naval Sea Cadet Corps

2300 WILSON BOULEVARD ARLINGTON, VIRGINIA 22201 TELEPHONE (703)243-6910  
FAX:(703)243-3985

Summer 2010

Dear Sea Cadet Families:

Welcome to the 2010 NSCC Culinary Training at Camp Roberts, CA. Whether this is your first time or you are a seasoned veteran, this letter should answer many of your questions. Our goal is insure that you have an exceptional training experience. Our evolutions will be supervised by a full compliment of staff and all personnel 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: basic Mess operations, food preparation, cooking, baking, menu planning, food shopping, inventory and record keeping, dining room and galley operations, safety issues with equipment and food distribution. Navel Culinary Specialists (CS) receive extensive training in cooking, baking, dining and living area management. Navy Culinary Specialists provide food service for admirals and senior government executives and run the White House Mess for the President of the United States. They are responsible for all aspects of the dining (mess decks) and living areas, Culinary Specialists work in the "heart of the ship," and are vital in maintaining high crew morale on the ship and every shore base.

**TRAINING LOCATION:** Our training site will be at Camp Roberts, CA. This is an Army National Guard base with all the facilities and amenities for quality training. We will be using the galley, classroom, and field facilities. Regular bathroom and shower facilities are available while in the barracks area.

**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. There are hazards specific to Camp Roberts, which will be covered at the beginning of training.
- By making safety everyone's responsibility, from the recruit 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.

**REPORTING PROCEDURES:** You should report at **1300 on Saturday, 17 JUL 2010**. Registration will end at **2000**. In your possession should be a service jacket, valid ID card, Training Orders, and a complete sea bag. For individuals traveling as a group, the service jackets should be in one envelope with an accurate training roster attached. Reporting Uniform is **BDU's**, **ALL PERSONNEL TRAVELING BY COMMERCIAL CARRIER ARE TO REPORT IN CIVILIAN CLOTHES. THEY NEED TO ARRIVE ON FRIDAY, 17 JUL 2010**. They should fly into San Luis Obispo, or train into Paso Robles. They will be collected by adult staff and transported to Camp Roberts.

### **DRIVING ONTO ARMY BASE:**

In order to enter the Army Base, the vehicle driver will need a valid driver's license, vehicle registration, and proof of insurance. You will be directed from the gate to our location or there will be signs posted leading the way. Directions to Camp Roberts may found by going to <http://www.calguard.ca.gov/CpRbts/Pages/Directions.aspx>.

CADET PREPARATION: All cadets need to understand that this is a TRAINING evolution. They are participating to learn more about culinary operations. 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. Be prepared to pass the PRT upon arrival. This is a very physical training.
- Pack their own 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. A lot of physical training will take place during training. You will be on your feet a lot! Foot care will make or break this training.

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.
- 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.
- Cadets may receive e-mail at [mail@nscpsw.org](mailto:mail@nscpsw.org) (please be sensitive about what you write and understand they can’t respond. E-mail’s are printed out daily and dispersed to the cadets during personal time in the evenings. Please specify “NSCC Culinary training” and cadet’s name in subject line).

CODE OF CONDUCT: Please review the attached CODE OF CONDUCT. These will be the basis for a quality training experience.

MEDICAL RESTRICTIONS: Trainees with pre-existing medical conditions that will affect training 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 for the first time this summer. If you cadet will need to take medications, a Request to Administer Medications must be completed and approved prior to training. **Discontinued use of required medication is not advised** (this is not the time to see if Billy Bob can go 14 days without Ritalin).

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

SEABAG: Review the attached sea bag list. 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**. Due to the number of unauthorized items brought, any confiscated materials will not be returned.

**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. Any cadet who chose to not turn in their cell phones will be sent home from training.

PHYSICAL SECURITY: All personnel will feel safe in their training environment. There will be no hazing, acts of sexual harassment, or harassing by any trainee or staff. This includes any activities that embarrasses or degrades another individual. Any individual violating this rule will be disciplined. All personnel may report up the chain of command any incidents that they feel jeopardize their personal safety.

HAIRCUTS: All cadets must conform to the NSCC haircut guidelines.

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: butkusca@gmail.com or srd@nscpsw.org. We will respond as soon as possible.

COTC's NOTE: Welcome to Culinary Arts and soon to be one of the best training evolutions in Sea Cadets. If you give me 100%, it will be rewarding and exhausting. You'll get a taste of what a Culinary Specialist's life is about. I've been attached to the Sea Cadet Field Training, COTC'd Hospital Corpsman School, Culinary Arts, and various other trainings for the past several years. I am your COTC, but also one of your primary instructors. Some important tips I'd like to pass along before training starts:

Make sure your boots are broken in. Please do not come to field training in brand new leather boots. They will dig into your feet and make for a miserable training. I prefer the boots with the nylon upper, but full leather boots are good, too. If you get the full leather boots, the best way to break them in is to put them on, then soak them in HOT water for 15 minutes (on your feet). Walk around in them (not in the house, your parents will throw a fit), then soak them again. After a few cycles, air dry them, and make sure you get a good coat of kiwi boot polish on them. Do NOT use a blow dryer or anything like that, let them air dry. To dry the boots faster, cut 2 strips of cardboard, about 12 inches long and 2-3 inches wide. Fray one end of the cardboard, then put the cardboard into the boot, frayed end up.

Don't bring thin white athletic socks to this training for boot wear, use them only for PT gear. Wear cushioned sole socks in your boots. Not just for the color, but they are designed to be abused on your feet, and will hold up well, not to mention taking care of your feet better.

This is going to be a HOT and tiring training. You will be on your feet a lot. Be prepared. Good boots and better insoles will make a world of difference. Start drinking water and eating well a few days early. Stock up on natural sugars, fruit and such. Ease off on the candy and sodas.

Hair: Girls, no gel, it won't let your scalp breath enough. Guys, the shorter the better. If you want to keep your shaggy but still regulation length hair style, fine. But, again, the shorter the better. Both for hygiene and comfort. If you show up outside regulation hairstyles, we will fix it before training starts, and you may not like my haircutting skills. I don't!

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

LT. Cindy Butkus, NSCC  
Commanding Officer

Attachments:

- a) Sea bag List
- b) Code of Conduct
- c) Standing Orders
- d) Travel Info sheet

**UNITED STATES NAVAL SEA CADET CORPS  
CULINARY ARTS TRAINING  
CAMP ROBERTS, CALIFORNIA**

**SEABAG LIST**

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

**TRAVEL UNIFORM:** BDUs (civilian clothes for those traveling by commercial carrier)

**CURRENT ID CARD.**

- 1 Seabag
- 2 sets BDUs (USNSCC name tape and LAST NAME name tape on blouse and LAST NAME name tape on trousers)
- 1 BDU 8pt cap (with NSCC cap flash)
- 1 pair black boots (military issue)
- 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
- 2 Athletic bras (female)
- 8 Pair socks
- 8 undershirts (brown)
- 8 pair undergarments
- 2 pr white socks
- 2 pr PT shirts (white, blue, black)
- 2 Pair of PT shorts - black or blue
- 1 Pair of sweats - black or blue
- 2 towels and washcloths (ea)
- 1 Black ballpoint pen, 1 pencil
- 1 Pad of paper
- 1 Chain to wear key around neck
- 1 Sewing kit
- 1 packet baby wipes
- 1 Shoeshine kit (NO liquid polish)
- 1 Lip balm or chapstick
- 1 small flashlight (with red lens)
- 1 Religious material-optional
- 1 Mesh laundry bag
- 1 Pair of shower shoes
- 1 ea Hygiene supplies (shampoo, toothbrush, toothpaste, soap, shaving gear, stick deodorant, comb/ brush, baby/foot powder)
- Females – feminine products, pins, rubber bands

**CONTRABAND**

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

Cosmetics, Weapons, Controlled substances, **NO CELL PHONES**  
Matches/lighters, Pornographic materials, Tobacco products,  
Electrical appliances, Liquid shoe polish, Alcoholic beverages,  
Perfumes, Candy, gum, food, etc. Hair gel.  
Glass containers  
Jewelry (except 1 optional religious medal)

**\*NOTE: A Seabag inspection will be performed upon arriving at NSCC-CACA**

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

**\*\*\*NOTE: STAFF CADETS NO CELL PHONES!!!**

**(If you fly and bring one, it must be checked in with ADMIN upon arrival)**

U. S. NAVAL SEA CADET CORPS

TRAVEL INFORMATION SHEET

PSW REGION 11

**2010 SUMMER CULINARY ARTS TRAINING  
CAMP ROBERTS, CALIFORNIA**

Fax itinerary to 818-279-6800 or e-mail to [travel@nscpcsw.org](mailto:travel@nscpcsw.org)

CADET'S NAME: \_\_\_\_\_ UNIT: \_\_\_\_\_

MODE OF TRAVEL

\_\_\_\_\_ Airline (San Luis Obispo Regional Airport – AIRPORT CODE=SBP) – arrive on 17 JUL 2010

\_\_\_\_\_ Private Vehicle – arrive on 17 JUL 2010

\_\_\_\_\_ Train (Paso Robles STATION CODE=PRB) - arrive on 17 JUL 2010

\_\_\_\_\_ Greyhound Bus (Paso Robles STATION=PRB) - arrive on 17 JUL 2010

ARRIVAL INFORMATION

Name of Airline/Train/Bus: \_\_\_\_\_ Route #: \_\_\_\_\_ Location: \_\_\_\_\_

Electronic Ticket Reservation Confirmation #: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

DEPARTURE INFORMATION

Name of Airline/Train/Bus: \_\_\_\_\_ Route #: \_\_\_\_\_ Location: \_\_\_\_\_

Electronic Ticket Reservation Confirmation #: \_\_\_\_\_ Departure Time: \_\_\_\_\_

**ALL COMMERCIAL ARRIVALS MUST BE ON 17 JUL 2010**

**ALL DEPARTURES MUST BE ON 31 JUL 2010**

*We strongly suggest refundable tickets as military locations are subject to cancellation*

U.S. NAVAL SEA CADET CORPS  
2010 SUMMER CULINARY ARTS TRAINING  
CAMP ROBERTS, CALIFORNIA

**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)

U.S. NAVAL SEA CADET CORPS  
2010 SUMMER CULINARY ARTS TRAINING  
CAMP ROBERTS, CALIFORNIA

**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.

<b>U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS</b>	<b>MEDICAL HISTORY SUPPLEMENTAL FOR TRAINING AUTHORIZATION, CONSENT AND RELEASE</b>	FOR OFFICIAL USE ONLY
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**NOTICE**

This form, used as a supplement to the Report of Medical History - Authorization, Consent and Release (NSCADM 020) 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. NSCADM 020 MUST BE SUBMITTED WITH THIS NSCTNG 025.

**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, Block 10a 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 (NSCADM 020) and this document, it is determined that the Cadet is not physically and/or medically qualified to attend training.

<b>1. PERSONNEL INFORMATION</b>			
<b>1a.</b> Last Name	<b>1b.</b> First Name	<b>1c.</b> MI	<b>1d.</b> Social Security Number

<b>2. TRAINING INFORMATION</b>			
<b>2a.</b> Training Code	<b>2b.</b> Training Date(s)	<b>2c.</b> No. of Days	<b>2d.</b> Training Location

<b>3. PACKAGING AND LABELING REQUIREMENTS</b>	
<b>3a.</b> 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.	
<b>3b. Prescription Medication</b> <ul style="list-style-type: none"> <li>Must be in the original container from the pharmacy or manufacturer.</li> <li>Must have a complete prescription label attached to the container.</li> <li>The container can only contain the medication it is labeled for.</li> <li>The Cadet must be the person prescribed the medication and his or her name must appear on the prescription label.</li> </ul>	<b>3c. Non-Prescription Medication (Over the Counter)</b> <ul style="list-style-type: none"> <li>Must be in the original container from the manufacturer.</li> <li>Must have a complete manufacturer's label attached to the container identifying the contents and directions for use.</li> <li>The container can only contain the medication it is labeled for.</li> </ul>

<b>4. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS</b> <i>(Use additional documents if more than three medications are prescribed)</i>			
<b>4a.</b> Name of Medication	<b>4b.</b> Strength	<b>4c.</b> Total Quantity Required	<b>4d.</b> Total Quantity Sent
<b>4e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	<b>4f.</b> 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		
<b>4g.</b> Prescribing Provider Name	<b>4h.</b> Prescribing Provider Phone Number	<b>4i.</b> Prescribing Provider Phone Number (alternate)	
<b>4j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>4k.</b> 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>			
<b>4l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
<b>4m.</b> Expected effects if medication is not taken as directed			

<b>5. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS</b> <i>(Use additional documents if more than three medications are prescribed)</i>			
<b>5a.</b> Name of Medication	<b>5b.</b> Strength	<b>5c.</b> Total Quantity Required	<b>5d.</b> Total Quantity Sent
<b>5e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	<b>5f.</b> 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		
<b>5g.</b> Prescribing Provider Name	<b>5h.</b> Prescribing Provider Phone Number	<b>5i.</b> Prescribing Provider Phone Number (alternate)	
<b>5j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>5k.</b> 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>			
<b>5l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
<b>5m.</b> Expected effects if medication is not taken as directed			

MEDICAL HISTORY SUPPLEMENTAL			
<b>6. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS</b> <i>(Use additional documents if more than three medications are prescribed)</i>			
<b>6a.</b> Name of Medication	<b>6b.</b> Strength	<b>6c.</b> Total Quantity Required	<b>6d.</b> Total Quantity Required
<b>6e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:		<b>6f.</b> 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	
<b>6g.</b> Prescribing Provider Name	<b>6h.</b> Prescribing Provider Phone Number	<b>6i.</b> Prescribing Provider Phone Number (alternate)	
<b>6j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>6k.</b> 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>			
<b>6l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
<b>6m.</b> Expected effects if medication is not taken as directed			
<b>7. REMARKS</b> (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)			
<b>8. STATEMENT OF UNDERSTANDING AND CONSENT</b>			INITIAL BELOW
<b>8a.</b> During the NSCC/NLCC training evolution, NSCC medical personnel on duty and/or assigned NSCC staff members have my permission to administer the prescription medication listed in Block 4 and/or Block 5. 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.			
<b>8b.</b> 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.			
<b>8c.</b> 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.			
<b>8d.</b> I understand that my son/daughter is being granted a special privilege of attending an NSCC/NLCC training evolution while on medication. 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.			
<b>9. AUTHORIZATION AND RELEASE</b>			
I certify that to the best of my knowledge that the information provided is true and accurate and that 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 son/daughter'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.			
<b>9a.</b> Name of Parent/Guardian (Type of Print)	<b>9b.</b> Signature	<b>9c.</b> Date (DD MMM YY)	
<b>10. ENDORSEMENTS</b>			
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.			
<b>10a.</b> Name of Medical Provider (Type of Print)	<b>10b.</b> Signature	<b>10c.</b> 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.			
<b>10d.</b> Name of Commanding Officer (Type of Print)	<b>10e.</b> Signature	<b>10f.</b> Date (DD MMM YY)	

U.S. NAVAL SEA CADET CORPS  
CULINARY ARTS TRAINING COMMAND

		<b>CADET EXERCISE CHART</b>				
<b>3. MINIMUM PHYSICAL FITNESS STANDARDS FOR MALE CADETS</b>						
AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS	
13	34	+0.25	12.2	9:45	20	
14	36	+0.5	11.9	9:30	20	
15	38	+1.0	11.7	9:15	25	
16	40	+1.5	11.4	9:00	25	
17, 18	40	+1.5	11.4	8:45	30	
<b>4. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS</b>						
AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS	
13	32	+1.75	13.1	12:15	7	
14	32	+2.25	13.2	12:00	7	
15	31	+2.5	13.0	11:45	10	
16	30	+2.75	12.9	12:15	10	
17, 18	29	+2.25	13.0	12:15	12	