

**UNITED STATES NAVAL SEA CADET CORPS
CENTRAL IOWA DIVISION 2010 SUMMER RECRUIT TRAINING
INFORMATION LETTER**

Greetings:

Summer Recruit Training at Camp Dodge, Johnston, IA will be held 25 Jun - 04 Jul 2010. Cadets and officers staffing this training should refer to a separate staff cadet letter.

Congratulations on your decision to accept the challenge of Summer Recruit Training. Your acceptance of this challenge says the following about you as a person:

- You are properly **MOTIVATED**. You have made the decision to get training on your own. Whatever you do in your life, self-motivation is one of the most important forces in learning or doing anything.
- You seek **SELF IMPROVEMENT**. You made the choice to improve the skills you already have and learn new skills through this experience.
- You have the **INITIATIVE** to act. By choosing to attend training, you have shown that you are a self-starter, willing to reach out for opportunities to learn and grow.
- You step up to **CHALLENGES**. You have the self-confidence and belief in your ability to acquire knowledge and skills.
- You are willing to set and accomplish **GOALS**. You are willing to commit time, effort, and resources necessary to set and accomplish your goals. Whether you pursue a civilian or military career, goal-setting and a focused effort towards your goals will help you achieve success.

This training is difficult and challenging. Cadets who have completed this training in the past have said or written the following about boot camp:

- "The intensity of the first few days really surprised me."
- "(I) learned a lot about myself and how to handle challenges."
- "This is exactly the experience that (I) wanted."
- "This is the hardest thing (I) have ever done and the biggest accomplishment of (my) life."
- "(I) never expected it to be so tough."
- "The friends (I) have made at boot camp will last forever."

Use National orders (NSCTNG001) for this training. Submit orders for training with \$170 deposit. Cadets who sign up late for the training may be required to do local orders. In any event, no one will be allowed to train without orders, an ID card or a copy of an ID card valid through 31 Jul 2010 or later, and a service jacket on board. Any cadets with a documented, bona fide need for accommodations should submit a copy with orders for COTC evaluation.

Cadets should report to Camp Dodge at 1815 on Friday, 25 Jun 2010, unless other arrangements have been made with the COTC. Eat your evening meal prior to arrival. Cadets should report in appropriate civilian attire with canteen war belt and two canteens full of water worn on the

waist. Reporting location is Dining Facility #2 @ Camp Dodge. As you enter the South Gate, follow the road into Camp Dodge. Turn right at the sign for “Main Post.” This is 5th Street. Continue straight on 5th Street; DF2 is on your right. To preserve our training environment, we ask that parents not communicate with Recruits once Recruits have reported for in-processing. Parents can be assured that we will contact you, if necessary, during Recruit Training. The old saying “no news is good news” most certainly applies during Recruit Training. Periodic updates of training will be posted at <http://iowacadets.org>.

Recruit Training will conclude with a graduation ceremony at 0930 on Sunday, 04 July 2010. Graduation is scheduled to be at the same location as the drop-off point. Cadets will be released only after checking out with the Administrative Officer **AND** after facilities are cleared. Cadets who leave the training site prior to being released by the Command will NOT receive training credit.

All uniform and personal appearance regulations will be strictly enforced. Males will receive “recruit” haircuts on site.

REQUIRED SEA BAG ITEMS

Qty	Item	Qty	Item
1	Sea Bag & Garment bag	1	Raincoat w/out liner
3	Chambray Utility shirts—long slv.	1	Complete Dress White Uniform
3	Utility Trousers/Dungarees	1	White dress uniform cover
6	Black Socks, crew or higher	1	White belt w/silver tip
6	Plain White crew socks	1	Neckerchief
1	Boondockers (must have)	1	Black belt w/silver tip & buckle
1	Conservative athletic shoes	1	Shower shoes—must have, prefer Navy issue
6	White undershirts—crew necks	1	Hygiene kit—see below
6	White underwear—briefs only	1	Lip balm tube w/sun block
1	Set Regulation Navy blue sweats	1	Bug repellent non-aerosol
1	Ball cap cover	1	Sunscreen w/high SPF lotion
2	PT Shorts (Navy issue)	4	Plastic clothes hangers
1	Canteen belt w/2 canteen covers	1	White mesh laundry bag
2	One quart canteens (GI issue)	1	Shoe Shine Kit
1	Black Dress shoes (no corframs)	2	White towels (plain)

Items **NOT** to be taken to training or acquired while at training: firearms, knives, tobacco and tobacco products, matches, lighters, expensive items, jewelry, liquid shoe polish, any hygiene product in an aerosol can, or pornographic materials. Parents should not expect phone calls during training. Recruit Training cadets will not have PX privileges or mail service at training. Cadets at Recruit Training are not allowed to possess money, electronic devices of any kind, or civilian clothes. If you are not riding with a parent, make a phone call home indicating safe arrival prior to check-in. Please send money and electronics home with your ride to training if at all possible.

IMPORTANT SEA BAG NOTES

The following information below relates to the required sea bag requirements.

1. All uniforms should be prepared according to NSCC Regulations with appropriate flashes, name tapes, etc.
2. Except for what is worn when reporting, no other civilian clothing items are authorized.
3. Camelbacks are not authorized in lieu of canteen and web gear.
4. **NO CONTACT LENSES ALLOWED—we need your eyeglass prescription faxed or emailed to us by 18 June 2010. Include optic pupil distance. Civilian eyeglasses and contact lenses are not permitted at Recruit Training.**
5. Recruits will have limited storage space during training, as all items except dress uniforms will be stowed in a foot locker.
6. Recruits must limit hygiene kits to antiperspirant/deodorant, tooth brush, tooth paste, bar of soap in soap dish holder (no body wash or gels), disposable razors for shaving, and non-aerosol shaving cream. Females should pack necessary feminine hygiene products and supplies to manage hair. Do not pack any Tylenol, aspirin, or other over-the-counter medications. We will have these on hand in sufficient quantities during training. Cadets taking prescription medication must declare the medications to staff and surrender those upon in-processing.
7. All items must be stenciled with cadet ownership markings prior to the start of training. If you are having trouble meeting the sea bag requirements, contact me at least one week prior to training.
8. The Dress White Uniform should be hung on hangers and brought to training in the blue garment bag. Include the neckerchief and dress white cover. Recruits can save time at training by having the dress whites dry-cleaned and pressed prior to training. Be certain to request military creases and note the special creases required on the dress white trousers. Trousers that need to be hemmed should be hemmed prior to training.

The most important things to bring with you to training are tremendous enthusiasm, desire, and a never-say-quit attitude. The staff will teach you what you need to know to be a Recruit Training Graduate.

Recruit Training is a very challenging training environment where we work on building your confidence and skills through a series of activities, requirements, challenges, and classroom

experiences. As the Sea Cadet marketing slogan goes, you will “*Test Your Limits.*” This year’s training includes more training elements than in previous years.

As far as behavioral expectations, only motivated individuals need apply. There is to be no fraternization among cadets and between staff cadets and cadets, and no fraternization between male and female cadets.

In preparation for training, the following reminders will create the best possible conditions for success:

- Establish a regular sleeping pattern. Go to bed early and get up early.
- Work to eliminate any caffeinated beverages from your diet. Drink water and arrived fully hydrated. A PT test will be administered shortly after in-processing has been completed. Three fitness assessments are taken at Recruit Training.
- Begin working out, if you have not already done so. Running distances, sprints, agilities, along with push-ups, pull-ups, sit ups, and flutter kicks are recommended.
- Follow the instructions in this letter and pack a complete sea bag EXACTLY to specifications. You don’t want to be “that cadet” who didn’t have all the necessary items.
- Recruits can begin to study the following required knowledge (partial listing):
 - 11 General Orders of the Sentry
 - Phonetic Alphabet
 - 14 Leadership Traits of the Marine Corps
 - Sailor’s Creed
 - Officer and Enlisted Ranks/rates of the US Navy, Marine Corps, and Coast Guard

Parents should be aware that your son/daughter will have some apprehension about Recruit Training as the time for training approaches. This is very natural. Our experience has been that once cadets get into the flow of training, these anxieties disappear. Your cadet will be excited to have completed boot camp in ten short days.

Please contact me with questions or concerns.

Respectfully,

LCDR Eric K. Goslinga, NSCC
COTC

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