



UNITED STATES NAVAL SEA CADET CORPS MIDWEST LIFEGUARDING ACADEMY



Camp Dodge; Johnston, IA

Greetings:

Federal funding for Lifeguarding Academy has been secured for summer 2009 training at Camp Dodge, Johnston, IA. Training will commence on 19 July and end on 25 July. The size of this training contingent is limited to 16 cadets so that you receive the appropriate attention and instruction during training periods. A small training contingent will allow you to get know all of your shipmates at training.

The following logistical informational items will be useful for cadets wishing to attend Lifeguard School:

National orders are to be used for this training. Submit orders for training with the appropriate deposit (\$120) to:

LT Eric Goslinga, NSCC
2008 Bailey Dr
Marshalltown, IA 50158

Email address: for questions: command@iowacadets.org
Phone number for questions: 641-752-0861

Cadets should report to Camp Dodge no earlier than 1400 and no later than 1500, 19 Jul 09, unless other arrangements have been made with the COTC. Cadets should report in appropriate, conservative civilian attire with Cadet Service Record. No cadet will be allowed to commence training without the Cadet Service Record on board. IDs must be valid through the end of the training period (July 2009).

The Training Command will provide one route of airport transportation at 1400 on 19 Jul to transport cadets to Camp Dodge. We will return cadets to the airport on 25 July. Do not book a flight that leaves prior to 1230 on 25 Jul. If you arrive early, you are not authorized to leave the airport unless your parents and the COTC **both** give approval. When we return cadets to the airport, cadets are not authorized to leave the airport terminal area after the cadet is delivered to the airport.

Picking up and dropping off cadets at the airport presents logistical challenges to the training staff. Please do not send cadets to training flying as unaccompanied minors. Please cooperate with us by providing all flight information VIA EMAIL to command@iowacadets.org with **2009 LIFEGUARD FLIGHT INFORMATION** in the email subject line so we know when you are coming. Cadets who do not provide airline

information or who choose to fly in at another time will have to provide their own transportation to the training site. Taxi, bus, and shuttle services are available. See http://www.dsmaairport.com/Travel_Info/Ground_Transportation.htm for more information.

All uniform and personal appearance regulations will be strictly enforced. Females should have all necessary materials to manage hair according to regulations. It is required that males report with haircuts that will remain well within regulations for the duration of the training. High and tight haircuts are strongly recommended for males. Males will receive military haircuts on site if haircuts do not conform.

Staff cadet positions have been filled. Staff cadets must be prepared to report at 1000 on 19 Jul 09 to properly prepare for the conduct of training.

Lifeguard Academy graduation will be held at 0930, 25 Jul 09. Graduation location will be at Camp Dodge; the exact location communicated to all when cadets report for training.

Local CO's should be certain that cadets applying for training meet the prerequisite physical requirements for attending this training. This includes the requirement for swimming proficiency. Sea bag list is prepared and is attached to this informational mailing.

REQUIRED SEA BAG ITEMS

Qty	Item		
1	Sea Bag w/lock & Garment bag	1	White Mesh Laundry bag
3	Chambray Utility Shirts--long sleeve, no short sleeve	1	Black USN Raincoat w/o liner
3	Utility Trousers/Dungarees	1	Complete Dress White Uniform
4 - 6	Black Socks	1	Shoe Shine Kit
4 - 6	Plain White socks—crew length, no short socks	1	Hygiene kit
1	Boondockers	1	Sea Cadet ball cap cover
1	Quality athletic shoes (should meet Navy requirements for style, etc.)	6	White undershirts
2	White towels	2	Athletic supporters (should be swimmer style)—males only
6	White underwear—must have white	1	Shower shoes— must have
1	Set Regulation Navy blue sweats	1-2	Females only—dark, single color, one piece swimsuits
3	Blue PT Shorts (Navy issue)	Varies	Stationary & Stamps
1	Camel back—black, OD, or camo	2	Black ink pens
1	Black Dress shoes	8	Plastic clothes hangers
1	White uniform belt	\$30-\$50	Spending money
1	Silver buckle	1	Black belt w/silver tip

****THESE REQUIRED ITEMS MARKED CAN BE PROVIDED FOR CADETS UPON REQUEST. NEARLY ALL ITEMS ABOVE ARE AVAILABLE AT SEA CADET UNIFORM DEPOT AT A NOMINAL COST. CADETS WHO DO NOT HAVE THESE ITEMS MUST CONTACT THE COTC WITH THEIR REQUIREMENTS.**

Cadets will have limited PX privileges at training. Cadets are discouraged from having large sums of money at this training. There is no place to lock valuables in the squad bay. The entertainment amenities at Camp Dodge are extremely limited.

As far as behavioral expectations, this is an advanced training. Lifeguard training promises to be highly intense, packed with long, physically demanding training days with much academic information and physical training. A comprehensive written and skills exam is administered at the end of Lifeguard Training. Failure to meet the standards established by the COTC and the instructor may result in training credit but no certification, or no certification and no training credit. Red Cross certification is offered through the training, but cadets must meet all standards of the training in order to achieve the certification. This includes all written and performance assessments.

Life guarding is a serious job, and training to be a lifeguard requires a serious approach. You will be evaluated on the following, among other criteria, at training:

1. Professionalism—how you appear, carry, and conduct yourself in uniform and during training, and how well your customs and courtesies reflect your Honor, Courage, and Commitment
2. Response/Motivation—how well you master concepts during training and your response to commands and directives during training activities
3. Fitness—your level of fitness upon reporting and your level of effort during both dry land and pool training evolutions
4. Leadership—your ability to serve as a positive example for other trainees and your shipmates from your home unit

There is to be no fraternization among cadets and between staff cadets and cadets, and no fraternization between male and female cadets.

Due to the length of training days and the lack of amenities on post, cadets will not have need for civilian clothing and other personal items. Cadets traveling by car will be required to send civilian clothing and personal items back with escorts or parents, if practical. **This includes cell phones**. There will be very limited opportunities for cadets to call home; parents should not be surprised if your cadet does not call home during training.

All trainees should submit their t-shirt size. **Male trainees must submit their waist size and have \$11 available for dive shorts, which will be issued at check in**. Email or call the COTC with this information upon receipt of this letter.

Each cadet at Lifeguard Academy is carefully and comprehensively evaluated. Your evaluation starts upon your receipt of this information, your ability to follow orders, provide needed information, meet deadlines, and the degree of care with which you prepare physically and mentally for this training. Please feel free to email (preferred) or call with questions.

For parents who may be driving cadets, The Greater Des Moines Convention and Visitors Bureau site provides information for visitors on hotels, restaurants, and attractions. Visit their website at <http://www.seedesmoines.com>.

Respectfully,

LT Eric Goslinga, NSCC

STANDARDS OF CONDUCT FOR TRAINING

Turn in this form when reporting for training.

1. Cadets will conduct themselves in a military manner to bring credit to themselves, their home unit, the Naval Sea Cadets Corps, and the United States Navy.
2. Cadets will not use vulgar, obscene, profane, bullying, humiliating, or racially offensive language. Harassment will not be tolerated.
3. Cadets will not threaten, or attempt to do, bodily harm to another.
4. Cadets will not take, obtain or withhold, by any means, the property, money, uniform item, or article of value from another.
5. Cadets will not possess a cell phone or any other electronic device after training check in.
6. Alcohol, tobacco, knives, and drugs are strictly forbidden at training.
7. Cadets will not gamble.
8. Cadets will not engage in reckless or unsafe conduct during training.
9. Cadets will not willfully damage or destroy any U.S. Government, State of Iowa, or Marshalltown Community School District property.
10. Male and female cadets will not fraternize by physical contact or hand passed notes at training except in the line of duty. Male berthing spaces are off-limits to female cadets; female berthing spaces are off-limits to male cadets.
11. Appropriate courtesies will be paid to all cadets, staff cadets, instructors, and officers, enlisted personnel and officers of the Naval Sea Cadet Corps and Armed Services at all times.
12. Cadets will give 100 percent effort towards every activity of training. Malingering will not be tolerated.

I have read and understand these Standards of Conduct, and I agree to hold myself and my shipmates accountable for these Standards of Conduct.

Cadet signature

Date