

**CENTRAL IOWA DIVISION
UNITED STATES NAVAL SEA CADET CORPS**



REPORTING TIME /DATE: prior to 0900/21 August 2010

FINAL MUSTER TIME /DATE: 1715/21 August 2010 (parents should pick up cadets at 5:15 pm; cadet leadership AAR until 5:40 pm)

REPORTING LOCATION: Marshalltown High School, Marshalltown, IA
1602 S 2nd Ave, Marshalltown, IA 50158

REPORTING UNIFORM: Sea Cadets—Dungaree utilities—have PT & hygiene gear packed and available. CPO s wear khakis.

League Cadets—Dungaree utilities—have PT& hygiene gear packed and available

CHOW FEE: \$3 for noon meal—cash or checks payable to Central Iowa Division

INVITE A POTENTIAL RECRUIT DAY!! Cadets are encouraged to invite potential recruits to attend this drill. Potential recruits should have some PT gear available as well.

PT UNIFORM CHANGE @ CID—NLCC Cadets and General PT NSCC cadets should note that the new standard PT shirt is the Navy issue gold PT shirt. Only those not issued the gold PT shirt should wear white. White no longer authorized for PT as of 01 Dec 10 @ CID. **Blue shorts and crew white socks remain as requirements.**

ALL SEA CADETS MUST TAKE CURRENT COURSE TO DRILL (BMR, SEAMAN, AIRMAN, PO3/2, ETC.).

RIBBONS—Bring ribbons and ribbon bars in small bag so ribbons can be updated!

SEAL PRT WILL BE ADMINISTERED—SEAL PRT will be administered in the morning. This is a swim, followed by pull ups, pushups, situps, and 1.5 mile run. Test will be administered in accordance with Navy standards. Cadets wishing to take part in this test should have complete camouflage uniform available. All Special Warfare cadets and candidates are expected to take this fitness assessment. League cadets ages 12 or older who want to take the assessment should bring an extra uniform to drill.

SPECIAL WARFARE PT will meet after SEAL PRT. Have green on green uniform available.

BASIC SCUBA TRAINING begins 05 September 2010, and runs consecutive Sundays from 1245 – 1630 through 10 October 2010. Open water dives are 16-17 October 2010. Cost is \$120. If interested in this training opportunity please contact the Commanding Officer prior to August drill. We have a maximum enrollment of 14 cadets for this training and we already have 12 signed up. Sign up today as space is very limited!

ADVANCED SCUBA TRAINING begins 11 September 2010 and runs two consecutive Saturdays with some reading assignments to complete in between dives. To date we have five cadets signed up for this evolution and we really need eight cadets to make this training go. If you are already BASIC SCUBA certified please take advantage of this opportunity. Cost is \$120.

NLCC to NSCC TRANSITIONS will be discussed with cadets age 13 years old at drill. The decision as to when a cadet transitions to the NSCC rests with the Command. Parental input is welcome prior to August drill with regards to this matter.

TRAINING OBLIGATIONS for NSCC cadets will be a topic of discussion at August drill. All older cadets are required to do training each year. We have a few individuals who have not met their obligation to the program or the unit. This is an Annual Inspection score issue, and the lack of attention to training by a small number of individuals will not be allowed to damage the unit's Annual Inspection score. Those cadets with deficiencies will need to develop a plan to have meaningful training done and completed by the end of the year or risk involuntary separation from the program. If you need ideas for training please contact your chain of command for suggestions.

TRAINING/ACTIVITY SCHEDULE

21 AUGUST 2010

Prior to 0900	Report to Marshalltown High School
0900 -- 0915	Announcements
0915 – 1030	Physical Training
1030 – 1130	Drill and ceremony
1130 – 1200	Hygiene/uniform shift
1200 – 1245	Noon Chow
1245 – 1300	NLCC Transition Meeting
1300 – 1630	Training evolutions/GMT/Ribbon check/coursework/advancement exams
1630 – 1700	Company/squad level meetings
1700 – 1715	Sweepers
1715	Final Muster
1715 – 1740	Leadership Cadets/CO/XO AAR

LEAGUE CADET PACKING LIST

1 sea bag	1 pair pt shoes	2 white crew neck undershirts
1 utility shirt	1 pair white crew socks	Ribbons and ribbon bar
1 utility trouser	1PT shirt (gold if issued)	1 white towel
1 pair black socks	1 Navy issue blue pt shorts	Hygiene kit
Boondockers	1 blue ball cap cover	1 shower shoes
Canteen web belt combo	Black belt w/silver buckle	

SEA CADET PACKING LIST

1 sea bag	Correspondence Course	
1 dungaree utility trousers	1 white towel	SEAL PRT CADETS ONLY
1 chambray utility shirt	Hygiene kit	
1 pair boondockers	1 shower shoes	1 or 2 OD brown undershirts
1 pair issued pt shoes	Any excess or surplus gear in	Camouflage cover
1 pair issued white crew socks	Your possession.	Black belt w/black tip
1 PT shirt		Black open-face buckle
1 Navy issue blue pt shorts		Combat boots/blousing bands
2 pair issue black socks		Camouflage blouse
Canteen web belt combo		Camouflage trousers
1 or 2 white crew neck undershirts		
Ribbons and ribbon bar		