



## UNITED STATES NAVAL SEA CADET CORPS MIDWEST LIFEGUARDING ACADEMY



Marshalltown, Iowa

Greetings:

Lifeguarding Academy training will commence on 13 June and end on 19 June. 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:

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

Email address: for questions: [command@iowacadets.org](mailto:command@iowacadets.org)  
Phone number for questions: 641-752-0861

Cadets should contact the COTC for reporting instructions. Be prepared to report no earlier than 1500 and no later than 1600, 13 Jun 10, 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 (30 Jun 10).

The Training Command will provide one route of airport transportation at 1330 on 13 Jun to transport cadets to Marshalltown. We will return cadets to the airport on 19 Jun. Do not book a flight that leaves prior to 1230 on 19 Jun. 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. Command obligation for supervision ends when cadets are 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](mailto:command@iowacadets.org) with **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. See [http://www.dsmaairport.com/Travel\\_Info/Ground\\_Transportation.htm](http://www.dsmaairport.com/Travel_Info/Ground_Transportation.htm) for more information. Taxi, bus, and shuttle services are available; the round trip from Marshalltown to the airport is 100 miles.

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. You will be in and out of the pool frequently so the lowest maintenance haircut or hairstyle possible is required. Males will receive military haircuts on site if haircuts do not conform.

Staff cadet positions have been filled. Staff cadets/officers must be prepared to report at 0900 on 13 Jun 10 to properly prepare for the conduct of training.

Lifeguard Academy graduation will be held at 0930, 19 Jun 10. Graduation location will be at Pilgrim Heights camp ground near Montour, IA; 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.** This course of training is not a "how to swim" course. Good swimming skills are a pre-requisite for this training. Sea bag list is prepared and is attached to this informational mailing.

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. Most of your out of the pool time will be spent studying and reviewing academic information. 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 USNSCC training credit and full certification, USNSCC training credit but no lifeguard 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. You must meet the standards or you will not be certified. 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
5. Teamwork—the degree to which you work well with others, support your shipmates in training, and use your influence for the collective good

Due to the length of training days, 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, IPODS, etc.** 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. As with any training, there is to be no fraternization among cadets and between staff cadets and cadets, and no fraternization between male and female cadets at any time.

All trainees should submit their t-shirt size. **Male trainees must submit their waist size for USN dive shorts, the required uniform for pool evolutions. These shorts will be issued at in-processing.** 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 and/or attending graduation, the Marshalltown Convention and Visitors Bureau site provides information for visitors on hotels, restaurants, and attractions in the area. Visit their website at <http://www.visitmarshalltown.com>.

Respectfully,

LCDR Eric Goslinga, NSCC

## REQUIRED SEA BAG ITEMS

Qty	Item		
1	Sea Bag & Garment bag	1	White Mesh Laundry bag
2-3	Chambray Utility Shirts--long sleeve, no short sleeve	1	Complete <b>Dress White Uniform</b>
2-3	Dungaree Utility Trousers	1	Shoe Shine Kit
4 - 6	Black boot socks	1	Hygiene kit
4 - 6	Plain White socks—crew length, no short socks	1	Blue ball cap cover
1	Boondockers	2	White undershirts
1-2	Females only—black, (solid color, no pink accents, etc.) one piece swimsuits—these can be provided upon request	1-2	Plain black compression shorts to wear under UDT shorts ( <u>optional</u> for males)—must be plain, must be black, with no logos and not worn significantly longer than the UDT shorts
2	White towels--plain	1	Shower shoes— <b>must have</b>
6	White underwear—must have white	1-2	Quality athletic shoes (should meet Navy requirements for style, etc.)
1	Set Regulation US Navy blue sweatsuit	Varies	Stationary & Stamps
2	Blue PT Shorts (Navy issue)	2	Black ink pens
1	Camel back—black, OD, or camo	4-6	Plastic clothes hangers
1	Black Dress shoes	\$30-\$50	Spending money
1	White uniform belt	1	Black belt w/black buckle
1	Silver buckle	4-6	White undershirts

Supplies for berthing will be furnished.

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.

Hygiene kits should contain only standard and basic items needed for hygiene.

## **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. Report all injuries.
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.

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Cadet signature

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Date