

UNITED STATES NAVAL SEA CADET CORPS  
CENTRAL IOWA DIVISION NLCC BASIC ORIENTATION  
INFORMATION LETTER

Greetings:

Summer 2010 NLCC Basic Orientation at Marshalltown, Iowa, will be held 13 Jun - 19 Jun.

Locally arranged orders are to be used for this training. Submit local orders for training with \$120 deposit to the Commanding Officer.

Email address for questions:	<a href="mailto:egoslinga@mchsi.com">egoslinga@mchsi.com</a> .
Phone number for questions:	641-752-0861.
Address for orders is:	LCDR Eric Goslinga, NSCC 2008 Bailey Dr. Marshalltown, IA 50158

**Cadets should report to Marshalltown Learning Academy, 1002 S 3<sup>rd</sup> Avenue, between 1500 – 1600 on Sunday, 13 Jun 2010**, unless other arrangements have been made with the COTC. Cadets should report in complete dungaree utilities w/boondockers and black socks and with canteen war belt and two canteens full of water. Reporting location will be communicated under separate cover when such location has been determined. NLCC Basic Orientation will conclude with a graduation ceremony at 0930 on Saturday, 19 June 2010. 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. The location for final awards, graduation, and checkout will be communicated to all confirmed cadets at the training.

Upon arrival, unload your vehicle with your gear and move to the check-in area. Cadets not from Central Iowa Division must have their service records in order to commence training. Cadets who travel to training with a cell phone must turn in the phone upon check-in. Possession of a cell phone during training is grounds for termination of training prior to completion, with no credit being given for the training and no refund of training fees.

To preserve the training environment, we ask that parents not communicate with cadets once cadets have reported for in-processing. Parents can be assured that we will contact you, if necessary, during Basic Orientation. The old saying “no news is good news” most certainly applies during training.

## REQUIRED SEA BAG ITEMS

Qty	Item	Qty	Item
1	Sea Bag & Garment bag	1	Black utility jacket
3	Chambray Utility shirts—long slv.	1	Dress white shirt
3	Utility Trousers/Dungarees	1	Shoe Shine Kit
6	Black Socks, crew or higher	1	One-piece swim suit (females)
6	Plain White crew socks	2	White towels
1	Boondockers (must have)		
1	athletic shoes (conservative)	1	Black belt w/silver tip & buckle
6	White undershirts—crew necks	1	Shower shoes—must have
6	White underwear—briefs only	1	Hygiene kit—see below
1	Set Regulation Navy blue sweats	1	Bug repellent non-aerosol
1	Ball cap cover	1	Sunscreen (lotion style)
2	PT Shorts ( plain navy blue)	2	Plastic clothes hangers
1	Canteen belt w/2 canteen covers	1	White mesh laundry bag
2	One quart canteens	1	Dress uniform cover
1	Black Dress shoes (no corframs)	1	Black dress trousers

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

IMPORTANT: The following information below relates to the required sea bag requirements. All uniforms should be prepared according to NSCC Regulations with appropriate flashes, name tapes, etc.

1. Except for what is worn when reporting, no other civilian clothing items are authorized.
2. Camelbacks are not authorized in lieu of canteen and web gear.
3. **NO CONTACT LENSES ALLOWED**—Eyeglasses only at NLCC Orientation.
4. Recruits will have limited storage space during training, as all items except dress uniforms will be stowed in a tote or foot locker.
5. Recruits must limit hygiene kits to antiperspirant/deodorant, tooth brush, tooth paste, bar of soap in soap dish holder (no body wash or gels). 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.

6. All items must be stenciled with cadet ownership markings prior to the start of training. Central Iowa Cadets will do this at drill.
7. The Dress Uniform shirt and trousers should be hung on hangers and brought to training in the blue garment bag. Include the dress white cover. Cadets can save time at training by having the uniform items pressed prior to training. Be certain to request military creases. Trousers that need to be hemmed should be hemmed prior to training.

**The most important things to bring with you to training are enthusiasm and a never-say-quit attitude.** The staff will teach you what you need to know to be a successful NLCC cadet.

Items NOT to be taken to training or acquired while at training: firearms, knives, tobacco and tobacco products, matches, lighters, expensive items, liquid shoe polish, any hygiene product in an aerosol can, or pornographic materials. Do not pack food, drink, candy or other snacks. Parents should not expect phone calls during training. Due to the short training, there is no incoming mail service for cadets during NLCC Basic Orientation. NLCC Basic cadets will not have PX privileges at training. NLCC cadets at Basic Orientation are not allowed to possess any money or civilian clothes.

Basic Orientation is a challenging training environment where we work on building basic cadet skills in areas such as character education, customs/courtesies, basic first aid, navigation, team building, naval traditions, drill/ceremonies, health, nutrition, and hygiene. As far as behavioral expectations, only motivated individuals need apply. Cadets who cannot follow orders or are otherwise detrimental to the training by word or deed or absence of word or deed will be sent home. 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.
- Begin working out, if you have not already done so. Running (both distance and agility), push-ups, pull-ups, sit ups, and flutter kicks are recommended.
- Return the release form so you can fully participate in all activities.
- Cadets can begin to study the following required knowledge (partial listing):
  - NSCC and NLCC ranks/rates
  - Phonetic Alphabet
  - Semaphore Flag system
  - Sailor's Creed

Graduation will be held on beginning at 0930 on 19 Jun 2010. The ceremony should last approximately 30 minutes. Parents may choose to bring lawn chairs if they wish to do so as seating may not be available. After the ceremony, cadets will have approximately 10 minutes with families and friends. The staff and parents can take some photographs during this time. When called, cadets should then form up to begin out-processing. This normally takes about 15-20 minutes. Parents are asked not to enter facilities that have been cleaned, as all facilities must be returned in cleaned condition. All facilities must be cleaned and cleared prior to cadets leaving the training site. The more cooperation we get, the quicker cadets can be released to their parents. Cadets graduating training should remain in the uniform of the day until arriving at home, unless flying by commercial carrier. It is very appropriate, and indeed, encouraged, to take your cadet out to eat in uniform after graduation.

For families spending times in the Marshalltown area prior to training or graduation, please visit <http://visitmarshalltown.com> for travel and tourism information.

Respectfully,

LCDR Eric Goslinga, NSCC

## CADET CODE OF CONDUCT

1. Cadets will obey all lawful orders of those appointed over them quickly, willingly, and without question. Cadets will give 100 percent effort towards every activity of training. Faking illnesses (malingering) will result in dismissal. Cadets prone to falling out of runs will be examined by medical staff for training fitness.
2. 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. Cadets will faithfully and fully execute the duties assigned to them.
3. Cadets will not use vulgar, obscene, bullying, or racially offensive language. Harassment will not be tolerated.
4. Cadets will not threaten, or attempt to do, bodily harm to another. Cadets will not willfully damage or destroy any U.S. Government or State of Iowa property or property of any other public or private entity.
5. Cadets will not take, obtain or withhold, by any means, the property, money, uniform item, or article of value from another, or tolerate those who do.
6. Alcohol, tobacco, and drugs are strictly forbidden at training.
7. Cadets will not give up during training.
8. Male and female cadets will not fraternize by physical contact or hand passed notes at training expect in the line of duty. Male berthing spaces are off-limits to female cadets; female berthing spaces are off-limits to male cadets.
9. Appropriate courtesies will be paid to all cadets, staff cadets, instructors, and officers, and enlisted personnel and officers of the Armed Services at all times.

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