



# U.S. Naval Sea Cadet Corps

Building Leaders of Character

TS REINA MERCEDES

**U.S. NAVAL  
SEA CADET CORPS**



# Agenda

- NLCC Recruit Conduct & Expectations
- Physical Fitness
- Military Drill





# NLCC Recruit Conduct Expectations

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SEA CADET CORPS**

# SEA CADET OATH

“I promise to serve faithfully, honor our flag, abide by U.S. Naval Sea Cadet Corps regulations, carry out the orders of the officers appointed over me, and so conduct myself as to be a credit to myself, my unit, the U.S. Naval Sea Cadet Corps, the Navy, the Coast Guard, and my country.”

# All Cadets Must Know



**U.S. NAVAL  
SEA CADET CORPS**



**U.S. NAVAL  
SEA CADET CORPS**

CHART YOUR COURSE

## I PROMISE TO

**SERVE FAITHFULLY**

**HONOR OUR FLAG**

**ABIDE BY U.S. NAVAL  
SEA CADET CORPS  
REGULATIONS**

**CARRY OUT THE ORDERS  
OF THE OFFICERS  
APPOINTED OVER ME**

**AND SO CONDUCT MYSELF  
AS TO BE A CREDIT TO  
MYSELF, MY UNIT, THE U.S.  
NAVAL SEA CADET CORPS,  
THE NAVY, THE COAST  
GUARD, AND MY COUNTRY**

# CADET CODE OF CONDUCT

## I WILL

- put others before self
- participate with enthusiasm
- meet or exceed all advancement requirements
- wear my uniform with pride
- follow our Navy's customs and courtesies
- know the rules and follow them
- do the right thing, even when it's not popular
- stay away from alcohol, drugs, and gangs
- perform each task with maximum effort
- earn the trust of my superiors and the respect of my subordinates
- strive to become a leader of character
- treat others with dignity and respect
- stand up against bullying, hazing, harassment, discrimination, gossip, and all other forms of prohibited conduct

# NLCC Cadet Expectations



- Always be respectful and appropriately address or respond to all officers/adults as Sir or Ma'am or by their military rank and last name. You will address staff cadets as Chief (CPOs), Petty Officer (PO3, PO2 or PO1) or Cadet or by rank appropriate for Seaman Apprentice or Seaman/Airman (E2/E3).
- Have a good relationship with your shipmates – NEVER TALK BACK or defend or explain unless asked to. Take responsibility for your own actions.
- No one recruit is more important than any other. You are a team.
- Volunteer and show company spirit.
- Be a team player in breakout rooms get along and work with others and help your shipmates where you can.
- Complete your assignments ask for help from a staff cadet or parent if needed.

# Chain of Command Objectives

- State the definition and purpose of the Chain of Command.
- Identify positions in the Chain of Command
- Identify the authority, responsibility, and accountability of personnel within the Chain of Command.
- Describe procedures for reporting information/incidents using the Chain of Command.





# Chain of Command

National Headquarters Executive Director: RADM Robin Graf , USN (Ret.)

National Field Director – North east Area: CAPT Brian Roche, USCGR (Ret.)

North East Region 2-1 Director: LCDR Emilio Balay, USNSCC

TS REINA MERCEDES – Unit Chain of Command

Unit Sponsor: Navy League of the United States – Annapolis Council

Board of Director – Youth Activities: Helen Fitzgerald-Navy League

Commanding Officer: LCDR E. Balay, USNSCC

Executive Officer: LTJG T. O'Boyle, USNSCC

Administrative Officer: LCDR C. Coble, USNSCC

Operations Officers: LTJG T. O'Boyle, USNSCC

Training Officers: LCDR I. Ermoshkin, USN, (Ret.)

Public Affairs Officers: ENS C. Nesmith, USNSCC , INST M. Jarvis, USNSCC

Division Officers: INST C. Brundick, USNSCC

# Purpose of Chain of Command

- Ensures efficiency
- Defines responsibility
- Identifies accountability
  - (a) Job accountability
  - (b) Military accountability
- Provides direction
- Provides communication
- Assists with work-related problems



The link to success is following  
The chain of command



# Diversity & Inclusion

DIVERSITY (noun):           What we ARE

To INCLUDE (verb):        What we DO

Inclusion & diversity is what makes the program successful.

- Diversity fuels innovation, being different is a good thing, its what helps us think differently and make better decisions.
- An inclusive culture mitigates negative effects of bias, meaning we treat everyone equally.
- Inclusion & diversity increases our success!



# NSCC Policy towards Drug & Alcohol Use

- If you use it, or if you possess it, YOU ARE GONE.
  - Any use, whether you bring it to cadets, or not, is grounds for instant dismissal from the Corps
- The NSCC has no place for the use of drugs or alcohol
  - There is no second chance
  - There is no process of appeal
  - There is no alternative
- Cadets may not smoke at any Sea Cadet event, and includes vaping



# Physical Fitness

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# Importance of Physical Fitness

- Military service members know the saying "Physical fitness is the cornerstone of combat readiness".
- Physical exercise keeps soldiers, airmen, seamen and Marines in top condition so they're always ready for any mission.
- Through carefully planned and implemented physical training exercises, each cadet can maintain a high level of readiness and superior health.



# Importance of Physical Fitness – Injury Prevention

- Strong muscles and high levels of cardiovascular fitness can help prevent injuries. Healthy muscles are less prone to injury, less likely to tear and less likely to give in to stress than unhealthy, underdeveloped muscles.
- Cadets who are in shape are less likely to become winded, suffer from cramps and debilitating conditions than their less-fit counterparts, which is particularly helpful during field operations and during routine physical fitness testing.





# PRT / Scoring – The Run

On a safe, one-mile distance, cadets begin running on the count “Ready? Go!”

Walking may be interspersed with running. However, the cadets will be encouraged to cover the distance in as short a time as possible.

Scoring - Times are recorded in minutes and seconds.



# PRT / Scoring – Curl Ups / Sit Ups

- Lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds your feet.
- Make sure your arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, each cadet raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the shoulder blades touch the floor, for one curl-up.



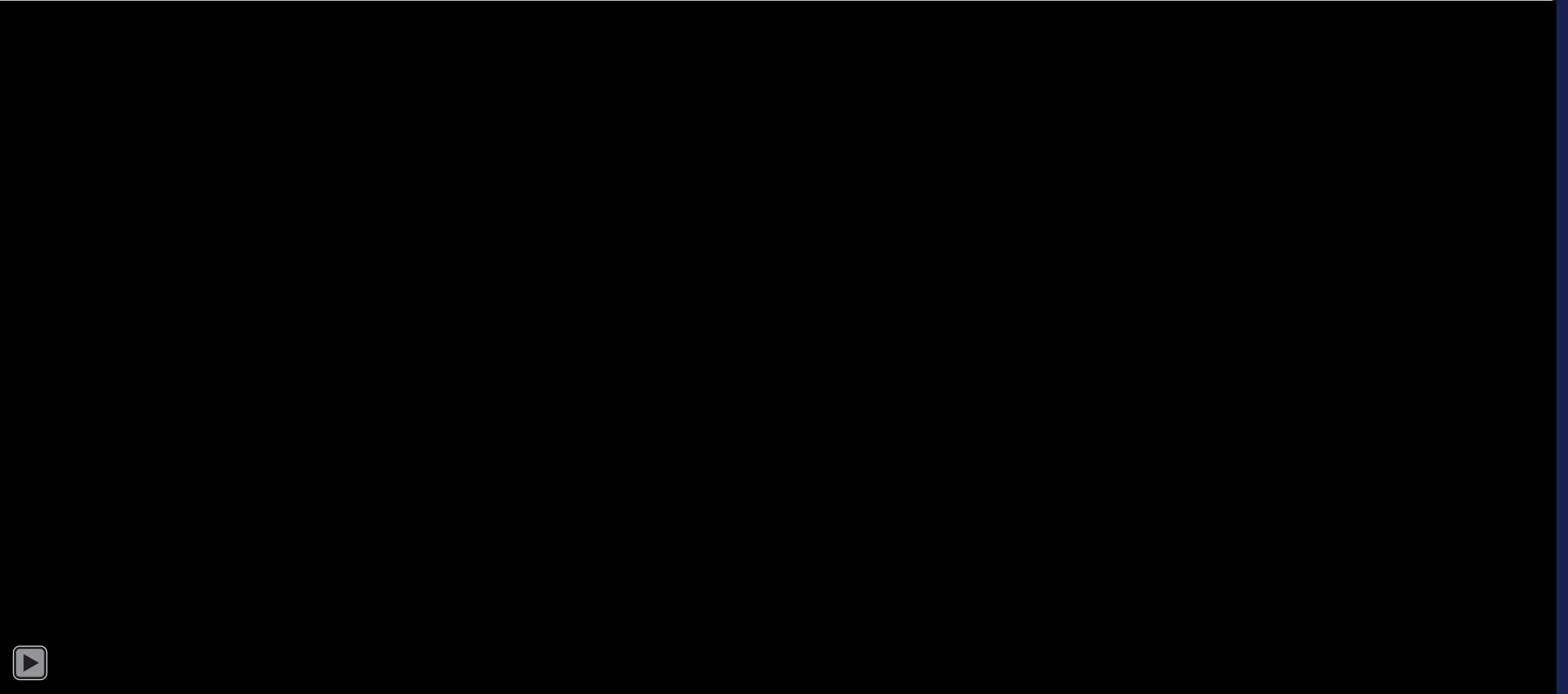
# PRT / Scoring – Curl Ups / Sit Ups

- To start, a timer calls out the signal “Ready? Begin!” and begins timing cadets for one minute. The cadets stops on the word “Stop.”
- “Bouncing” off the floor is not permitted. The curl-up should be counted only if performed correctly.





# Curl-up Video Demonstration



# PRT / Scoring – Push Ups

- The cadets starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the cadet then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor.
- A partner holds her/his hands at the point of the 90-degree angle so that the cadet being tested goes down only until her/his shoulders touch the partner's hand, then back up.



# PRT / Scoring – Push Ups

- The push-ups are done with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.
- Tip - Spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.
- Push-ups Scoring - Only those push-ups done with proper form will be recorded.



# Push-up Video Demonstration



# Physical Fitness Readiness Test



## FEMALES

### 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	26	30	40
PUSH-UPS	9	13	20
1 MILE RUN	13:00	11:22	9:19

### 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	28	32	42
PUSH-UPS	9	11	19
1 MILE RUN	12:42	11:17	9:02

### 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	30	35	45
PUSH-UPS	5	10	20
1 MILE RUN	12:24	11:05	8:23

### 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	32	37	46
PUSH-UPS	7	11	21
1 MILE RUN	12:15	10:23	8:13

### 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	32	37	47
PUSH-UPS	7	10	20
1 MILE RUN	12:00	10:06	7:59

### 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	31	36	48
PUSH-UPS	10	15	20
1 MILE RUN	11:45	9:58	8:08

### 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	30	35	45
PUSH-UPS	10	12	24
1 MILE RUN	12:15	10:31	8:23

### 17/18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	29	34	44
PUSH-UPS	12	16	25
1 MILE RUN	12:15	10:22	8:15

# Physical Fitness Readiness Test



## MALES

### 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	28	35	45
PUSH-UPS	12	14	22
1 MILE RUN	11:40	9:48	7:57

### 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	29	37	47
PUSH-UPS	14	15	27
1 MILE RUN	11:25	9:20	7:32

### 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	32	40	50
PUSH-UPS	15	18	31
1 MILE RUN	10:22	8:40	7:11

### 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	34	42	53
PUSH-UPS	20	24	39
1 MILE RUN	9:45	8:06	6:50

### 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	36	45	56
PUSH-UPS	20	24	40
1 MILE RUN	9:30	7:44	6:26

### 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	38	45	57
PUSH-UPS	25	30	42
1 MILE RUN	9:15	7:30	6:20

### 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	40	45	56
PUSH-UPS	25	30	44
1 MILE RUN	9:00	7:10	6:08

### 17/18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT-UPS	40	44	55
PUSH-UPS	30	37	53
1 MILE RUN	8:45	7:04	6:06

# PRT – Recording Form

## NLCC ORIENTATION, BASIC PHYSICAL FITNESS RECORD

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

NLCC RECRUIT DIVISION: \_\_\_\_\_ HOME UNIT: \_\_\_\_\_

EVENT	SCORES			*MINIMUM STANDARD	*NATIONAL STANDARD	*PRESIDENTIAL STANDARD
	DIAGNOSTIC	TEST #1	TEST #2			
1. SIT-UPS (1-minute)						
2. PUSH-UPS (no time limit)						
3. 1-MILE RUN						

**MINIMUM PRT PASSED FOR ORIENTATION** \_\_\_\_\_

**RIBBON EARNED (NATIONAL LEVEL)** \_\_\_\_\_

**“E” EARNED (PRESIDENTIAL LEVEL)** \_\_\_\_\_

(CHECK IF YES)

**\*FILL IN THE MINIMUM, NATIONAL AND PRESIDENTIAL SCORES FOR YOUR GENDER AND AGE USING THE CHART ABOVE.**

**SUBMIT THIS SHEET AFTER THE FINAL PRT.**

\_\_\_\_\_  
Command Fitness Leader

\_\_\_\_\_  
COTC



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### WEEKLY PHYSICAL ACTIVITY LOG SHEET - Week 1

	Activity	Time	Distance	Sets	Reps	Weight	Notes	Goals	Progress
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									



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# Military Drill

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# Military Drill

- Standing Positions
- Facing Movements
- Salute/Uncover
- Dress right dress





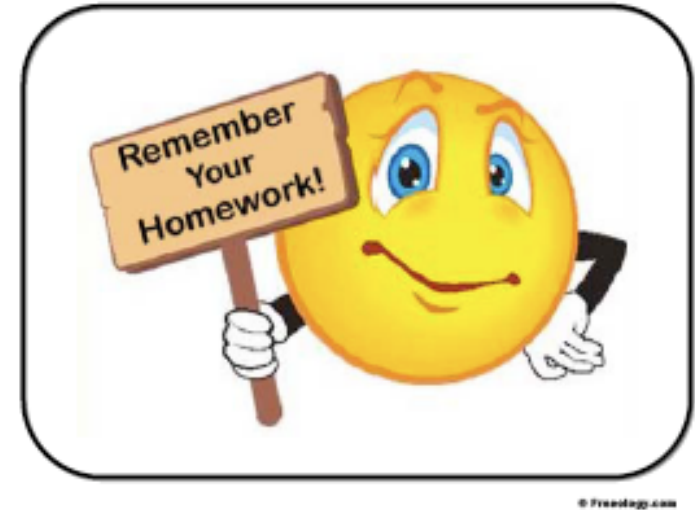
# Dress Right, DRESS

- On the command of execution DRESS of Dress Right, DRESS, the first squad leader stands fast and serves as the base. Other squad leaders obtain correct distance by estimation.
- The members of the first squad execute in the same manner as in squad drill to obtain exact interval. All other squads execute as the first squad, except that each squad member raises the left arm only for uniformity, actually covering (by glancing out the corner of the left eye) on the cadet to their front.



# Homework

- Begin PT & Homework Logs
- Memorize the NLCC Oath
- Begin Logging Training times





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[www.seacadets.org](http://www.seacadets.org)

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