

UNITED STATES NAVAL SEA CADET CORPS CAMP DODGE 2018 SUMMER RECRUIT TRAINING INFORMATION LETTER

Greetings:

Summer Recruit Training at Camp Dodge, Johnston, IA will be held 23 Jun - 04 Jul 2018. Submit your request to train here via your local unit chain of command. Deposit is \$100. We will invoice cadet families for the training deposit via online payment system for the deposit (a service fee for online payment convenience applies). Alternatively, you can pay by sending a money order. **If you wish to attend this training and must fly to Iowa, contact the COTC now at command@iowacadets.org.** Flyers can be accommodated but you must adhere to our specific directions. We are unable to staff for “unaccompanied minors.”

Congratulations on your decision to accept the challenge of Summer Recruit Training in Iowa! Your acceptance of this challenge says the following about you as a person:

- You are properly **MOTIVATED**. You have made the decision to get training on your own. Whatever you do in your life, self-motivation is one of the most important forces in learning or doing anything.
- You seek **SELF IMPROVEMENT**. You made the choice to improve the skills you already have and learn new skills through this experience.
- You have the **INITIATIVE** to act. By choosing to attend training, you have shown that you are a self-starter, willing to reach out for opportunities to learn and grow.
- You step up to **CHALLENGES**. You have the self-confidence and belief in your ability to acquire knowledge and skills necessary to being a well-trained and disciplined cadet.
- You are willing to set and accomplish **GOALS**. You are willing to commit time, effort, and resources necessary to set and accomplish your goals. Whether you pursue a civilian or military career, goal-setting and a focused effort towards your goals will help you achieve success.

This training is difficult and challenging. Expect long training days with lots of physical activity and high requirements for acquiring professional knowledge and the highest expectations surrounding duty performance, discipline, and motivation. Cadets who have completed this training in the past have said or written the following about boot camp:

- “The intensity of the first few days really surprised me.”
- “(I) learned a lot about myself and how to handle challenges.”
- “This is exactly the experience that (I) wanted.”
- “This is the hardest thing (I) have ever done and the biggest accomplishment of (my) life.”
- “(I) never expected it to be so tough.”

Parents should be aware that your son/daughter may have some apprehension about Recruit Training as the time for training approaches. This is very natural. Our experience has been that once Recruits get

into the flow of training, these anxieties disappear. Your Recruit will be excited and proud to have completed boot camp and graduate on the morning of 04 July.

In accordance with ADA and the USNSCC's policies, requests for reasonable accommodation MUST be provided in advance for review. **Just requesting a reasonable accommodation under the ADA DOES NOT AUTOMATICALLY IMPLY APPROVAL by the COTC.** An ADA Accommodation for your home unit DOES NOT APPLY at RT Camp Dodge. You must reapply for an Accommodation with your submission of orders but definitely NO LATER THAN 12 JUN 18. Any Recruits with a documented, bona fide need for accommodations should submit those requirements well in advance of training for consideration. We aren't worried about "needs a medication in the morning" sorts of things, but other things must be processed with the COTC ahead of the training. Please get paperwork in on time!

Parents can be assured that we will contact you, if necessary, during Recruit Training. Mail service at Camp Dodge is impractical and logistically difficult and the training is only twelve days. Due to the facilities we are usually assigned, we will also likely not have consistent internet access on base during the training. Therefore, there are no provisions for mail or email during training. The Command will keep your cadet engaged from morning to night in meaningful training activities. Periodic training updates will be found at **Facebook group 2018 RT-IA**. The old saying "no news is good news" most certainly applies during Recruit Training. We have coordinated our response to potential severe weather with Camp Dodge and will take steps necessary in the event of such circumstances. Please do not call the base or us during pending weather. That will distract from our primary mission at that moment of making sure all personnel aboard the training are safe and accounted for.

The NSCC has well-defined guidance on outside party contact. It is essential for parents, relatives, and friends to understand that visits at the training site from parents, relatives, and friends are prohibited. Visits from home unit staff, including COs, not attached to the training staff are prohibited. Cadet recruits are not allowed to place or receive phone calls. In case of family emergencies, parents are to contact unit CO's. The unit CO will then contact the COTC. If there is an emergency regarding a cadet during training, a call will be placed to the parents.

All uniform and personal appearance regulations will be strictly enforced. Males will receive "recruit" haircuts on site. Pack early and take care of any shortages and uniform marking well in advance of training. ALL GEAR MUST BE MARKED WITH RECRUIT LAST NAME. This includes undershirts, socks, underwear, etc. This Command strongly prefers and highly recommends that all cadets pack NWU uniforms for purposes of uniformity. Central Iowa Division cadets will mark gear at May/June drill. If there are problems acquiring these uniforms, contact me well in advance of training.

Recruit Training will conclude with a graduation ceremony at 0930 on 04 July 2018, at the Iowa National Guard Freedom Center. This is an indoor facility. Seating will be provided, first-come, first serve. After the ceremony, Recruits will have approximately 10 minutes with families and friends. The staff and parents can take some photographs during this time. When called, Recruits should then form up to begin out-processing. This normally takes about 5-15 minutes. Parents are asked not to enter facilities that have been cleaned, as all facilities must be returned to Camp Dodge in cleaned condition. Cadets will be released after checking out with the Administrative Officer and securing graduation packages, medications, sea bag and garment bag, and civilian clothing worn when reporting.

For families spending time in the Des Moines area prior to training or graduation and looking for hotel accommodations, restaurants, etc., please visit <http://catchdesmoines.com> for travel and tourism information.

As far as behavioral expectations, only motivated individuals need apply. The United States Navy Recruit Training Command "BIG 6" most certainly apply at Camp Dodge:

1. NO sexual harassment
2. NO racial discrimination
3. NO fraternization
4. NO Recruit to Recruit physical contact
5. NO hazing
6. NO substance abuse

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 Recruit success:

- Establish a regular sleeping pattern. Go to bed early and get up early. Boot camp reveille can be as early as 0500.
- **BREAK IN YOUR FOOTWEAR!** This cannot be overemphasized. Recruits will be on their feet for long periods of training. Historically, blisters are the number one medical issue at Recruit Training. NWU boots are the primary footwear worn during training.
- Work to eliminate any caffeinated beverages from your diet. **Drink water and get used to drinking water. Report for training fully hydrated.**
- A PT test will be administered shortly after in-processing has been completed. Three fitness assessments are taken at Recruit Training. Begin working out today if you have not already done so. Running distances, sprints, agilities, longer distance running workouts, along with push-ups, pull-ups, and sit ups are recommended. Showing up in shape prevents overuse injuries and muscle soreness. THIS CANNOT BE OVEREMPHASIZED.
- Follow the instructions in this letter and pack a complete sea bag **EXACTLY** to specifications. You don't want to be "that cadet" who didn't have all the necessary items.
- Recruits can begin to study the following required knowledge (partial listing):
 - 11 General Orders of the Sentry (Navy version)
 - NATO Phonetic Alphabet
 - 14 Leadership Traits of the Marine Corps
 - Sailor's Creed
 - Anchor's Aweigh
 - All verses of the Marine Corps Hymn
 - Officer and Enlisted Ranks/Rates of the US Armed Forces

In closing, I want you to feel secure regarding your cadet's safety and well being during the "Boot Camp" experience. Make no mistake, this is difficult training. That's not puffery or marketing glitz. My intent is to provide a rich and challenging learning experience within a professional military context. Days will be jam-packed with relevant classes and training activities that will enrich your cadet's understanding of duty and responsibility within the "Sea Service" tradition. We will work to develop the mindset in

Recruits that they are capable of accomplishing much more than previously thought. The adult officers, instructors, and staff cadets will have very high expectations for each Recruit and will treat each Recruit as an individual of worth. Through challenging and meaningful training and consistently high expectations, we endeavor to help shape a more confident, skilled, and self-disciplined young person. Despite the challenging nature of this training, the graduation and pass rate at this Recruit Training is nearly 100 percent. Cadets who struggle with knowledge or struggle physically will be encouraged towards continuous improvement, and everyone who has the requisite work ethic, motivation, and enthusiasm will succeed at this training.

Please address questions through your chain of command.

Respectfully,

Eric K. Goslinga
LCDR USNSCC
COTC: Camp Dodge Recruit Training

Due to funding and grant changes, training is less expensive this year. However, we are not able to award a graduation shirt at the end of training at no additional cost. If you would like a graduation T-shirt, they will be \$10.

PLEASE [CLICK HERE](#) REPORT YOUR T-SHIRT SIZE:

- Email address for questions: command@iowacadets.org
- Phone number for questions: 641-752-0861. Many questions can be answered by your home unit. Please read the whole information letter before calling me. This number is NOT manned during training.
- Address for mailing deposits and orders:

LCDR Eric Goslinga, NSCC
2008 Bailey Drive
Marshalltown, IA 50158-5209

REQUIRED SEA BAG ITEMS

And important notes accompanying sea bag packing list

Qty	Item	Qty	Item
1	Sea Bag & Garment bag for dress uniform (no utilities in garment bag)	2	PT Shorts (Navy issue best) or plain navy blue (no highly decorated/expensive shorts—no colored side panels, etc)
3	NWU blouses--be certain flashes, USNSCC tapes, and name tapes are affixed	1	Complete Dress White Uniform – hemmed and with flashes – E2 (T) can wear E-2 rank if properly affixed—
3	NWU Trousers– name tape must be affixed over the right, rear pocket	1-2	Pair Athletic PT shoes – Navy issue or conservative appearance—no faddish shoes or shoe strings—see item 7 below
6	Black Boot Socks, crew or higher –high quality	1	White belt w/silver tip
6	Plain White crew socks (no short or no-show socks; no logos on socks)	1	USN Raincoat w/out liner (no utility jackets) highly recommended but not required (in the event of rain on 04 Jul)
3	White undershirts—crew necks only	1	One piece swim suit (females)
6	NWU blue undershirts	2-3	Athletic/sports bras (females)
1	Shoe Shine Kit	1	Black belt w/silver tip
1	NWU Boots (must have or get black NWU boots or black combat boots—break in your boots!)	1	Shower shoes—navy/army issue preferred—no Nike or Adidas or Under Armour logo desired or necessary
6	White underwear—briefs only	1	Sunscreen (lotion style) SPF 30 or higher
1	Hygiene kit—see below	1	Tube lip balm w/sunscreen
1	Canteen belt w/2 canteen covers	3	Plastic clothes hangers for dress uniform
2	One quart canteens	1	White dress uniform cover
1	Black Dress shoes (leather only)	1	Neckerchief
1	Silver belt buckle	1	White mesh laundry bag
1	Optional –small book religious material	1	Ribbons/ribbon bar

During in-processing, cadets will be issued ball cap covers, PT shirts, towels, linens, blanket, and pillow. Do not pack these items! Email COMMAND@IOWACADETS.ORG or call the COTC with your PT shirt size (s, m, l, xl, or xxl). CANTEENS, BELTS, and CANTEEN COVERS CAN BE PROVIDED WITH NOTICE. [Click here](#) to report shirt size, if you have not already done so. We strongly prefer NWUs but will accept CUUs only if your unit does not have CUUs.

Items NOT to be taken to or packed for training: anything not on the above list, firearms, knives, tobacco and tobacco products, food or drink, gum, mouthwash, fingernail clippers, matches, lighters, personal or family photographs, expensive items, jewelry including watches (only ID tags or one chain with a religious medallion that can be worn unseen while in uniform are permitted) , liquid shoe polish, any hygiene product in an aerosol can, over-the-counter medications or medications not in a prescription bottle, playing cards, dice, games, or pornographic materials. Recruits will not have PX privileges. Cadets at Recruit Training are not allowed to possess money, electronic devices of any kind, or civilian clothes. If you are not riding with a parent, make a phone call home indicating safe arrival **at** check-in. Please send money and electronics home with your ride.

IMPORTANT NOTES ACCOMPANYING SEA BAG PACKING LIST

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 OR ALLOWED.**

2. Camelbacks are not authorized in lieu of canteen and web gear. **MONITORING RECRUIT WATER INTAKE IS NOT PRACTICAL WITH CAMELBACKS...YOU MUST HAVE TWO, ONE-QUART CANTEENS. THESE CAN BE PROVIDED FOR YOU BY THE TRAINING IF YOU EMAIL US.**

3. **Civilian eyeglasses and contact lenses are not permitted at Recruit Training. Fax or email the COTC your eyeglass prescription faxed to 641-752-0861 or emailed to command@iowacadets.org by 14 JUN 2018. Be certain that the eyeglass prescription includes the pupil optic distance (PD) measurement.**

		Spherical	Cylinder	Axis	Prism	Base
Distance	OD	Plano	-2.00	095		
	OS	-2.5	-1.00	080		
Reading Addition	OD			Multifocal <input type="checkbox"/> Yes <input type="checkbox"/> No		
	OS			PD 63		
		Monocular PD (for PAL) OD				OS

		Base Curve	Sphere	Cylinder	Axis	Diameter
Contacts	OD					
	OS					
Reading Addition	OD			Brand		Refills
	OS			Material		Wear Time

MUST HAVE PD Distance

4. Recruits must limit hygiene kits to antiperspirant/deodorant, tooth brush, tooth paste, bar of soap in soap dish holder (**no body wash or gels**), disposable razors for shaving, and non-aerosol shaving cream. Storage space is at a premium. Females should pack necessary feminine hygiene products and supplies to manage hair. Do not pack any Tylenol, aspirin, or other over-the-counter medications. Do not pack Q-tips or mouthwash. Any necessary over-the-counter medicines will be on hand in sufficient quantities during training and administered subject to the directives in the cadet service record. Cadets taking prescription medication should declare the medications to staff and surrender those at initial in-processing. Cadets with dental braces are authorized one small package of wax.

5. All clothing items must be stenciled with cadet ownership markings (last name, first initial) prior to the start of training. This is especially important for underwear, undershirts, socks, PT shorts, and laundry bag. Iron-on labels are also acceptable on these personal items. To purchase iron-on labels, go to <http://www.1800nametape.com/usnsc.htm#LABELS>.

6. The Dress White Uniform should be hung on hangers and brought to training in a Navy issue blue garment bag if one is issued and available. Include the dress uniform, neckerchief and dress white cover only in that garment bag. **Recruits should have the dress whites dry-cleaned and pressed prior to training.** If you fail to prepare your uniform prior to training, your uniform preparation time will come out of your sleep time. Be certain to request military creases and note the special creases required on the dress white trousers. **Trousers that need to be hemmed should be hemmed prior to training—this service is NOT available at training. Please come prepared!**

7. Physical training shoes get a lot of wear during Recruit Training. It is our primary footwear. High-quality, correct fitting, broken-in footwear will make your experience better. A cross-training or running type of shoe is best. Wearing the wrong shoe whether it be the wrong type, fit, or a shoe that is too worn can result in stress fractures, knee problems, etc. Two pairs are preferred in case one pair gets wet. **PT shoes should be conservative in appearance and without faddish accessories** (i.e. NO LIME SHOESTRINGS or BRIGHT ORANGE SHOES). No skater shoes. **Choose shoes that look like those examples below.**



The most important things to bring with you to training are unconditional enthusiasm and a never-say-quit attitude. The staff will teach you what you need to know to be a Recruit Training Graduate.

APPENDIX A--DAY OF REPORTING

INSTRUCTIONS

Directions to Camp Dodge for Parents and Escorts: From 1-80/35, take NW 86th Street exit and travel north on NW 86th St. You will pass through several stoplights and travel approximately 2.7 miles. At the stop light junction of NW 86th St and NW 70th, turn right and travel east on NW 70th Street until you reach the first stop light. Turn left at the first stop light. STOP FOR THE SENTRY ON DUTY. The driver of the motor vehicle must have a valid driver's license in possession to operate a vehicle on the base. All adults in the car must have government-issued photo identification.

Recruits should report to Camp Dodge between 1300 – 1400 on SATURDAY, 23 Jun 2018. Please comply with the given reporting window. If you arrive early, you will likely have to wait until 1300 to be processed into training. **Eat your noon meal prior to arrival. Recruits should report in appropriate civilian attire.** This would mean no PT gear, tank tops, flip flops, etc. Shorts or pants must be worn at the waist and shirts should be tucked in. Belts should be worn with pants with belt loops. Shoes and socks should be worn—no flip flops. Cadets may well be associated and identified with the United States Naval Sea Cadet Corps, the United States Coast Guard, Marine Corps, or Navy even when not wearing a uniform. Therefore when civilian clothing is worn, cadets will ensure that their dress and personal appearance are conservative and commensurate with the high standards traditionally associated with this Command, the United States Naval Sea Cadet Corps, and the Naval services.

Upon arrival, unload your vehicle with your gear. Staff will meet parents and Recruits at their vehicles. Parents and Recruits should say your goodbyes in the parking area. Recruits will be led through in-processing for training by senior cadets. To preserve our training environment, we ask that parents not communicate with Recruits once Recruits have reported for in-processing. **Recruits not from Central Iowa Division must have their service records with the elements required by the USNSCC included in the record in their possession or have been delivered prior to their arrival in order to commence training.** In any event, no cadet will be allowed to train without duly authorized orders and a service jacket on board.

Any prescription medication must be in the bottle provided by the pharmacy and must be surrendered immediately upon reporting.

Recruits 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.

