



U.S. NAVAL SEA CADET CORPS

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HQ News and Info for Cadets and Families

01 MAR 24

01 MAR 24 DETAILS

Transitioning League Cadets and Planning a Spring Recruit Orientation



As a reminder, Action Memo #1 (Homeport>Policy>Regulations) updated the age and grade requirements for the NLCC and NSCC programs. To join the NSCC, a recruit (or League Cadet fleeing up) must have reached age 13 by March 1st of their eighth-grade year. Remember to transition your eligible League Cadets on March 1st to get them started on their Sea Cadet journey.

3 for Free

When a cadet recruits 3 cadets or a combination of 3 cadets/volunteers into the Sea Cadets that remain in the program for a minimum of 90 days, they are eligible to receive the 3 for Free training credit. This credit allows a cadet to attend training for free (up to \$250 dollars).

NEW

National Recruiting Webinar for Prospective Cadet Families

Share this information with family, friends, schools, and communities across the country. Prospective cadets and their families are encouraged to listen to Sea Cadets and have the opportunity to ask questions about the organization.

The Sea Cadet Training Team is inviting you to a scheduled Zoom meeting; click [here](#).

Topic: Prospective Cadet and Family Information

Time: 14 MAR 24 7:30 PM Eastern Time/4:30 PM Pacific Time

Meeting ID: 884 9664 1560 Passcode: 171211

Navy League Scholarships

Click this [link](#) to open up new scholarship opportunities from The Navy League of the United States. There are 11 scholarships available. Print out the attached flier and share it in your communities.

Summer Training Preparation Webinar for Families

Join us for a new family training preparation webinar to learn what to expect at summer training and how to prepare for it.

The Sea Cadet Training Team is inviting you to a scheduled Zoom meeting; click [here](#).

Topic: New Family Training Preparation

Time: 14 APR 24, 7:00 PM Eastern Time/4:00 PM Pacific Time (US and Canada)

Meeting ID: 815 8803 5209 Passcode: 219703

Summer Training for 2024

Sea Cadet members will start seeing summer training posted online between **March 1st and April 1st**.

Summer Training Resources

The **2024 Summer Training Guidance** was sent to the field on 02 FEB 24 and was also made available at Homeport>Advancement Training>Training Guidance. This is available on the Quarterdeck under the News & Info button. All cadets, parents, and volunteers should read it carefully to plan and prepare for a successful training season.

Family Handbook: All cadet families and volunteers should familiarize themselves with the new Family Handbook. Within it, you will find tips on the best practices for the Sea Cadet Experience.

Find the Family Handbook on Homeport>Advancement Training>Family Handbook.

Federal Service Academies: Service academy summer events are now open for applications. Please see the summary document on your Quarterdeck's News and Info button for more information.

New Recruit Training Roll Out

This summer we will be rolling out a new recruit training format that provides cadets with engaging content and more hands-on guidance. Page 15 of the Family Handbook will provide details on preparing for recruit training expectations, and page 16 will list expectations during the training. Walk through these as a family and with your home unit over the next few months.

Find the Family Handbook on Homeport>Advancement Training>Family Handbook.

VANGUARD CORNER

Parents, if you are ordering items yourself from [Vanguard](#), we encourage you to work with your home unit on which items are needed. Tips and tricks for ordering items:

- Summer training items should be ordered before mid-May to ensure shipping is not delayed.
- PT shorts on the Vanguard clearance rack, get them while you can for \$10 dollars.
- Parents can order Sea Cadet Spirit Wear on clearance. Take your cadet to drill events or trainings while showing your support for the program!
- Shoeshine kits and sewing kits are available, bundle up to save on shipping costs.

S.E.T.R.O.P.E.S. TRAINING - UPDATED REQUIREMENTS FOR APPLICATION

Beginning with this year's Cadet Rope Ops class (summer '24), cadets will be required to submit a short video demonstrating a minimal level of upper body strength in addition to the current requirement of a passing PT test. This video will be used as part of our assessment for acceptance of cadets, as well as how to separate cadets into two teams, in order to ensure the teams are as equally strength balanced as possible. During pull-ups, to ensure it is obvious the chin is over the bar in the top position while still fully showing the feet not making contact with anything in the bottom position, both males and females will record their videos far enough back to capture their entire body during exercise. If the submitted video does not meet this criteria, the cadet will be asked to record and submit a new video.

Males will be required to complete 3 dead hang pull-ups (chin ups) using any hand position with no kipping or body English. Pull-ups will begin from the dead hang position, arms fully extended and straight, feet not touching the deck or anything else. The cadet will pull their body up until the chin is obviously above the bar, then control their descent back to the start position. The minimum number for this assessment is 3 repetitions, but cadets are encouraged to do as many pull-ups as they can to assist the instructors in making the best possible evaluation of team strength. Each repetition must include the chin above the bar followed by the return to the full extension of the elbows in the dead hang position in order to be counted. The staff understands that some minimal swinging is virtually unavoidable when doing this exercise, but this should be kept to a minimum. Kipping, kicking, excessive swinging, body English, or contact with the ground or other objects assisting the cadet will result in repetitions not being counted. The cadet must remain on the bar until all repetitions are completed. Once the cadet dismounts the bar, the exercise is considered complete.

Females have the option of doing the pull-ups (3 minimum) or completing a 7-second flexed arm hang (holding their body in the top position of a pull-up). If pull-ups are chosen, please refer to the description above. For the flexed arm hang, the cadet can jump up to the bar get into the top position or step off of a platform, basically whatever it takes to get into position. The cadet will then hold their body in the top position with chin obviously above the bar and feet visibly hanging free in the air (not contacting the ground or any other object for assistance) for the allotted 7 seconds or longer. If possible, having a digital clock (such as a CrossFit timer) visibly counting the seconds in the video would help the staff with evaluating the video. If this is not available, the staff will time the submitted video themselves.

Please take a video of yourself tying these knots and send it (include a parent or a unit officer in the email) to Pat Wagner at PWagner410@epbfi.com: Figure 8 on a bite, Double Loop Figure 8 on a bite, Single in Line Figure 8, Water Knot, and a Double Fisherman's Knot.

You must complete and submit videos of both the knot tying and the pull-ups before being considered for the training. After submission, please wait for confirmation.

The sign-up process begins with your registration. A confirmation button will not be pushed until both the upper body strength demonstration and the knot tying videos are submitted. Once both of our officers confirm that you have passed, I will then push the confirmation button. Once a cadet reaches the confirmation stage, they will have two weeks to make their registration payment of \$400 dollars. If payment is not completed by the end of that two-week period, the cadet's registration will be canceled and they will go to the end of the waiting list.

In the training details, there is a link to the SETROPES website that teaches all sorts of knots. This is a good way for someone new to knot tying to learn them.

REMINDERS

Chief Petty Officer Advancement Board Process

Petty officer first class Sea Cadets will start a new national process in order to advance to Sea Cadet chief petty officer. This change will take effect on Monday, 01 APR 24. A webinar will be held in advance for all PO1 Sea Cadets to inform them of the new process and expectations.

The Sea Cadet Training Team is inviting you to a scheduled Zoom meeting; click [here](#).

Time: 26 MAR 24, 8:00 PM Eastern Time/5:00 PM Pacific Time (US and Canada)

Meeting ID: 845 8511 5190 Passcode: 649790

2024 US Coast Guard Student Art Contest

Sponsored by the North American Marine Environment Protection Association, cadets and all K-12 students across America are invited to create a submission on [Navigating the Future of Safety and Sustainability](#). Students are asked to submit an original poster that creatively depicts the relationship between maritime safety, technology innovation, and environmental sustainability in the context of preserving the marine environment. The deadline to submit is Friday, 03 MAY 24.

Winning submissions will be used in their 2025 calendar, and an additional prize package will be received to include \$100 dollars. Use this [link](#) to view past winning submissions.

2024 Naval Horizons STEM Essay Contest

Cadets in high school and college are encouraged to participate in this opportunity that introduces students to cutting-edge STEM topics impacting the U.S. Navy and Marine Corps through an engaging video series. The STEM topics in the video series include space weather, aerospace optometry, epidemiology, machine learning, oceanography, cybersecurity, undersea medicine, and more. Check out the website [here](#).

Students are invited to watch the videos to learn about naval STEM challenges and the scientists and engineers tackling them. Afterward, students are tasked with writing an essay explaining the research, how the STEM professionals in the video inspired them, and to also share their thoughts on the future of the STEM topic.

Up to 5,000 winners will be selected to receive a \$200 dollar cash prize. In addition, exceptional essays will be designated for Naval Horizons Highest Honors and highlighted on the [Naval Horizons website](#).

SEA AIR SPACE Expo Registration is Open

Middle and high school 5th to 12th graders looking to get involved in STEM are invited to register for the STEM Expo on Sunday, 07 APR 24 and stay for the conference and exposition 8-10 APR 24. Use this [link](#) to register.

Location: Gaylord National Resort and Convention Center, National Harbor, MD

DATES TO REMEMBER

- 01 MAR Eighth Grade Cadets May Start Recruit Orientation (RO)
Summer Trainings Begin Posting Online
- 03 MAR US Naval Reserve Birthday
- 14 MAR National Recruiting Webinar for Prospective Cadets and Families
- 26 MAR CPO Advancement Board Webinar for Current Petty Officer First Class Cadets
- 31 MAR Last Day of Annual Inspection
- 01 APR CPO Advancement Board Process Begins
- 14 APR Summer Training Webinar for New Families

THIS DAY IN HISTORY: 03 MARCH 1915

On March 3, 1915, during Woodrow Wilson's Presidency, Congress passed legislation to establish the Federal Navy Reserve. On April 6, 1917, it was renamed the U.S. Naval Reserve Force. The Naval Reserve Force joined WWI with about 8,000 sailors, growing to 250,000 reservists by the end of the war.

The Reserve served during WWII, making up 84% of the United States Navy's fighting force. They also served in major armed conflicts, such as the Korean and Vietnam Wars, the first Gulf War, and the contingencies in Bosnia and Kosovo. In 2005, the Naval Reserve Force was renamed to Navy Reserve.

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