



LT STEVEN D. MORROW, NSCC

Commanding Officer, League Cadet Orientation 2010

734 Napoleon St. Rockford, IL 61103-6118

(815)963-3921 / morrow85@tds.net

Dear Navy League Cadets and Family:

Welcome to Navy League Orientation Training at Naval Station Great Lakes, IL where your Cadet will learn the basics, and the first step is becoming an outstanding Cadet.

TRAINING OBJECTIVES: Our objectives for this training evolution are:

- To provide basic introduction for cadets into the fundamentals of barracks life, military standards, naval traditions, and responsibility and accountability. We aim to give the recruits a sense of fulfillment as cadets, and to prepare them to perform and excel during their tenure within the Corps.
- To promote the highest level of training that is consistent with NLCC National Goals in an atmosphere of respect, support and esprit de corps.

TRAINING LOCATION:

Our training site is Naval Station Great Lakes, IL. We will be using the base facilities and services for berthing and messing, as well as classroom and outdoor training.

SAFETY: Safety is our #1 priority.

The success of this evolution depends on the safety of all personnel. This will be accomplished by the following methods:

- Accountability – this is achieved by knowing where your people are at all times and what they are doing. Each individual will act in a responsible manner.
- By always being alert to possible hazards and taking appropriate action to prevent possible harm to any personnel under our care.
- By making safety everyone's responsibility, from the newest recruit to the Commanding Officer. If any person feels their safety is about to be compromised that person will bring it to the attention of the chain of command.

REPORTING PROCEDURES:

CADETS: You should report in civilian clothes between 1230-1530 on Sunday, 27JUN10 at the Visitors Center, Main Gate. In your possession should be your service record, valid ID card, Training Orders and a complete seabag per the attached seabag list. For individuals traveling as a group, the service records should be in one envelope with an accurate training roster attached.

ESCORT OFFICERS/PARENTS WILL NOT LEAVE UNTIL NOTIFIED THAT CADETS HAVE BEEN FULLY CHECKED IN BY THE MEDICAL DEPARTMENT (SEE MEDICAL CHECK-IN & RESTRICTIONS SECTION BELOW)

Escort officers accompanying groups of cadets should distribute the individual service records at in-processing.

Officers, escorts, or parents not part of the NT-IL 2010 staff will NOT be permitted onto the base past the Visitors Center without the express permission of the Commanding Officer or Executive Officer of NT-IL. We have many cadets to process in a short period of time and ask for your understanding as we try to minimize our impact on the critical mission of the United States Navy not associated with our training evolution.

TRANSPORTATION TO/FROM GREAT LAKES IS THE RESPONSIBILITY OF THE PARENTS/HOME UNIT.

Escort officers must call home unit Cos to report the safe arrival of the cadets, they will not have the opportunity to phone home once placed under our charge.

Staff Officers/Staff Cadets: Report Sunday, 27JUN10 between 0800-1000.

Uniform: khakis for officers, summer whites for staff cadets. Officers should bring one set of summer whites. Staff cadets should bring one set of dress whites and two sets of utilities in addition to their 2 sets of summer whites.

CADET PREPARATION:

All cadets need to understand that this is a TRAINING evolution and there are certain minimum standards, which you will be taught, that you must adhere to while onboard. You are participating in order to learn more about being in the USNLCC. Each individual will be challenged to do things that are new and different from “the way I’ve always done it”. To prepare for this evolution each person should:

- Do regular physical training! Push-ups, sit-ups, and running are a good way to start. **CADETS MUST PASS THE PT TEST. UNIT Cos ARE RESPONSIBLE FOR APPROVING REQUESTS FOR TRAINING FOR ONLY THOSE CADETS WHO CAN PASS THE PT TEST. YOU WILL TEST AT THIS TRAINING.**
- Pack your own seabag. You are responsible for what you do and do not bring to training, so the best way to accomplish this is by packing your own seabag. A seabag inspection will be conducted immediately upon arrival at the barracks. **Items on the seabag list are there for a reason. Parents/Cadets/Officers, please do not second guess what is actually needed or not needed.**
- Break in your footwear! A lot of military drill will take place during training. Athletic shoes (specifically designed for walking/running with a good arch support...**NO KEDS, basketball hi-tops, or other similar shoes that provide little or no support**) will help prevent foot injuries when doing PT. **Boondockers, sometimes known as chukka boots, are the regular, normal footwear for the training.** Dress shoes for recruits are the appropriate footwear for graduation **only**. Having them broken in ahead of time makes it less likely that you will sustain a foot injury that could prevent you from completing the

training. This is a short, seven day training; even minor orthopedic injuries could prevent you from graduating. Ensuring you have the proper footwear; properly sized and broken in is the easiest thing you can do to insure your success.

- Learn and memorize the words and melody to Anchors Away (you can look it up on Google) and the Sailors Creed before you get to training.
- Stop drinking beverages containing caffeine at least a month prior to reporting to training. (May 1st would be best) Begin drinking water only with every meal and in between meals as well. Summer at Great Lakes can be HOT, and you will be marching constantly to and from various locations on the base. DO NOT allow yourself to become a dehydration casualty; you cannot cheat your body when it comes to hydration. You will be expected to drink the equivalent of between 8-10 20 oz containers of water per day, and your body needs time to adapt to that volume of intake in the weeks prior to attending training.

OUTSIDE PARTY CONTACT:

To create and maintain the most productive military environment needed for a successful training, it is necessary to isolate trainees from outside influences that may prove distracting. To that end, it is essential for parents, relatives, and friends to understand that:

- Visits from parents, relatives, and friends are prohibited.
- Visits from home unit staff not attached to the training are prohibited.
- Trainees are NOT allowed to place or receive phone calls. In case of family emergencies, parents are urged to contact unit Cos. The unit CO will then contact the Executive Officer. If there is an emergency regarding a cadet, a call will be placed to the parents and the unit CO.
- Cadets will not be able to “call home” upon arrival.
- Cadets may send mail to family and friends, and should bring blank envelopes and stamps as none will be provided. For many cadets, writing a letter and addressing an envelope is something new so please help them at home before you send them to training.
- Cell phones brought by cadets traveling commercial air will be confiscated upon arrival and will be returned after the graduation ceremony. To that end, clearly label the cell phone with identifying information.
- Cos and visiting officers must have permission to visit a cadet from the COTC prior to arrival at NAVSTAGLKS.

MAIL CALL

“Mail Call” will be held daily. Please address any correspondence to your cadet in the following manner:

U.S. Navy League Cadets – NTIL
League Cadet (cadet name)
P.O. Box 88-6834
Great Lakes, IL 60088-6834

Remember that we’re done on Saturday, 03JUL10, and plan ahead so your mail gets to your cadet before we leave. We expect to be gone within hours of the cadets leaving and won’t be checking for any late mail.

NO E-MAIL CAN BE ACCEPTED, OUR APPOLOGIES.

- Parents, be aware that the shock of regimented military life at training is vastly different from what your cadets have experienced in the civilian world. Please keep that in mind if the first letter home has them begging you to save them from this training evolution. We promise not to beat them, starve them, punish them, or any of the other things they may claim we are doing to them. The second letter home should show that they've adapted well, and quickly, to life at training and are enjoying themselves.
- We will be attempting to post photographs of the daily activities on the internet at WWW.SEACADETSMIDWEST.INFO Please understand that this does not mean we will be posting photos each and every day.

MEDICAL CHECK-IN AND RESTRICTIONS:

Trainees with pre-existing medical conditions that will affect training cannot be allowed to participate. While we want cadets to complete their training, safety is our first concern. As stated above, **ESCORT OFFICERS/PARENTS WILL NOT LEAVE UNTIL NOTIFIED THAT CADETS HAVE BEEN FULLY CHECKED IN BY THE MEDICAL DEPARTMENT.**

Advance preparation on the part of you and your home division staff will make this process go much more smoothly and quickly. We recommend that your service record be reviewed to make sure the **CURRENT VERSION** of all forms listed below are used.

We will be looking particularly for:

- NSCTNG001 rev 09/08, Request for Training Authority (Cadet), current contact information for parents and alternate emergency contacts and parent initials/signatures in boxes 6a, 6b, 6c, 6d, and 9.
- NSCADM001 rev 12/09, Cadet Application, medical information in boxes 6a-6d, parent signatures in boxes 8a and 9c on the back.
- NSCADM020 rev 05/09, Report of Medical History, Authorization, Consent, and Release, all boxes will be reviewed to check for conditions that could affect the cadet's safety and to make sure that a parent has initialed/signed appropriate boxes.

A NOTE ON MEDICATIONS:

This is a medically friendly training. This means that cadets **MAY** be allowed to continue taking medications that they take regularly at home while at League Cadet Orientation. In order to do this the new Medical History Supplemental, Authorization, Consent, and Release (NSCTNG025 rev 05/09) must be completed. This form must be **COMPLETELY** filled out and signed by the parent and unit Commanding Officer. **For prescription medication(s) the form must be signed by the cadet's medical provider.** For over-the-counter medications the parent signature is sufficient, but be sure to note the medications listed on the NSCADM020; if the medications are listed there, the NSCTNG025 will not be required. **The originals of these forms must be in the service record, and in addition A COPY OF THE NSCADM020 AND NSCTNG025 MUST BE SUBMITTED IN ADVANCE TO:**

LT STEVEN D. MORROW, NSCC
734 NAPOLEON ST.
ROCKFORD, IL 61103-6118

PHYSICAL TRAINING:

All cadets will participate in daily physical fitness training. Cadets that are not able to participate in fitness training or who are temporarily placed in Light Duty Status (LDS) will be kept with the other cadets as much as possible and continue their academic instruction. Their status will be reviewed daily and may be sent home if they will be unable to participate fully to properly complete the training. Cadets placed in LDS will still need to follow along with ALL aspects of the training in order to receive credit for the training.

The final determination of participation in training due to medical condition lies with the Commanding Officer, per NSCC/NLCC regulations.

SEABAG:

Review the attached seabag list. All items must be marked with the cadet's last name and first initial. (all socks look alike after a few days) A seabag inspection will be conducted upon arrival. If required items are not in the seabag, escort officers/parents will be required to obtain missing items. So, please make sure everything is there. Due to the number of unauthorized items brought to previous trainings, any confiscated materials **may not** be returned, with the exception of cell phones as described above. (If it's not on the list, don't bring it to training!)

UNIFORMS:

A seabag list is attached. **WE DO NOT, AND CANNOT, PROVIDE MISSING UNIFORM ITEMS.**

Properly fitting, good quality footgear (i.e. athletic walking or running shoes only) with good arch support will be worn for PT only. The rest of the time, you will wear Navy boondockers, also known as chukka boots. Be sure to bring appropriate PT gear and swim suits. (boxer type for males and one-piece type for females) **No Speedo or two-piece swimming suits will be allowed.** Navy blue or black only, please. Official Cadet ballcaps and logo tee shirts will be issued.

PERSONAL MONIES:

Money! (cash only!) No more than \$30.00 must be in an envelope in the cadet service record. (NO personal checks, we have no way to cash them)

PHYSICAL SECURITY:

All personnel should feel safe in their training environment. There will be no hazing, acts of sexual harassment, or harassment that singles out any individual of any kind by any trainee or any staff member. Any individual violating this rule will be disciplined. All personnel are required to report via the chain-of-command any incidents that they feel jeopardize their personal safety, or the safety of others.

HAIRCUTS:

All male cadets **will** receive a regulation boot camp haircut, without exception. Even so, you should arrive with your hair already within NLCC/USN regulations. Save yourself a lot of hassle from the staff – do NOT show up with a shaggy dog haircut. All cadets must already conform to the following haircut guidelines at check-in:

Females – Hair secured in a bun which will fit under their cover.

Males - #4 on top and #2 on the side, blended

If cadet's hair does not meet these criteria, hair will be cut at the check-in site.

TRAVEL GUIDELINES:

Although transportation for cadets arriving via commercial air is the responsibility of the parent/unit, **cadets arriving by commercial air MUST e-mail their travel itineraries prior to arrival to LT Steven Morrow at morrow85@tds.net**

An Escort Officer or parent must accompany cadets to and from the training.

Cadets should travel in civilian clothes to and from Great Lakes. This is in compliance with the U.S. Navy/Naval Reserve recommendations for service personnel traveling commercial air carrier.

Cadets should carry their Sea Cadet ID card with them during travel and at all times while on base, unless otherwise directed by competent authority.

Cadets are also reminded to bring their dress uniform in garment bags to prevent soiling and wrinkling. You are strongly advised to get your uniform cleaned and pressed prior to arrival, and to take pains to ensure it does not wrinkle en route.

Nearest Airport

There are two airports within reasonable distance to the Great Lakes Naval Training Center.

Chicago O'Hare Field (**closest and recommended**)

Milwaukee Mitchell Airport (Milwaukee, WI)

Transportation from Airport:

- The Airport Express (<http://airportexpress.com>) provides shuttle service from O'Hare to Great Lakes 24 hours/day, 7 days/week. The fare is reasonable (check the web site or call them for the current fare), and the service is extremely safe, making no stops door to door. The service can also be scheduled in advance for the return trip to O'Hare on 03JUL10. Return flights should NOT be booked with a departure time before 1400 (2pm) on 03 JUL10.
- Go to the Airport Express booths, located adjacent to all baggage areas in the lower level at O'Hare. **Cadets/Escorts must state they are going to Naval Station Great Lakes.**
- Taxi is the only means of transportation from Milwaukee to Great Lakes. (expensive!)

GRADUATION:

Graduation begins on SATURDAY, 03JUL10, at 0900. The location will be marked by signs. There'll be a limited number of seats.

Cadets should wear ribbons earned prior to the Training Period at graduation.

- Each cadet is **limited to five (5) visitors** for the Pass-in-Review Graduation. Names of visitors can **ONLY** be added to the base access list by your cadet. **Make sure your cadet brings the completed Guest List to Orientation.** It will be collected at check-in. **PLEASE DO NOT CALL OR EMAIL GREAT LAKES TO HAVE YOUR NAME ADDED.**
- **ONLY** guests whose names appear on the Guest List will be admitted at the gate. **ALL** guests must have a current, valid, photo identification with them when they arrive.
- You will need to show current drivers license, current insurance card, and current registration if driving.
- All persons on base are subject to search. Your vehicle and all bags and packages are subject to search. Only purses, cameras, and diaper bags will be permitted in the building and every bag will be subject to search.
- Turn off I-94 on to Buckley Road (Illinois Route 137) and travel eastbound for about 3 miles. You'll go past RTC Great Lakes on your right and follow the road up and around to Sheridan Rd. Follow the signs to the Main Gate and check in at the Visitors Center to get a Day Pass to gain access to the Base.
- You should arrive early as there is always a crowd at the Visitors Center. Arrival time starts at 0800. Please be patient as security is tight at Great Lakes. This is for your protection, the protection of the cadets, and, of course, the protection of the United States Navy.
- If you require special accommodations due to a disability, please email LT Steven Morrow at morrow85@tds.net for assistance. If you do not have access to email, you can leave a voice mail for LT morrow at (815) 721-3297.

The graduation ceremony will conclude at approximately 1000. You will be able to "collect" your cadet (and his/her belongings) shortly afterwards. The check out process will be clearly communicated to you at this time. **Please follow it exactly;** we will make every effort to expedite your departure, but this process is designed to insure that each cadet is positively accounted for and returned safely to your care.

Area and Local Information

- The cities within about 10 miles of the base are Gurnee, Libertyville, Waukegan, and North Chicago. Other lodging alternatives farther away from the base are Deerfield and Glenview.
- For more information on things to do around Great Lakes, contact the Lake County Visitors Bureau at (800) 628-9860 or visit their web site at <http://www.lakecounty.org>

Permission Slip

Attached is a permission slip for authorizing your cadet to fire the weapons training simulator. Please read and sign. **This MUST be turned in at check-in.**

In closing, we want you to feel secure regarding your cadet's safety and well being during the Orientation experience. Our intent is to provide a rich learning experience within a military context. Days will be jam packed with classes and activities that will enrich your cadet's understanding of duty and responsibility within the "Sea Service" tradition. The adult officers, instructors and staff cadets will treat each cadet as an individual of worth and any form of harassment to cadets or by cadets will not be allowed.

Respectfully,

LT Steven D. Morrow, NSCC
Commanding Officer, NLCC Orientation 2010
United States Naval Sea Cadet Corps
(815) 721-3297
morrow85@tds.net

HOME UNIT COMMANDING OFFICERS, PLEASE ENSURE THAT ALL PARENTS/GUARDIANS AND CADETS READ THIS WELCOME LETTER.

YOUR HELP IN PREPARING THE FAMILIES AND CADETS FOR THIS TRAINING IS MUCH APPRECIATED!

SEA BAG LIST FOR NLCC CADETS (LIMITED LAUNDRY FACILITIES)
(All Sea Bag items MUST be stenciled with the Cadet's name and NLCC Flashes must be on all outer garments)

- | | |
|--|--|
| 1 Dress Uniform with Flashes | 9 Pair white socks |
| 1 Pair black dress shoes | 12 White crew neck T-shirts |
| 1 White Dixie Cup cover (male) or Garrison (female) | 12 Plain white cotton boxers or briefs |
| 1 seabag with name stenciled | 1 Mesh laundry bag |
| 1 Small flashlight with fresh batteries | 2 pair of shorts, black or blue |
| 1 Black belt with silver buckle | 1 Swimsuit (females – one piece; males – boxer style) |
| 3 Utility Shirts and Trousers with flashes, name/branch tapes | 1 Hygiene supplies (shampoo, toothbrush, toothpaste, shaving gear, deodorant, feminine products, and comb/brush) |
| 1 NLCC Ballcap | 2 White towels and wash cloths |
| 1 Tube of high SPF sunscreen | 4 Handkerchiefs |
| 1 Sewing kit | 6 Self addressed and stamped envelopes with writing paper |
| 1 Padlock with 2 keys, 1 taped inside service record (no combination locks!) | 2 each Pens (black ink) and Pencils |
| 1 Chain to wear (with key around neck) | 1 Religious material - optional |
| 1 Pair athletic running shoes (w/arch support, most important item) | *Female hair care items: pins, rubber bands to secure long hair |
| 1 Pair of Navy issue Boondockers | *Contact lenses: cadets who wear contact lenses should bring a pair of regular glasses to wear as needed |
| 1 Shoe shine kit | *Money: paper or coin, no more than \$30.00 (no personal checks will be cashed for cadets) |
| 1 Raincoat (all weather coat, NO flashes) | |
| 1 Lip balm or Chap Stick | |
| 1 Soap with holder | |
| 1 Pair of shower shoes | |
| 9 Pair black socks | |

CONTRABAND

A seabag inspection WILL be performed upon arrival. The following items are EXPRESSLY PROHIBITED and will be confiscated. Items confiscated may not be returned to the cadet.

- | | |
|------------------------------|---|
| Cosmetics/nail polish | Medications (unless paperwork has been sent/approved) |
| Perfumes | Aerosol cans (hairspray, shaving cream) |
| Candy, gum, food of any kind | Duct tape |
| Weapons | Jewelry (except 1 optional religious medal) |
| Controlled substances | Books/magazines (except religious) |
| Matches/lighters | Cell phones |
| Tobacco products | I-pods |
| Electrical Appliances | Walkman |
| Liquid Shoe Polish | Hand held video games |
| Talc/baby powder | |
| Glass containers | |

**2010 USNLCC ORIENTATION GREAT LAKES
GRADUATION/PASS-IN-REVIEW GUEST LIST**

CADETS' NAME: _____

UNIT: _____

Guests First Name (NO Nicknames)	Initial	Last Name	Vehicle Make/Model	State & Plate #

Each Cadet is limited to five (5) guests.

**PARENTAL PERMISSION FORM
FIREARMS TRAINING SIMULATOR**

CADET: _____

I, the undersigned, give permission for my child/ward to participate in cadet events at Naval Station Great Lakes, IL. I understand that my child/ward will handle and fire laser training weapons, at the Firearms Training Simulator, at a target, and that no live or blank ammunition will be used. This is a computer generated system.

Parent/Guardian Signature

Date