

Welcome to the Adirondack Battalion (USNSCC ADK BN),

The following is your [quick start guide](#). For more detailed information please download the Family Handbook contained on our BN webpage. www.adkbn.org

Being a sea cadet fosters responsibility, productivity, and good citizenship. Sea Cadet membership offers a unique opportunity to sample military life without any obligation to join the armed forces. Cadets may qualify to enlist in the military at an advanced pay grade. Sea Cadets have also received ROTC scholarships and appointments to military academies. Whether interested in pursuing careers in uniformed services, trades, or the public and private sectors, we equip youth with essential skills, knowledge, and confidence for success.

We emphasize patriotism, service, confidence, and physical readiness within a disciplined environment where cadets wear uniforms and work collaboratively in teams. Our cadet-led, adult supervised program offers hands-on leadership opportunities to cadets. Through coaching and mentorship, we guide today's youth to become tomorrow's leaders.

Eligibility Requirements

The U.S. Naval Sea Cadet Corps consists of two programs: the Navy League Cadet Corps (NLCC) for grades 5-8 and the Naval Sea Cadet Corps (NSCC) for grades 9-12. Both programs offer equal participation opportunities regardless of race, color, religion, or gender. Prospective cadets must be unmarried, full-time students with good academic standing and good moral character. Detailed eligibility requirements are found in the *USNSCC Regulations*.

All cadet applicants must undergo a medical examination similar to a high school sports physical. Admission will not be denied due to a medical disability. A Request for Accommodation may be submitted for review if a medical condition hinders full, unlimited participation. Due to the nature of our program, it may not be possible to reasonably accommodate all requests.

Cadets will discover that physical fitness is essential to success in the Sea Cadet program. Continued enrollment and advancement depend on the ability to pass the Physical Readiness Test (PRT) twice per year. Cadets will participate in physical activities during drills and training; however, more is needed to maintain proper physical fitness levels. Cadets are encouraged to exercise regularly and work towards earning a physical fitness ribbon. Physical fitness standards can be found in the *Physical Readiness Test (PRT) Administration Policy Manual*, and details about the physical fitness ribbon can be found in the *NSCC/NLCC Awards Manual*.

Costs

While there is a standard national enrollment fee for program membership, the actual cost of participation varies by unit and individual cadet. Our Battalion Command and Administration Office will provide specific information regarding the costs associated with the local unit.

Government Support of U.S. Naval Sea Cadet Corps

Cadets are authorized by the Secretary of the Navy to wear Navy uniforms duly modified with the NSCC/NLCC insignia. In recent years, the U.S. Congress has allocated funds to help subsidize the cost of recruit and advancement trainings. Cadets who have successfully completed recruit training are eligible to train aboard U.S. Navy ships and Coast Guard ships and participate in shore activities.

Uniforms

The unit will issue surplus Navy uniforms to cadets, typically for a reasonable fee or deposit. Uniforms are issued to the best of the Corps' ability within the limits of the uniform supply available. Typically, uniforms may be exchanged at no additional cost. Remember that these are used uniforms, and not all sizes are available. Families are responsible for alterations as needed.

If the cadet leaves the program, all issued uniforms must be returned. Not all required items may be issued; items such as hats, socks, boots and shoes, nametapes, and other miscellaneous items may be required at the cadet's expense.

Nametapes and NSCC/NLCC flashes are required on all uniforms to identify the cadet and their affiliation with the NSCC/NLCC. Nametapes are strips of material with the cadet's name embroidered on them. Flashes are patches either sewn on or attached to uniforms using hook and loop. Information regarding the proper wearing of the Sea Cadet uniform can be found in the *NSCC/NLCC Uniform Regulations*.

Personal Grooming

Good grooming and personal appearance practices instill pride and self-confidence in cadets. All cadets are expected to be clean and well-groomed at all times. Uniforms are expected to be clean and pressed, with all flashes and nametapes attached securely in the proper position. Cadets will be taught grooming customs and traditions early to assimilate into the unit with as little disruption as possible.

Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of "conservative" or "eccentric" grooming and personal appearance, the good judgment of leaders at all levels is key to the enforcement of the grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

Families can help by being aware of the proper grooming standards and reminding the cadet that these are the grooming expectations while in uniform. Grooming standards can be found in the *NSCC/NLCC Uniform Regulations*.

Partnering with Families

As a sea cadet family member, you play a crucial role in developing all cadets in your unit. Your positive influence on your cadet and your involvement in volunteer opportunities contribute to the growth of a sense of community and forming friendships among cadets. Throughout your Sea Cadet Experience, you will learn and grow alongside your cadet. Family members interested in volunteering are encouraged to read the section on Volunteer Opportunities.

Encourage and empower your cadet, but refrain from doing the work for them. Encourage responsibility by having them communicate with their unit, manage details of unit drills, and take care of their uniform. Mistakes are anticipated and acceptable in Sea Cadets, providing a safe environment for learning and building confidence.

Communication is key:

- Understand your unit's communication channels (email, apps, social media, text) and stay informed about upcoming events.
- Communicate **with your cadet first** regarding unit needs and expectations. • If you need to contact an adult volunteer, avoid disrupting them at drop-off or pick-up; use the unit's designated communication method.
- Model effective communication skills and teach your cadet proper email and phone etiquette.

Safety is paramount:

- Keep your child's medical and emergency contact information up-to-date. • Be transparent about medication needs or other accommodations with the home unit and training staff for their safety.

Time management tips:

- Ensure your cadet arrives on time for drill, emphasizing the military practice of being 15 minutes early.
- Coach them on managing monthly online coursework between drills.
- Encourage cadets to prepare for monthly drills in advance, not the night before drill.

Empowerment and support:

- Let your cadet take charge, especially with uniforms, unit communications, and seabag responsibilities.
- Attend meetings, social events, and ceremonies as requested to show support and recognition for your cadet's efforts.

Behavioral expectations:

- Model respectful behavior towards volunteers who dedicate their time to

the unit. • Reinforce adherence to the Cadet Code of Conduct and Sea Cadet policies and regulations with your child.

Family Quick Start Guide–Do this ASAP

Here are five key steps for a quick start:

- 1.) **Review Family Handbook:** Familiarize yourself with the entire handbook and refer to it regularly. For questions, ask your cadet first and encourage them to communicate with their chain of command. Connect with other families in your cadet's unit for additional information and support.
- 2.) **Set Up A Quarterdeck Account:** Visit the “Quarterdeck” at www.seacadets.org, then click “Login” from the upper right menu to create your Quarterdeck Account. You will need your child's Sea Cadet ID number, which is found on their Sea Cadet ID card. Only the primary parent or guardian can establish this account. The primary parent or guardian is listed first on the cadet application.

Watch this instructional video, <https://youtu.be/SPwnArDXWq0>, for guidance.

- 3.) **Update Medical Information:** Regularly update your cadet's medical information in the Quarterdeck. Cadet's medical information is not shared with the military and is only collected to ensure the safety and well-being of all cadets while engaging in sea cadet activities.
- 4.) **Documented Accommodations:** If your child requires specific accommodations, such as those related to physical, learning, or other needs, please contact their home unit. Complete pages 9-10 of the cadet application form titled "Request for Accommodation." However, it's important to acknowledge that, due to the nature of our program, we may not be able to fulfill all requests.
- 5.) **Uniform Items:** Assist your cadet in obtaining all necessary uniform items. Appropriate footwear is important to avoid foot, knee, and ankle injuries, shin splints, and stress fractures. Ensure that your cadet has running shoes, as all other forms of athletic shoes will not be sufficient. Recruits will need good-fitting, fairly new (but broken-in) running shoes for PT and RT.

Family Expectations

- ⇒ Ensure your cadet is on time for each event, arriving 15 minutes before the scheduled start time.
- ⇒ Pick up your cadet at the appointed time or no later than 10 minutes after dismissal. ⇒ Be an active member of the unit by reading the POD/POM and

any emails from the unit.

⇒ Help your cadet maintain their uniform. It is the cadet's responsibility to care for their uniform properly, but families need to ensure that the cadet has the tools needed to succeed, such as a clean iron/ironing board and a shoe shine kit.

⇒ Encourage your cadet to do their online courses in the assigned timeframe. ⇒ Encourage your cadet to exercise.

Better yet, exercise with your cadet!

⇒ Return ALL uniforms in serviceable condition within 30 days after your cadet leaves the program. Turn in/exchange all uniforms that are outgrown or no longer serviceable.

⇒ Provide transportation to/from advanced training.

⇒ Purchase proper footwear (boots, dress shoes, athletic shoes) for your cadet.

⇒ Remember that all Sea Cadet officers are **volunteering** their time to work with your cadet. Respect volunteers' time and consider how you can help your unit.

Cadet Expectations

HONOR:

Cadets will conduct themselves honorably at all times by being completely truthful, polite, and considerate to all people and showing proper military bearing.

Cadets will act responsibly through:

- Arriving on time (15 minutes before the scheduled start time)
- Having with a positive attitude, ready to learn
- Reading the Plan of the Day/Plan of the Month in advance and preparing for drill
- Maintaining proper grooming
- Wearing the uniform with pride and never abusing this privilege
- Using chain of command to answer questions and deal with concerns
- Coming to drill adequately hydrated and well-rested
- Safeguarding their Sea Cadet ID cards and personal belongings, no "gear adrift."
- Remaining in good standing academically at school (public, private, or homeschooled)

RESPECT:

Cadets will be respectful by saying "Yes, sir/ma'am" or "No, sir/ma'am" when

addressing adults. Cadets will obey the orders of those placed in authority over them, whether young or old, and follow military courtesies, policies, regulations, and the Cadet Code of Conduct.

COMMITMENT:

Cadets will demonstrate commitment by:

- Maintaining or exceeding the minimum unit drill attendance of 75% per quarter (*A pattern of poor attendance at regular drill events may result in dismissal from the program.)
- Completing the online advancement courses on time
- Exercising regularly to improve physical fitness
- Attending at least one (NSCC) summer/winter training per year

SERVICE:

Cadets will serve and support each other through positive interactions by building one another up with encouragement and maintaining an environment free of cursing, inappropriate jokes, or demeaning comments. Cadets will look for community service activities and strive to complete 30 hours of community service for every year enrolled in the program.

Last, welcome to the Battalion! We have every expectation that you will find a welcoming, supportive, and transparent environment to grow. Our objective is for you to have one/ or more of these three things at ever Sea Cadet Drill: Fun/ Challenging/ Worthwhile. If this is not the case use your chain of command and let someone know.

V/r

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Chart Your Course

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