



United States Naval Sea Cadet Corps

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NSCC ACTION LETTER 4-98

From: Executive Director, U. S. Naval Sea Cadet Corps

To: Distribution

Subj: NSCC Cadet Physical Fitness Program

- Ref: (a) NSCC Action Letter 7-92, NSCC Cadet Physical Fitness Requirements
(b) NSCC Regulations
(c) NSCC Advancement and Training Manual
(d) NSCC Action Letter 7-94, Motivational Training
(e) NSCC Action Letter 8-94, NSCC/NLCC Standards of Conduct
(f) NSCC Action Letter 3-98, Advance Planning for Summer 98 and Change #2 to the NSCC/NLCC Advancement and Training Manual
(g) NSCC Regulations, Section 0733.2
(h) NSCC Action Letter 10-97, NSCC Officer Uniform Study

- Encl: (1) 1997-98 "Presidents Challenge" Physical Fitness Program Packet
(2) Cadet Exercise Chart (NSC-26)
(3) NSCC Minimum Physical Fitness Standards

Cancellation: Ref (a) is cancelled. This action letter constitutes the revised NSCC Cadet Physical training policy and establishes new requirements. It is effective upon receipt.

1. Background. Ref (b) establishes as first among the four basic objectives of the NSCC to imbue a sense of patriotism, courage, self-reliance and confidence in Cadets. Physical fitness is confirmed in the Surgeon Generals Report on Physical Activity and Health (Physical Activity and Fitness Research Digest, Series 2, No. 6, July 1996) as beneficial in preventing disease and contributing to a higher quality physical and mental life. It is provided as encl (1). Regular physical activity and fitness supports the first basic objective of the NSCC. As well, school officials nationwide have recognized the importance and benefits of physical fitness and many have adopted "The Presidents' Challenge", also at encl (1), as their vehicle of promoting among adolescents a higher quality of life through physical fitness.
2. **Discussion.**
 - A. A regular program of physical fitness within NSCC supports the objectives of the NSCC program, compliments physical fitness programs in place in many of our schools under the title "The Presidents Challenge" and supports recommendations in the Surgeon Generals Report on Physical Activity and Health. Accordingly,

physical fitness activities as a regular part of NSCC training will continue to be emphasized, and will continue to be included in ref (c). Athletics are to be a part of the regular overall training schedule and CO's will schedule physical fitness programs in unit training.

- B. Physical fitness training has proven to be essential to ensuring cadets are able to meet the rigors of recruit and other summer training. The action paragraph below establishes the revised physical fitness program requirements for the NSCC. This program borrows heavily from encl (1), "The Presidents Challenge", which is provided in its entirety for information and also for use, as appropriate, in administering NSCC physical fitness programs. At encl (2) is the cadet exercise chart (NSC-26), It remains unchanged. At encl (3) are the revised standards for the NSCC program.
- C. The minimum standards reflected encl (3) should be recognized as below those of the 50th percentile presented in encl (1) as necessary for that programs National Physical Fitness Award. That means that cadets are required to only meet a standard that is less arduous than that currently being met by at least half of all middle and high school youth their age. The revised standards at encl (3) are to be acknowledged as minimums for program participation and should be presented as such. While this is what you "have to do" it is highly encouraged that unit and individual cadet goals for physical fitness be established so that each cadet is challenged to become as physically fit as he or she can be. The education, training and practice of unit physical fitness programs should be based on the over-riding objective of the NSCC, improved lifestyle and mental health through fitness as presented by the Surgeon General and Presidents' Challenge, and common good sense!

3. **ACTION**. Unit Commanding Officers will:

First, review ref (d) and (e). Understand and include in unit training what a physical fitness program is and what it isn't. Reinforce that physical fitness training never to be used as a hazing, harassment, or punitive tactic or measure. It is not motivational training. The Navy's core values of Honor, Courage and Commitment, along with every seniors' responsibility to ensure the health and well being of all juniors under his or her charge, dictate that any violation of these standards constitute grounds for immediate dismissal from the NSCC. Schedule training to explain encl (1) and emphasize long term mental and health benefits. Explain the recognition and awards available through school participation. Explain the leadership responsibility inherent per refs (d) and (e) to guarantee physical fitness program implementation and administration which clearly emphasizes only positive aspects. The leadership challenge here is to instill in cadets not only the desire to do it, but also the desire to do it on their own and to want to do it better!

Review revised requirements encl (3) and incorporate exercises into unit programs. Use encl (1) to compliment your program. Record results using encl (2). Continue to include in unit training regular athletic activity and physical fitness training per ref (c). Conduct physical fitness training at least monthly, Encourage cadets to

participate in sports, athletic events, and daily physical fitness exercises. In the conduct of unit physical fitness training, ensure no one involved with training cadets forces any cadet to perform excessive/strenuous physical exercise which might cause exhaustion, injury or result in life threatening situations.

A. Review ref (f) NSCC Action Letter 3-98.

1. Ensure subject change has been incorporated into appropriate references as directed. Re-emphasize that in order to attend recruit training, cadets must have successfully passed the physical readiness test.
2. Explain and incorporate into training the policy established with regard to physical fitness pre-testing at RTCs and policy with regard to RTC participation, graduation, and crediting for those cadets not meeting minimum standards when tested at the beginning of their recruit training. The requirement to pass the physical readiness test before going to RTC and to be physically fit during RTC remains unchanged. This new policy only recognizes those few instances where irregularities in the conduct of PRT testing at the unit level occur and a cadet arrives at RTC unprepared to meet the physical rigors of RTC. This pretest serves to identify him or her and ensure program adjustment to preclude injury for that cadet. He or she will be allowed to stay and participate, but will not receive advancement credit until PRT minimum standards are met. Ensure all cadets preparing for RTC are advised of this policy upon enrollment, during training prior to, and immediately before departing for recruit training. Make sure they know what to expect.
3. Reinforce the over-riding goal of improved physical fitness for all and reduced injury during RTC.

B. Policy and guidance for adult NSCC members remains as directed in refs (g) and (h).

4. This action letter remains in effect until incorporated into the Advancement and Training Manual.



M.D. FORD

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