

## Training Requirements

One of the most important aspects of being in the Naval Sea Cadet Corps is the training you receive. In order to get promoted, be eligible for Recruit Training Camp in the summer, and participate in two week training sessions aboard Navy and Coast Guard ships, all cadets are required to complete correspondence courses developed and used by the U.S. Navy. These courses are very challenging and require a significant amount of time and effort to be put into them in order to succeed. We realize that your most important priority is maintaining your grades and schoolwork at school. We don't want your grades at school to suffer while you spend all your time working on coursework for Sea Cadets. You will be required to enroll in only one course at a time. We will monitor you periodically to make sure you are making progress towards completing it. You are allowed 12 months to complete a course, but most courses can be easily completed in six months or less.

Since everyone goes through the same courses, we encourage you to work with your shipmates and the adult staff to help understand any questions you might have. In fact, our advanced cadets conduct training on various topics covered in your courses throughout the year to help assist you even more. Once you have completed your correspondence course, in some instances you will be tested on the material in order to get a promotion. These written exams are taken during drill and are closely monitored. We also maintain a strict code of conduct which includes no copying of answers from someone else or cheating on tests.

The first course required by all cadets is the Basic Military Requirements course or BMR. The BMR is considered one of the most challenging courses in the entire Sea Cadet program. It is 755 pages of everything you need to know to get started in the U.S. Navy. We will be signing you up in this course automatically. You will receive a Compact Disc with the BMR that you may complete at home on your computer. Simply complete the assignments on answer sheets and turn them in at drill as soon as you get them completed. However, if you would like to get a head start, the entire book and the assignments are on the internet. Go to:

[http://compass.seacadets.org/cadets/nscc\\_courses/bmr.htm](http://compass.seacadets.org/cadets/nscc_courses/bmr.htm)

In order to view them you will need a copy of Acrobat Reader installed on your computer. If you don't have it, you can get it for free by downloading it from: <http://www.adobe.com> and choose the link to download the Acrobat Reader. The BMR has review questions throughout each chapter. Although doing these questions is not required, they do help you review the material being presented. There are 15 assignments which cover anywhere from one to two chapters each. As you complete them, turn the assignments in the following drill.

Good Luck!

Sincerely,

Training Officer, Phoenix Division