

Welcome Recruits, I am LT Kimberly Borzeka, NSCC, Commanding Officer of Winter Recruit Training Florida. On behalf of my officers and staff, it is my privilege to welcome you to this training and commend you on your choice to join the US Naval Sea Cadets Corp. You are about to start a rigorous, intensive, and comprehensive training program that has prepared generations of young adults to become better citizens since 1958.

Some of you have never started a journey or a task where you couldn't see all the way to the end. Stay focused on your long term goals, the goals and dreams that made you join Sea Cadets in the first place and are bringing you here to Recruit Training. You should take great pride in your service with Sea Cadets; I know I do.

All hands are expected to abide by the Navy's core values of honor, courage, and commitment. These core values should be the guiding force behind your decisions, and actions, whether here, at your home unit during drill, or even in your life outside of Sea Cadets. You are on the path to becoming a basically trained Sea Cadet, and you are expected to live up to our values from this day forward.

You are not kids, you are young adults, you are Cadets, and, as such, I know you know the difference between right and wrong. Remember why you came here, and where you are at all times. This is not the place for horseplay, kidding around, or saying "but I was only kidding, I didn't mean it!" If you haven't already learned this lesson in life, it's time you did. Words have meaning, and all of us, including each of you, are accountable for your words and actions.

ALL MALES MUST HAVE REGULATION HAIR CUTS AT CHECK IN OR YOU WILL BE SENT HOME!!!!

I'll now explain the CO's Top 6, which are an inspectable item at the training for **all hands**. An easy way to memorize them is to remember the phrase "**S**uccessful **R**ecruits **F**ollow **R**eally **H**igh **S**tandards," which comes from the first letter of each. The following acts or behaviors absolutely **WILL NOT** be tolerated at RT, or at your home units; **none** of them have any place in Sea Cadets.

Sexual Harassment: Sexual harassment is a form of discrimination that involves unwelcome sexual advances, requests for sexual favors, or other verbal or physical contact of a sexual nature that interferes with an individual's performance, or creates an intimidating or hostile work environment. This policy is gender neutral, and applies the same way to male or females at the training. This is not the place for jokes, kidding, or teasing about sexuality, flirting, or connecting on Facebook for dates later. Leave that at home; it's not what you're here for.

Racism: we are a color blind, gender blind organization. There is no place in Sea Cadets for ignorant biases, racism, sexism, or bigotry. Discrimination of any kind does not belong here, and will not be tolerated.

Fraternization: Fraternization is an unduly familiar relationship between superiors and subordinates that is prejudicial to good order and discipline. Fraternization weakens the chain of command by creating favoritism, or the appearance of favoritism in our training environment. Everyone here has a job to do; your job is to learn everything we need to teach you, and the best way for all of us to succeed at our jobs is to be professional, keep your mouths shut, and your eyes and ears open.

Cadet to Cadet Contact: There is to be no cadet to cadet contact; keep your hands to yourself! Any relationships between Cadets must be professional in all respects. Focus on your mission, and focus on your division's success.

Hazing: Hazing is conduct that causes a Cadet to suffer or be exposed to any activity which is abusive, humiliating, oppressive, or harmful, even if the victim is a willing participant. This kind of behavior is unacceptable.

Substance abuse: we have a zero tolerance policy that covers illegal drugs, as well as prescription and over the counter medications. All of your medications will be confiscated at check-in. You cannot take any medication here, unless it is prescribed **to you** and administered by our adult staff. Sharing your medications with other Cadets is also strictly prohibited.

Violations of any of these activities will result in immediate disciplinary action, and may include Extra Military Instruction, or even dismissal from training to be returned home **at the parents' expense**. All accusations

regarding the CO's Top 6 will be taken seriously, and investigated thoroughly. Statements or accusations determined to be knowingly false will carry the same penalty as the violation itself.

Here are some Cadet Recruit Keys to Success:

Work hard, listen attentively, and stay out of trouble. You know right from wrong; remember why you're here. I know each of you wants to succeed. Recruit Training is hard. It's designed to be the most challenging experience you've faced to date in your young lives. But it's not designed to make you fail. Remember, we all want you to succeed, but not everyone gets a trophy. Nothing will be given to you; earn it! Mental toughness is essential. Focus on the positive things, the things that brought you here: your goals, your dreams, and your graduation.

Shipmates support shipmates. If you see someone having a tough time, do what you can to help them through it. You will be helping yourself as well as your team. Remember that in just 9 short days, you will be looking forward to graduation, looking forward to all the amazing advanced training opportunities Sea Cadets has to offer graduates of Recruit Training. Your Recruit Division Commanders, officers, and staff cadets will train, mentor, and motivate you to succeed. When they speak, I would suggest that you listen. You will take your place as part of a proud tradition older than many of your parents.

Don't quit on me, or your RDCs and officers, but most importantly, don't quit on yourselves. Remember, the biggest change during your time at RTFL will be in you. When training gets tough, and it will, stay focused on the pride you will share with your family and friends at graduation. The proudest face that you will see on graduation day will be looking back at you from the mirror.

Welcome aboard Recruits, we can't wait to train with you.