



SEA CADETS



FULL STEAM AHEAD

Your next mission starts here.
Summer Training 2026

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A Message from Our Executive Director

RADM Andrew Lennon, USN (Retired)

Another summer training season is about to begin. Some of you have been anticipating the next training season since the end of the last one. The dates are circled on your calendar, and maybe you already started packing your seabag.

Some of you might not feel ready to take the next step. Maybe you're unsure about so many days away from home. Maybe you're nervous about being the only one from your unit at Recruit Training. Rest assured – you're in exactly the right place.

These uncomfortable feelings mean that you're getting out of your comfort zone. They mean you're trying new things. They mean that you're growing.

Every successful cadet who has gone before you has felt this way at some point. They didn't let it stop them, and they reaped the rewards of the best youth program in the country.

Growth doesn't happen when things feel easy.

It happens when you decide to do them anyway. So take the next step. Sign up for the training, pack your seabag, and get out of your comfort zone. We'll see you this summer.

Our Mission

To build leaders of character
by imbuing in our cadets
the highest ideals of honor,
respect, commitment and service.



BE PART OF THE STORY



For over 60 years, Sea Cadets has been giving teens the chance to do more than just learn about adventures — they get to *live them*.

Summer training is where everything comes together. This is your chance to try new things and push yourself, not just as a cadet, but as a person.

In 2026, you'll have a once-in-a-lifetime opportunity to celebrate America's 250th birthday onboard a Navy ship. You won't just learn about maritime history, you'll experience it on the water.

And it's not just ships. You can train in the air, on land, or at sea, with hundreds of options nationwide. No matter what you choose, it's going to challenge you, push you, and change you.

Sea Cadet trainings aren't just activities — they're experiences that stay with you. As you explore your options, start thinking: What do you want your story to look like? America is turning 250. Will you be part of it?

Your summer starts now — full steam ahead!



Throughout this catalog, you will see quotes from your shipmates who participated in this year's Sea Cadet National Council.

HOW TO USE THIS CATALOG

This catalog is your guide to summer training opportunities across Sea Cadets. Use it to explore trainings, plan ahead, and talk with your unit and family about what comes next.

Cadets

Explore trainings at sea, in the air, and on land. Flip through the catalog pages. Review this catalog at drill, ask shipmates about trainings they've attended, and talk with your chain of command about prerequisites.

Parents and Families

Talk with your cadet about training goals and review the "Advice and How To" section at the end of this catalog. The Family Handbook is also a great resource for getting ready for training, especially RT. For more help, log into Quarterdeck at seacadets.org and go to **Homeport > Unit Resources > Family Resources**.

Unit Volunteers

Review the catalog with cadets during drill, discuss their summer training plans, and help them understand prerequisites and registration. Encourage cadets to share their training experiences and inspire their shipmates to pursue their training goals.

Did You Know?

You can attend training for free.

When you have credit in Magellan for recruiting three cadets and/or volunteers, you earn a free training credit. You can even share credit with a shipmate. Check your status with your unit and learn more: **Homeport > Unit Resources > Family Resources > 3 for Free Training Credit**

You can bank a training graduation.

Each NSCC rank advancement requires an advanced training credit. If you complete your other requirements before the next training season, stay ahead by keeping a training credit in the bank. By graduating from more than one advanced training, you'll be ready to advance when the opportunity arrives.

You can earn ribbons and devices.

Some trainings qualify cadets for ribbons and devices. Explore the training pages in this catalog to learn more about awards. Scan or click the QR code to see all ribbons.



HOW TO CHOOSE A TRAINING



NEW CADETS

Your first step is a foundational training. Sea Cadets begin with Recruit Training (RT), while League cadets attend Navy League Orientation (NLO).

AFTER RT OR NLO

You can attend an Advanced Training (AT). Graduating from an AT earns advancement credit for your next rank.

All trainings include minimum rank requirements and other qualifications, so be sure to review details before applying.

PETTY OFFICERS (SN AND ABOVE)

In addition to advancement trainings, you may be eligible for Petty Officer Leadership Academy (POLA), which is required to advance to Petty Officer 2nd Class.

CHIEF PETTY OFFICER CANDIDATES

Your next step is to serve as a staff cadet at Recruit Training or Navy League Orientation, building leadership experience while mentoring junior cadets.

EXPLORE YOUR OPTIONS

Look through this catalog and consider what interests you most. Which trainings sound exciting? Do any connect to careers you want to explore?

CHECK REQUIREMENTS

Log in to Sea Cadet Quarterdeck:

<https://quarterdeck.seacadets.org/secure/login.aspx>

Review qualifications for trainings you're interested in. Each listing includes requirements and a point of contact if you have questions.

TALK TO YOUR LEADERS

Check in with your Commanding Officer or Unit Training Officer. They will help you choose the best training based on your rank, experience and interests, and must approve your participation.

Which trainings sound exciting? Do any connect to career fields you might want to explore?

BEFORE YOU APPLY

COST

Sea Cadets keeps costs low thanks to support from the U.S. Navy and Congressional funding. Your registration fee covers food, lodging and programming.

Uniforms, travel and incidental expenses are the cadet's responsibility.

TRAINING LENGTH & COST

5–6 day Advanced Training: \$300

7+ day Advanced Training: \$350

Recruit Training (9 days): \$300

ELIGIBILITY

Cadets must pass a Physical Readiness Test (PRT) within the last six months and maintain active membership through the end of the training.

Some trainings have additional requirements such as age or rank. You'll also see a star rating system to help you understand training difficulty and requirements.

STAFF CADETS

Staff cadets take on leadership roles, support their shipmates and assist with instruction.

Application procedures and eligibility vary by training. Additional resources are available in Polaris, our learning management system.



SIGN-UP TIMELINE

Summer 2026 sign-ups are open. Cadet billets are filled on a first-come, first-served basis.

Your spot is not confirmed until all paperwork is complete and your registration fee is paid.

HOW TO SIGN UP

Before you begin, review the summer training guidance shared with families or posted in Quarterdeck (Homeport > Advancement Training > Training Guidance).

1. Log in at seacadets.org.
2. Click "Find Training."
3. Sort by category, subject, location or date.
4. Click "Details" to review requirements.
5. Apply at the bottom of the page.
6. Parent or guardian submits the application.

NOTE

Trainings may be canceled due to low enrollment or military operations.



FOUNDATIONAL TRAINING

Every Sea Cadet starts here. Foundational trainings build the discipline and confidence you'll carry throughout your Sea Cadet experience.

RECRUIT TRAINING

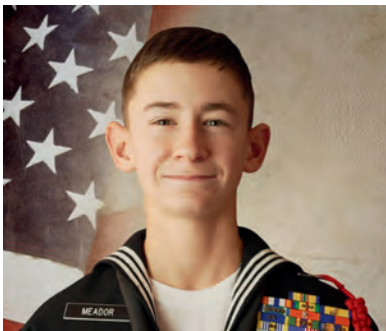


Recruit Training is the foundation for your Sea Cadet career. You'll explore military values and naval traditions while building self-discipline and lasting friendships. After graduating RT, you're eligible for advancement in rank and to attend Advanced Trainings.

Cadets develop discipline, military bearing, and teamwork through physical training, drill and ceremony, uniform standards and naval customs. This demanding environment builds resilience, confidence and the leadership mindset needed for future trainings.

Cadet P03 Kall Meador

2025 Junior Sea Cadet of the Year



"Recruit Training does not exist just to break you down. The purpose is to build you up and guide you toward reaching your goals."

I had a great experience because I used every activity as a learning opportunity. What I learned about leadership and discipline has stayed with me as I've progressed through the program."

Scan or click
to watch
recruits in
training.



NAVY LEAGUE ORIENTATION



Navy League Orientation introduces younger cadets to the basics of the Sea Cadet program — how it works, what’s expected, and what it means to be part of the team.

Cadets build confidence through drill, teamwork, and physical training. They learn responsibility, accountability, and leadership fundamentals.

Graduation from NLO is required before attending other League cadet trainings. It helps cadets build discipline and character while preparing them for their next steps in the Sea Cadet Corps.



Henry Horgan

2025 League Cadet of the Year

“Navy League Orientation is truly a life-changing experience. You will learn teamwork, leadership, and discipline while working together to accomplish challenging tasks.

As I progressed through the ranks, I realized how important those early lessons were. NLO prepares you for everything that comes next.”





AMERICA 250

In 2026, the United States celebrates its 250th anniversary — and you have a chance to be part of one of the largest maritime events in history. Through Sail 250, Sea Cadets will step into a once-in-a-generation experience alongside ships, sailors, and visitors from around the world.

PARTICIPATING PORTS

New Orleans
Norfolk
Baltimore
New York City
Boston

Events take place across five major U.S. ports as part of Sail 250.

Learn more: sail250.org

One of the largest maritime events in the world.

**40+ countries
Hundreds of ships
Five U.S. ports**

Cadets will experience life on the water alongside sailors from around the world, explore ships rarely seen in U.S. waters, and take part in a historic international celebration.

OPSAIL / INTERNATIONAL NAVAL REVIEW



WHAT YOU'LL DO

Embarkations

Live aboard a ship and train alongside Navy sailors, learning real-world operations and experiencing life at sea.

OPSAIL / INR Events

Take part in ceremonies, ship arrivals, and international events. Meet sailors from around the world, explore visiting ships, and experience one of the largest maritime gatherings in history.

One-Day Experiences

Tour ships, explore naval history, attend airshows, and interact with sailors and pilots in select locations.

EARN RECOGNITION

Opsail / INR Ribbon

Awarded for participation in official International Naval Review events.



America 250 Ribbon

Awarded for approved America 250 training experiences.



WHO CAN APPLY

- Age 15+ (typically)
- Petty Officer 2nd Class or higher
- See Quarterdeck for details

Note: Events may change based on Navy operations.



AT SEA

Our water-based training truly puts the “sea” in Sea Cadets. This summer, you can go to multiple trainings on the water. You might live and work as part of a ship’s crew, operate small boats, or earn your SCUBA certification alongside professional mariners, Navy sailors, and Coast Guardsmen.

Before You Go

Cadets who train on the water must pass swim qualifications in addition to required physical readiness tests.

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SEAMANSHIP



Seamanship training immerses cadets in the daily operations of a naval vessel. Cadets stand watch, handle lines, read navigation charts, and assist with shipboard procedures while living and working as a crew. These experiences build seamanship, discipline, and teamwork while introducing cadets to life at sea.

SHIPBOARD OPERATIONS

Training opportunities may include navigation, watchstanding, damage control and other hands-on shipboard procedures. Cadets may train in Navy settings or aboard vessels that offer real-world experience in engineering, communications, firefighting and line handling.



Scan or click to learn about the
Liberty Ship *John W. Brown*.

SMALL BOAT OPERATIONS

Small Boat Operations training puts cadets at the controls of military-style small boats used by the U.S. Navy and Coast Guard. With expert instructors guiding them, cadets gain hands-on experience driving boats, navigating waterways, and working as a crew.

Cadets learn docking, line handling, and basic maintenance, and how to stay safe on the water and operate in busy ports. Each day brings new challenges that build confidence, teamwork, and decision-making skills during water missions.

SS John W. Brown | Baltimore, MD

Train aboard the historic World War II Liberty ship *SS John W. Brown* and take part in line handling, chart navigation, cargo handling, steam plant operations, and watches on the bridge and in the engineering room.

COAST GUARD



Coast Guard training gives cadets a closer look at the missions, responsibilities, and professional standards of the U.S. Coast Guard. Cadets build practical seamanship skills while gaining exposure to operations, history, and life at a Coast Guard shore or boat station.

SHORE/BOAT STATION **South Portland, ME**

Cadets will learn about USCG missions, seamanship and line handling, shipboard damage control, and introductory law enforcement skills, along with opportunities for presentations, history, and underway time.



Scan or click to watch what it's like to train with the Coast Guard.



DIVE



BASIC SCUBA

Cadets earn their Open Water SCUBA certification while learning how to dive safely, use their equipment, and navigate underwater. Training includes time in the pool and open water dives, where cadets build confidence and stay focused in a new and challenging environment.

ADVANCED SCUBA

Advanced SCUBA builds on basic skills with deeper dives, underwater navigation, and search-and-recovery exercises. Cadets refine their diving skills while developing the focus, judgment, and teamwork required for complex underwater missions.

Scan or click to watch
dive training in action.



PRIDE OF MICHIGAN

During this unique and exciting training, cadets train in seamanship and open-water diving in the Great Lakes, completing underwater research and exploration projects. This is a 10-day training with lots of diving! Cadets can earn certification in either Advanced Scuba or Research Diver. Search and Rescue is taught alongside other advanced scuba training. This is a demanding and serious dive training.

Scan or click to watch a
video of cadets on the
Pride of Michigan.



To learn more, visit nobleodyssey.org. The Noble Odyssey Foundation is a Michigan 501(c)(3) non-profit organization headed by longtime Sea Cadet volunteer Capt. Luke Clyburn.

SAILING



Learn to operate a sailing vessel! Cadets take on real crew roles — handling sails, navigation, and steering. Practice foundational maritime skills along with teamwork, communication, and decision-making.

BASIC SAILING

Annapolis, MD

Develop skills in boat handling, trimming sails, navigation, and rules of the road, onboard 32- and 41-foot sailboats on the Chesapeake Bay. Each boat will have an American Sailing Association-certified instructor and a crew of six cadets who will progress from guided instruction to independent sailing.

Every cadet will have the opportunity to take the helm, trim the sails, navigate, and practice essential skills while developing confidence and teamwork on the water.

ADVANCED SAILING

Chula Vista, CA

This 11-day training gives 20 Sea Cadets an opportunity to crew a 137-foot schooner at sea and on land. You will stand watch, learn to conn the ship by the sun and the stars, and may climb the rigging to the crosstrees, weather and sea state permitting. Includes time ashore at Catalina Island for camping and other activities while learning ship-to-shore communications, orienteering, and coastal navigation.

USCG/Shipboard Cutter operations on the Barque Eagle (NY)

Aboard this three-masted tall ship, cadets use navigation, ship-handling, and engineering training learned in the classroom.

IN THE AIR



AVIATION

In the air, you'll get an inside look at naval aviation, learning how aircraft fly, how missions come together, and how aviation teams support every operation. If you're ready for a new perspective, this is your next step.

BASIC AIRMAN

Basic Airman introduces cadets to naval aviation. You'll learn how aircraft fly, explore key systems, practice aviation safety, and discover the roles behind every mission.

ADVANCED AIRMAN

Advanced Airman builds on that foundation with a closer look at aircraft operations, flight planning, and mission support. Through practical exercises, you'll strengthen teamwork, leadership, and problem-solving.

NLCC AVIATION

NLCC Aviation introduces Navy League Cadets to the basics of flight through hands-on activities. Cadets learn how aircraft fly, explore simple design concepts, and practice aviation safety while building interest in aviation and aerospace careers.



"I go to trainings to gain new experiences. The experiences you get at trainings are things you'll probably never get anywhere else."

**– Cadet CPO
Brooklyn Kohlleppel**

Scan or click to watch
aviation training in action.





ON LAND

Training on land puts you in the middle of the action. You might find yourself building, responding, creating, or problem-solving, often all in the same training. With hands-on experiences in high-demand career fields, these trainings give you the chance to try something new and discover what fits. Can you see yourself leading a team, mastering a technical skill, or stepping into a fast-paced role? If you're ready to think on your feet and put your skills to work, training on land delivers.

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MARITIME TRADES



SHIPBUILDING

Discover the exciting world of shipbuilding and maintenance. Cadets explore shipbuilding trades, learn engineering concepts, and get hands-on experience with tools such as 3D printers and welding. Depending on the training location, cadets may also design and test projects, tour facilities, and learn how ships and submarines are built and maintained.

SUBMARINE INDUSTRIAL BASE

At the Submarine Industrial Base training in Danville, VA, cadets get a closer look at how the next generation of submarines is built. Cadets train at the Institute for Advanced Learning and Research, where they explore modern manufacturing careers and learn how advanced tools and techniques support submarine construction.

ATDM

Scan or click
to learn more.



The Navy created Accelerated Training in Defense Manufacturing, or ATDM, to help prepare skilled workers for careers in advanced manufacturing. During this training, cadets get hands-on experience with CAD, 3D printing, CNC machining, non-destructive testing, quality control, and welding. Cadets also learn about the tuition-free 16-week ATDM program, which students can attend right after high school.

TRADES



MILITARY SEALIFT COMMAND: MERCHANT MARINER

Military Sealift Command training introduces cadets to the fleet that keeps the Navy supplied around the world. Cadets train at Fort Eustis in Newport News, VA, where they learn how civilian-crewed vessels move fuel, equipment, and supplies to support deployed forces. This training shows how support ships and their crews keep Navy missions running every day.

Beginning: Cadets get an introduction to Military Sealift Command through hands-on training in firefighting, damage control, water survival, search and rescue swimming, fall protection, and cargo crane operation.

Intermediate: Open to cadets who have completed MSC Basic, this advanced course is taught by Military Sealift Command professionals and equips cadets with the U.S. Coast Guard certifications required to sail and work aboard an MSC vessel.



Scan or click to learn more about Military Sealift Command training.

CONSTRUCTION & TECHNICAL TRADES



SEABEE

This hands-on training introduces cadets to basic welding and construction skills. Cadets learn shop safety, equipment setup, and how to use welding tools while practicing simple techniques. Training also covers basic plans and symbols, while introducing Seabee missions and how Navy construction teams support military and humanitarian operations.



CULINARY ARTS

Learn to cook like a chef in this hands-on training. Cadets work with real chefs to create recipes, improve food presentation, and explore new flavors. Participants also earn a food handler certification and take part in a master chef-style challenge. This program is perfect for teens who enjoy cooking and want to build their skills while having fun.

WELDING

Welding is one of the most popular training opportunities. Hosted at North Central Texas College, cadets train in a professional environment with access to modern facilities and dorms. Cadets learn welding safety, equipment setup, simple blueprint reading, and three main welding methods: stick, wire, and aluminum. With guidance from certified instructors, they build hands-on skills in a high-demand trade that supports the ships and systems the Navy depends on.

STEM



CYBERSECURITY

Cybersecurity training introduces cadets to digital defense and how information stays safe. Cadets learn how networks work, cyber threats happen, and systems are protected. Hands-on activities help cadets build problem-solving skills and understand how digital security works in the real world.

CYBERSECURITY CAMP AT INDIANA UNIVERSITY

Together, Sea Cadets and Indiana University are equipping young people to succeed in high-demand STEM fields critical to national security. In this one-of-a-kind program, cadets spend a week immersed in cybersecurity and electronic warfare, learning from university faculty and engineering professionals from Naval Surface Warfare Center Crane. Through hands-on, mission-driven projects, cadets explore topics such as cryptography, signals in the electromagnetic spectrum, network defense, ethics, and global policy. Cadets also step inside advanced AI labs to see top-tier robotics and artificial intelligence research up close.

In 2026, cadets can choose from three training opportunities: Basic Cyber/EW, Advanced Cyber/EW, and an Invention Lab centered on hands-on device creation and smart technology development. Held July 26–August 1 on Indiana University's Bloomington campus, the program is accessible from Indianapolis International Airport and within a day's drive of much of the Midwest, Deep South, and Mid-Atlantic.

Scan or click to learn more.



Hamilton Lugar School
Indiana University

STEM



ROBOTICS

Robotics training introduces cadets to building and using basic robotic systems. Cadets work together to design and operate remotely controlled vehicles while learning simple engineering and programming concepts. Activities focus on problem-solving, teamwork, and completing set tasks.



Scan or click to watch
cadets work with robots.

SEAPERCH

SeaPerch gives cadets a hands-on introduction to robotics, engineering, science, and mathematics by building an underwater remotely operated vehicle, or ROV. Using a kit of low-cost, readily available parts, cadets learn basic engineering and science concepts with a marine engineering focus while developing problem-solving, teamwork, and technical skills.



Scan or click to learn more
about the SeaPerch program.

PUBLIC SAFETY



MARKSMANSHIP

Sea Cadet Marksmanship training provides cadets with a safe, structured environment to learn firearm safety, responsibility, and shooting disciplines. Marksmanship is a fundamental military skill, and the USNSCC is committed to providing safe training and skill-building opportunities.

Marksmanship safety note

To participate, cadets must be members in good standing, and a signed Marksmanship Training Consent Form must be uploaded to the cadet's Magellan service record. All personnel must display discipline and safety on the range at all times.

POLICE / MASTER-AT-ARMS

Learn the basics of military law enforcement through hands-on training in searching, arresting, crowd control, and building clearing. Cadets practice alongside experienced police officers while building confidence, leadership skills, and knowledge of law enforcement.

PUBLIC SAFETY



FIREFIGHTING

Did you know that every sailor is a firefighter? Because ships at sea have no outside fire department to call, all personnel, regardless of job or rank, are trained in basic firefighting to help protect the vessel and crew.

Sea Cadets can build those skills through more than one training opportunity. In California, cadets can attend a weeklong public safety training with foundational knowledge and hands-on experience in structural and wildland firefighting. Under the supervision of CAL FIRE professionals and USNSCC leadership, cadets learn fire behavior, personal protective equipment, SCBA familiarization, hose handling, fire suppression tactics, rescue operations, and emergency response.

Cadets can also gain firefighting experience through Military Sealift Command training, where they develop skills in firefighting, water survival, search and rescue, damage control, fall protection, cargo crane operations, and other practical shipboard scenarios.

Scan or click to watch cadets learn the most important skill every sailor must learn: firefighting.



JUDGE ADVOCATE / LAW

Discover the world of law through a hands-on mock trial experience. Cadets practice presenting arguments, questioning witnesses, and learning about criminal and military law, including the Uniform Code of Military Justice. The training builds critical thinking and communication skills.

MEDICAL



MEDICAL

Medical training prepares cadets to respond to injuries and emergencies with confidence and care. NLCC Medical introduces basic first aid and health awareness. Basic Medical covers patient assessment, CPR, bleeding control, and injury stabilization. Advanced Medical adds trauma scenarios, triage, and coordinated response.

EMT SERVICES

EMT Services training introduces cadets to how emergency responders care for patients. Cadets learn basic patient care, how to use medical equipment, and how teams work together during emergencies.

FIELD MEDICAL

Field Medical training teaches cadets how to give care in outdoor or limited-resource settings. Cadets practice quick patient checks, basic treatment, and planning safe movement of patients during field scenarios.

“Medical was such an intriguing training to attend because it teaches you valuable skills you will use in the real world and not just in Sea Cadets.”
– Cadet PO2 Lamya Boutakhoust



SPECIAL OPS



FIELD OPERATIONS

Cadets learn how missions are planned and carried out in an outdoor setting. Training includes land navigation, communication, and working in small teams during realistic scenarios. This builds teamwork, adaptability, and decision-making under pressure.

ROPE RESCUE

Cadets learn rescue skills used in emergencies, including knots, rappelling, climbing, and how to set up safe systems while working as a team. Hands-on practice builds confidence and life-saving skills in challenging environments.

WILDERNESS SURVIVAL

Cadets prepare to operate safely in remote environments through shelter building, firecraft, water procurement, land navigation, and survival planning. The training develops resilience, resourcefulness, and environmental awareness.

COMMUNICATIONS & OPERATIONS



PHOTOJOURNALISM

Photojournalism training teaches cadets how to tell stories using photos, writing, and digital media. Cadets learn how to capture events and share what is happening in the Sea Cadet program. The training builds creativity and communication skills.



CEREMONIAL / HONOR GUARD

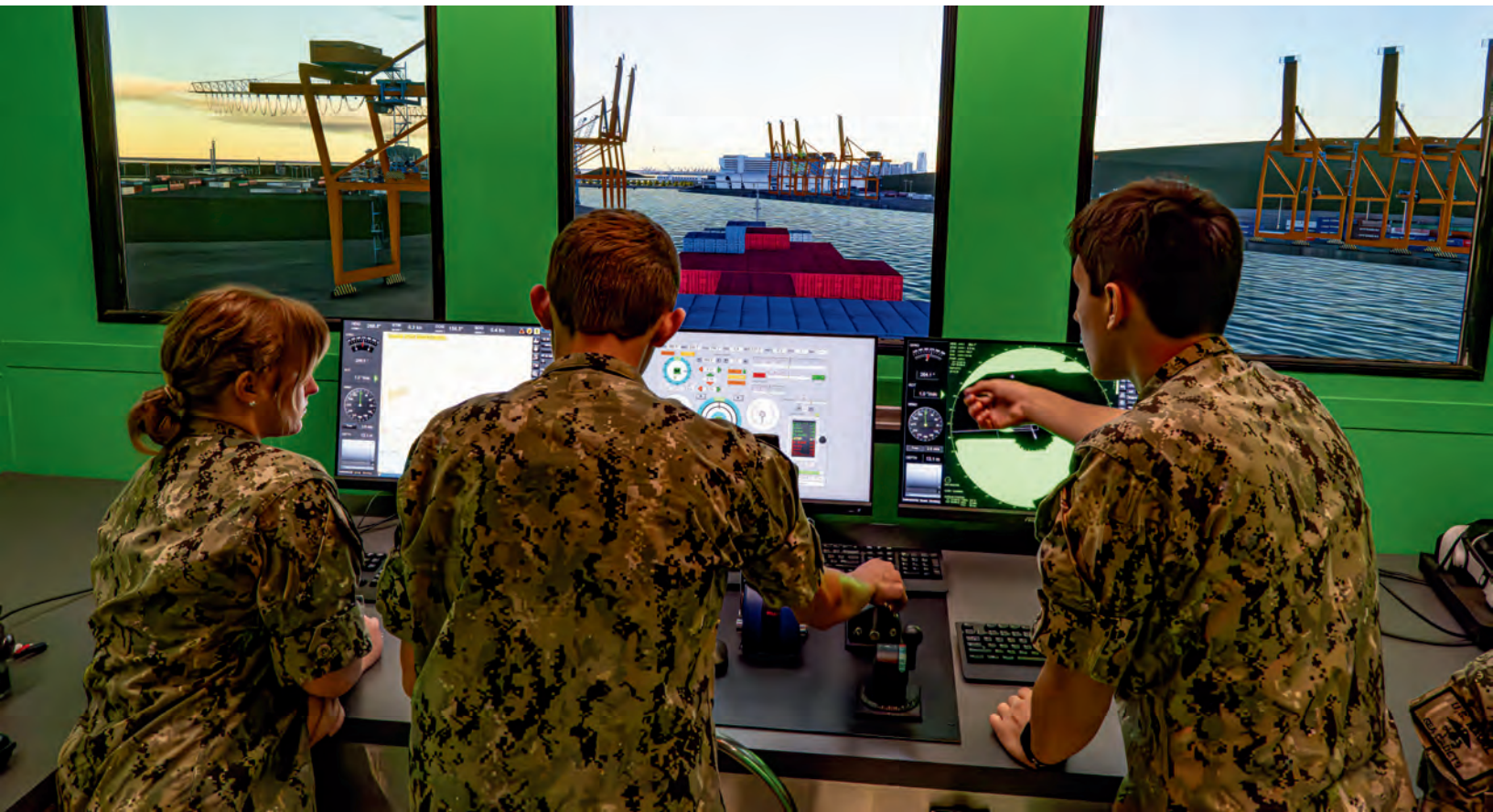
Cadets learn how to present the American flag with pride at events and ceremonies. Training includes color guard, rifle drill, and proper ceremonial procedures, while building discipline, teamwork, and confidence.

“After training, our photos become the only physical memory we can share and look back on with family. Take as many photos as possible, focusing more on capturing the moment than on perfect technicality.”

– Cadet CPO Joy Rothberg



COMMUNICATIONS & OPERATIONS



SUPPLY & LOGISTICS

Supply & Logistics training introduces cadets to the systems that sustain operations. Cadets learn how to keep missions fully supported through inventory management, equipment accountability, and logistical planning.

HAM RADIO

Ham Radio training shows cadets how to send and receive messages over long distances using real radio equipment. Cadets learn how to operate radios, follow proper procedures, and keep communication running when normal systems fail.



"This training was an incredible learning experience that widened my appreciation for radios and communication."

– Cadet PO1 Dagny Olmsted



LEADERSHIP

Step into your role as a Sea Cadet leader. Leadership trainings give you the tools to take on responsibility in your unit, at trainings, and in the rest of your life. You'll learn how to lead others, make decisions, and set the example.

CHIEFS' CAPITOL HILL DAY

This unique opportunity gives Chief Petty Officers the chance to represent Sea Cadets in Washington, D.C. Cadets meet with members of Congress and their staff to advocate for the program. Selection is competitive, and the program is for cadets who demonstrate strong leadership, professionalism, and the ability to represent others. Selections are announced in mid-April. Applications for alternate positions will be accepted through May 6, 2026.

Scan or click to apply.



U.S. MILITARY SERVICE

ACADEMIES SUMMER PROGRAMS

Military Academy Summer Seminars give cadets a chance to experience life at the U.S. service academies. Cadets take part in classes, physical training, and leadership challenges while working with academy staff and cadets. These programs offer a closer look at academy life and help cadets prepare for future opportunities.



PETTY OFFICER LEADERSHIP ACADEMY (POLA)

Petty Officer Leadership Academy helps cadets build the skills needed to lead at the next level. Cadets learn how to lead teams, solve problems, communicate clearly, and make good decisions through hands-on practice. By the end of the training, cadets are better prepared to lead others, mentor junior cadets, and take on more responsibility in their units. POLA is required for promotion to Petty Officer Second Class and higher.

Required for promotion to Petty Officer Second Class and higher.

What You'll Learn

- Leading teams
- Solving problems
- Communicating clearly
- Making good decisions
- Mentoring junior cadets

"I go to trainings to improve my leadership, and apply lessons learned within the program to make mature decisions as a stronger person. ... Everything I learn at a training is useful in my everyday life as a student, athlete, and civilian."
– Cadet CPO Ryan Wilson



ADVICE & HOW-TO

ADVICE FROM CADETS

Every training is different, but cadets say a few things are almost always true: show up prepared, keep an open mind, follow instructions, and give yourself time to adjust. Here's what cadets want you to know before you go.

”

When you first arrive at the training, it will be chaotic. Just follow the instructions of the staff cadets and officers and you will be fine! During the training, be prepared to be a sponge, soak up as much information as you can.

– Cadet PO1
Dagny Olmsted



”

The Sea Cadet program is the best part of my life so far. Trainings may seem hard, expensive, and taxing, but as I look back, there is nothing in the world I would ever trade my Sea Cadet experience for.

– Cadet CPO
Ryan Wilson



”

Stay on top of your PRT and coursework and also do not get yourself overly stressed and worried before going to training.

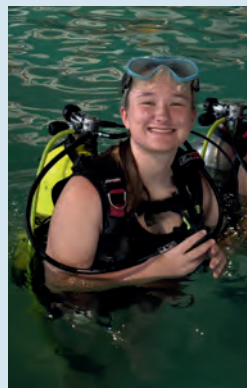
– Cadet PO1
Viktoria Gilbert



”

The thing that surprised me the most was the friends you make at trainings. These are people you spend about a week with, but the bonds become life lasting. I still talk to multiple of my training friends and I'm so grateful for them.

– Cadet CPO
Brooklyn Kohlleppel



Do it scared. Remember you won't have all the answers and that's ok! You just have to trust the people that are there for you, like your Petty Officers during Recruit Training.

– Cadet PO3
Ava Wenger



Cadets can expect a supportive staff and a hand-selected cadre of cadet leaders who bring strong experience and a genuine desire to help others succeed.

– Cadet CPO
Joy Rothberg



Being kind and respectful of your shipmates will make spending the training with them far easier and will help you make connections that will last far beyond the training itself.

– Cadet PO3
Grant D'Ambra



Don't be afraid to jump in and participate! Your unit will have prepped you well for RT and any other trainings you'll attend

– Cadet PO2
Graham Phillips



Why do we train?

Scan or click to hear directly from cadets.



STAFF CADETS / ESCORT OFFICERS

Did you know that the hundreds of trainings conducted every summer are run entirely by our leadership, or “staff,” cadets and dedicated volunteers, or “escort officers”? Cadets and volunteers are encouraged to sign up for these exciting roles. It’s a great way to experience training in your area or across the country.



STAFF CADETS

Staff cadets are cadets who have completed Recruit Training and attended Petty Officer Leadership Academy (POLA), and who volunteer to help lead their shipmates during summer training. Serving as a staff cadet is also an important leadership development opportunity and counts toward advancement. Cadets interested in these roles should sign up early, as positions tend to fill quickly.

Why serve?

- Build leadership skills
- Support fellow cadets
- Earn advancement credit



ESCORT OFFICERS

Escort Officers are volunteers who have met adult training requirements and who support advancement training. Volunteers can go to the “Find Training” icon on their Quarterdeck and select the training they are interested in. If they are eligible to serve as an Escort Officer, they will see an “Apply as Escort Officer” button at the bottom of the training details page.

How to apply

- Go to Quarterdeck
- Select a training
- Click “Apply as Escort Officer” if eligible

HOW TO PREPARE FOR TRAINING

Getting ready for training starts well before you arrive. Reading your welcome letter, checking your medical forms, building good habits, and packing early can help you show up confident and prepared. Sea Cadets recommends starting months ahead, not days ahead.

2-3 months before

Make travel arrangements and follow the OIC's instructions in Magellan.

6 weeks before

Read the training's welcome letter and seabag list. Start collecting items you do not have, and remember that your unit or fellow cadets may be able to help. Establish an exercise regimen so you will be ready for daily PT.

4 weeks before

Make sure your medical information and physical forms are up to date. Your physician must sign off on your medication list, and you must report any changes to medical information. Watch for pre-training information from the OIC, and start reducing caffeine.

2 weeks before

Request medication refills so you have enough for the full training. Eat healthy, reduce sugar, and cut caffeine completely. Many cadets find it helpful to reduce time spent on devices in preparation for training. Start packing your seabag, and do not wait until the last minute. Begin adjusting your sleep schedule by going to bed on time and waking up earlier.

1 week before

Tell family and friends how they can follow your adventure or write to you during training.



HOW TO PACK YOUR SEABAG

Use your official seabag list for your training, then follow this process to pack it neatly and inspection-ready.

1. Open the seabag to full height, rolling down the sides about two-thirds of the way.
2. Place boots and shoes at the bottom, in bags to protect clothing.
3. Layer undergarments and T-shirts.
4. Add bedding, including blanket, towels, and sheets.
5. Seal toiletries in zipper-style bags to prevent leaks.
6. Add NWUs, then dress uniforms near the top. Roll clothing items and place them in plastic bags to save space and reduce wrinkles.



Scan or click to watch
how to shine your boots.

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