



To: POLA Trainees

From: CPO Erik D. Mueller, Command Chief Petty Officer, POLA 2010

Date: 6-26-2010

First and foremost, welcome to the Petty Officer Leadership Academy Class of 2010. My name is Chief Mueller, and I will be the senior cadet in charge at the training to assist the Commanding Officer in fulfilling his mission to successfully develop new leaders in our corps. Like previously stated, the training will take place from July 10 – 18 and all personnel need to arrive between 1800 (6pm) – 1900 (7pm). If anyone cannot make these times, we need to know as soon as possible so we can make proper arrangements. The training will be taking place at the Navy Lodge at Jim Creek.

I cannot stress the importance of physical training when coming to any sea cadet training. It is crucial that you, as junior petty officers, are not only mentally developed to lead, but also physically developed as well. You can expect the weather to be anywhere from 70-90 degrees on any given day, and we will be outside for the majority of each day. In addition to doing various team building exercises, you can also count on completing at least 2 hours of PT per day. We will also be running anywhere from 1.5 – 3 miles per day. A PRT test will be conducted on the first day of training to assess whether candidates are eligible to complete the training. **IF YOU CANNOT PASS THE BASIC SEA CADET PRT UPON ARRIVAL, YOU WILL GO HOME.** If you cannot currently pass the PRT, then go by these standards to try and build up your endurance over the next 2 weeks prior to the training.

Basic 2-Week out Workout:

4 Sets of at least 20 Pushups

4 Sets of 20, 4 count flutter kicks

4 Sets of at least 30 Sit Ups

4 Sets of at least 20 Squats

1 Mile runs in 7:30 pace

*All of these workouts should be no more than 2 minutes apart from each other.

Another big topic that needs to be hit on is the seriousness of the training you, as a junior Petty Officer, are about to endure. You are getting ready to be responsible for a group of people. Whether you are a Squad Leader or an LPO, you will still have people looking to you for guidance, and you are responsible to your seniors of your cadet's safety and well-being. The mission of POLA is to develop you morally, mentally, and physically, in order to successfully lead cadets. During POLA, you will be expected to uphold higher standards than any sea cadet training you have ever been to. Your room will be inspectable at any point in the day, you will have high bearing, be respectful to all senior personnel, so on and so forth. Make sure you are ready to uphold these standards from the day you step out of your car to



come to POLA; however, make sure to listen carefully to everything you are taught because you don't get to forget any of these standards after POLA has concluded. From July 18th until you are discharged from the Sea Cadets, you will be expected to uphold these standards.

Lastly, be prepared to be challenged in every aspect of being a leader. From physical fitness throughout each day, to teambuilding activities that require you to take charge of your shipmates, to the academic workshops and assignments that you will be expected to complete each day. Make sure that you give me your best effort at all times and you are sure to have a successful training, and one that you will remember for the rest of your sea cadet career, if not life.

Thank you all and I look forward to seeing you all on July 18, 2010.

Respectfully,

Erik D. Mueller

Chief Petty Officer Erik D. Mueller