



GUIDE FOR FRIENDS AND FAMILY OF SEA HAWKS

So your Son or Daughter wishes to become a Sea Hawk.

The following are some tips and information that will help you adjust, and will guide you through life as the parent of a Sea Hawk.

They have made a commitment to spend this time serving God and finding out what it is that He has for them in their futures.

They will report to the training base on the morning of the first day of training, along with the rest of those training with them.

Some things NOT to do:

- Worry. Your son/daughter will be very well cared for and will receive the best training possible.
- Call or write to their Unit Leaders.
- Park yourself in front of the mailbox – Evenings and Sundays are typically when they will have some time in which to write home.
- Be afraid to leave the phone for fear that you will miss “The Call”. Phone calls don’t happen often.
- Go out and buy lots of comfort items, toiletries, and clothing. The space that they have is very limited.

Now some things that you CAN do:

- Before they leave for training make them up an address book with important names, and addresses. This should include doctors and dentists but should also include the mailing addresses of friends and family for them to write to.
- You may consider sending them off with a letter to read once they get to training. Let them know that you will be praying for them, that it will take a commitment from both them and you to make it through, and that you’ll be there for them every step of the way.
- Include some family photos for them to put up in their lockers/closet.
- Write to them often.
- Pray for them

DESCRIPTION OF TRAINING

“We make Men / Women of God”. Sea Hawks believe that it is by testing that people of God are formed. Sea Hawks training will place the young person into a time of shared hardship and tough training. The intense experiences that they will go through will create lasting bonds with their fellow Sea Hawks and standards of conduct that will let nothing stand in the way of what they have been called to do.

The young Sea Hawks will be challenged not only physically and mentally but also emotionally and spiritually. When these are combined they will be strengthened in godly character.

RECEIVING AND ORIENTATION

The first week of training is “**Receiving and Orientation**”.

During this time they complete all of the paperwork needed, learn the basic drill, and learn how to keep all of their areas clean as well as being assigned into their units. Fitness tests are also carried out at this time and they are introduced to life as a Sea Hawk.

Your task during this time on is to write letters. Each new recruit looks forward to letters from home some of them reading them many times over. Please keep letters encouraging reminding them that they have chosen to give this time as service to God and that they have chosen to do an honorable thing. Please refrain from writing any unnecessary negativity as it can distract and discourage them from what they are trying to do.

The first 3-4 weeks are the hardest and can often be reflected in their letters home. As time goes by the letters home will become more positive and encouraging. After a while, you will start to receive letters that show the positive changes that are happening in their lives.

Many recruits will get to the point that they cannot go on in their own strength, at this point hold them up in prayer because they are at the point where they are finding that it is only in God that they have the strength to complete what is before them. This is an exciting time for them in their spiritual lives.

BASIC TRAINING (*BOOT CAMP*)

Their training begins on day one and each day will build upon the one before it. Skills and values are reinforced at each level and by all involved in the program. Throughout the 12 weeks of boot camp the core values, Bible ethics, and code of conduct are taught on a daily basis. They will also be learning physical conditioning, self-defense, disaster response skills as well as Bible studies on many different topics.

PHYSICAL CONDITIONING (*PT*)

Physical conditioning builds a foundation in general fitness by increasing cardio, core strength and upper body development.

DRILL

Drill is the basic way in which recruits learn discipline and teamwork. At first, they learn to stay in step with their unit, platoon and unit leaders. However, as training continues the movements become more complex.

SELF DEFENSE

This is designed around the principle of being aware of your surroundings and how to defend yourself as a last resort.

BIBLE STUDY / SPIRITUAL TRAINING

Recruits will be built up spiritually with unit Bible studies and prayer time as well as lectures by those considered experts in their field. They will also be taught a variety of ways in which to share their faith.

WORK SKILLS

Recruits will learn the basic skills needed to be effective in the fields of disaster response and maritime operations.

ACADEMICS

Recruits will also exercise their minds with subjects ranging from policy and regulations, History of Friend Ships, customs and courtesies, basic life-saving skills and other life skills.

EVALUATION

Recruits are evaluated daily during boot camp by their unit leaders for their performance and how well they are developing an understanding of the core values, code of conduct and ethics. At the end of each week, they will also sit a written exam on what they have been learning that week. There is also set assignments and tests for each subject that they will be studying.

IMPORTANT DAYS OF A FIRST YEAR SEA HAWK

Basic Training – Dog Tag presentation.

It is at this point when your recruit will become officially a Sea Hawk and they will receive their Sea Hawk “dog tags”.

If possible make it to this event. If you do not live in the US then still write or send a message to your family member. They will be encouraged by your acknowledgment of what they have already accomplished, and you will be encouraged by the change that you see in them. This is held on the last Saturday of basic training and they will be given 24-hour leave afterward.

Sea Hawk Graduation – First year, they will get a certificate of completion.

Please make it to this event. The completion of the program is a major event in many of the lives of these young people. You may find that your son or daughter now has direction in their life and knows what it is that they need to be doing.

Basic Training Do's and Do Not's

Do – Pray for them daily.

Do – Send letters every day. Mail is an important lifeline to recruits

Do – Keep letters encouraging when you write.

Do – Remind them about the core values and what those words mean to you.
Hearing these from you will help to reinforce what they are learning in training.

Do – Encourage others to send letters.

Do – Keep friends and family members updated on your recruit's progress.

Do – Remember that the training your recruit is going through is challenging and will prepare them for what it is that God has for them in the future.

Do Not – Miss Graduation if at all possible.

Do Not – Send items to your recruit unless asked for. It is parental nature to want to send something.

Do Not – Contact their commanding officers directly.

Do Not - Worry