



# LINCOLN'S CHALLENGE ACADEMY

## INFORMATION PAMPHLET

Now that you have completed orientation

It is **your** (the applicants) **responsibility** to read and understand this information. We are here to help you succeed, but it is up to you to be prepared.

- Next you will receive a letter of selection or non selection from the Registrars Office within a few weeks.
- If non-selected call your recruiter they will have more information.

Once accepted this pamphlet gives you the guidelines and necessary information to prepare you for the Acclimation Phase, and on what to expect during the Residential Phase.

When you arrive you will go through two weeks of the Acclimation Phase. Upon completion of this phase you will be fully accepted and enrolled as a **Cadet**, and on your way to a better you, learning self discipline, job skills, and working toward a GED.

Additional resources may be made available to you by your recruiter or on our website [www.lincolnschallenge.org](http://www.lincolnschallenge.org)

### **Priority**

You must have a valid IL **State drivers license** or **State ID card** to register. You will need to show this at pick-up and for registration.

# REPORTING INSTRUCTIONS

Be on time for pick-up the morning of registration.

## Parents

Please do not leave until you have a Parent Handbook. If you have any questions about the handbook contact the counselor's office at 217-892-1309.

## Arrival

- You will arrive at the gymnasium
- Have your **State ID** or **State Drivers License** handy for registration
- Quickly and quietly exit your van or bus as directed
- Listen and follow the instructions of the Cadre
- Remember to say sir or ma'am
- Sound off LOUDLY when called upon. This shows good motivation

## In-processing Steps:

- ⇒ Sign in: Get stickers with name and team number and station sheet
- ⇒ Amnesty brief: All unauthorized items can be turned in without problems
- ⇒ Search station: Any prohibited items found on person or in baggage will be taken and you **may be sent home** for bringing unauthorized items to LCA. After searches you will **put your bag in team area**.
- ⇒ Haircuts: Males will get a military haircut
- ⇒ Mail station: To mail home valuable or unauthorized/prohibited items
- ⇒ Medical station: Turn in/report any prescriptions. Any medicine found during search is turned into medical. They will ask some questions of you and you may ask some questions. See Medical Dept. section in pamphlet.
- ⇒ Uniform Issue station: This is where you get your LCA gear

Once finished, your team will move to the main building. Here you will get your assigned room, change into your uniform, then secure your baggage.

## Acclimation Phase (11-14 days)

You will be given a Cadet Guide: Read it-Know it and to succeed Follow it! You will be in classes teaching you leadership, drill and ceremony, and other tasks. As a **Candidate** you must pass written or performance evaluations during this time in order to be selected and accepted as a **Cadet**.

Don't give up on yourself, your Cadre are there to help.

**You CAN DO IT!**

Over 10,000 others before you have

## **Appearance and what to wear on in-processing day**

- ◆ A pair of blue jeans or pants (no holes, rips, tears or writing).
- ◆ A plain belt– no pants will be sagging!
- ◆ A plain white crew T-shirt: NO tank tops and NO logos, pockets, or writing.
- ◆ July reporting wear short sleeves.
- ◆ January reporting may wear long sleeve T-Shirt.
- ◆ White socks calf high– NOT the kind at or below the ankle.
- ◆ White gym shoes– inexpensive and with no other color if possible.
- ◆ Inexpensive because they will be used in physical fitness. Expensive shoes if stolen or damaged are the responsibility of Cadet, not LCA.
- ◆ A jacket or coat.
- ◆ July reporting wear according to weather.
- ◆ January wear a winter jacket.
- ◆ Remember you will go through a search station – wear underwear

**Males:** Clean shaven face.

**Females: NO** extreme or fad haircuts or hairstyles. Dyes, tints, and bleaches will not be used while at LCA. Natural hair color is the color of one's eyebrows.

- ◆ If your hair is tinted etc. You will have to wash it out, or let it grow out to natural color.
- ◆ If you can let it grow out or wash it out prior to arrival this would be best.
- ◆ Hair ornaments matching natural hair color, will be worn to maintain LCA hair standards.
- ◆ Hair braids/extensions must be of the Natural Color and **MUST NOT** interfere with the proper wear of LCA Headgear- i.e. a Baseball Cap.

### **PACKING LIST**

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Keep your bag as small and light as possible.

After issue, you will be carrying another bag with your uniforms in it

**DO NOT** pack more than what is listed.

**Males:** Enough razors (*DISPOSABLE RAZORS ONLY*) and shaving cream to last 30 days. *NO CLIPPERS* or beard *TRIMMERS* allowed. Lining up hair or eyebrows is not authorized. EIGHT (8) pairs of boxer or briefs underwear.

### **Females**

**Bras:** EIGHT (8), sports bras are recommended with support. If a sports bra does not provide enough support bring your regular bras. This ensures enough for use during the week and on laundry day. (No neon colors)

EIGHT (8) pairs of underwear– NO thongs

Feminine monthly hygiene items: Enough for at least two months.

## PACKING LIST    PACKING LIST    PACKING LIST CONTINUED

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### Male and Female

- \* **MANDATORY:** One (1) combination lock for personal drawer; you are responsible for your valuables, money etc. NOT LCA.
- \* **Hygiene:** Shampoo, body wash, or combination conditioners etc. If you bring a bar of soap you must have a plastic soap dish to store it in.
- \* **Mouthwash:** LABELED NON-ALCHOLIC ONLY. Don't forget tooth brush and paste.
- \* **Laundry detergent:** Liquid detergent is preferred - Dryer sheets optional
- \* **Shoes:** 1 pair of inexpensive Shower Shoes (Flip Flops) Preferably Black
- \* **Towels / Wash Clothes:** WHITE only, three (3) OR four (4) each, for showering
- \* **Socks:** TEN (10) pairs plain white tube socks. At least calf high no ankle socks
- \* **Contact lenses:** Preferable to bring glasses only. If you wear contacts, please bring a regular pair of glasses as a back up. If you only have contacts then bring enough cleaning solution and eye solution for at least two months. Solutions are not provided by the medical department.
- \* **Jewelry:** one inexpensive **black** watch – i.e. Sports watch. Dress watches can easily be lost, broken or stolen and are highly discouraged; wedding ring (if applicable)
- \* **Religious** medallions will be transferred to a regulation military dog tag chain while at LCA.
- \* **Prescription Drugs:** If applicable – see Medical Department section
- \* **Money:** Bring NO MORE than \$50 (In \$5 and \$10 denominations). Is to be used for purchase of transportation, team cell phone card, or personal items.
- \* **Letter writing material:** Paper, pens, pencils, envelopes and stamps.
- \* **Family Pictures:** There is not a lot of room in the lockers. No more than three family pictures, no larger than 5x7. NO PICTURE FRAMES. LCA has the right to confiscate any pictures that is deemed inappropriate to the Academy's standards.
- \* **Winter January** pick up only: Thermal underwear 2 pair

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END OF PACKING LIST



## **UNAUTHORIZED ITEMS**

**\* DO NOT BRING THESE ITEMS TO LCA! \***



### **YOU AND YOUR BELONGINGS WILL BE SEARCHED DURING IN-PROCESSING**

**NO:** CIGARETTES, E-CIGS, CHEWING TOBACCO, SNUFF, LIGHTERS, MATCHES, LIGHTER FLUID, or any other tobacco products or simulations thereof.

**SMOKING and USE OF TOBACCO PRODUCTS ARE NOT ALLOWED**

**Alcohol:** No alcohol or alcohol products (i.e. mouthwash with alcohol).

**Aerosol Container:** No product that uses aerosol as a propellant (compressed gas).

**Radios:** To include; stereos, walkmans, discmans, tapeplayers, clock radios or alarm clocks.

**Weapons:** To include; Firearms and/or ammunition, explosives, fireworks, incendiaries, knives, straight razors, clubs, homemade weapons, or any instrument for which the primary use is to inflict personal injury. Additionally while at LCA the making of weapons, or criminal activity may result in **police involvement instead of Academy discipline.**

**Posters:** To include pictures, paintings, pornographic, obscene or sexually suggestive material.

**Drugs:** Illicit or illegal drugs or drug paraphernalia. To include "Spice"  
Tobacco

**Gang paraphernalia, literature or jewelry.**

**Food:** Includes candy, gum, hard candy, chips and soda.

**Cell or Portable phones, IPOD or MP3 players.**

**Perfume, cologne or cosmetics.**

**Toys or games:** Includes dice, cards, dominoes, electronic games, arts and crafts material, sporting goods and/or stuffed animals.

**Hats:** no headgear of any kind.

**Jewelry:** None, other than what is listed on approved items.

**DO NOT BRING OR WEAR ANY UNAUTHORIZED JEWELRY!**



**Anything not listed on packing list**



## **Candidate / Cadet TELEPHONE PRIVILEGES**

During the two-week Acclimation Phase, you will be allowed to use the telephone according to the team training schedule. Once you enter the Residential Phase phone calls are conducted once a week on your laundry day. Your team number will determine what day of the week you have laundry.

- Each team has two (2) cell phones for making outgoing calls.
- Minutes for these phones will be purchased by the Cadets collectively.
- Remember the team phone number may display as a **blocked** or **withheld** number when your son or daughter calls.
- They cannot be called back. They are for **outgoing** calls only and **not text**.

We recommend that you know and have your parent/guardian's home and work numbers, as well as their work hours. You are required to call your parent/guardian on your first laundry day in order to inform them of your laundry/telephone day, as well as to confirm your team number. Parents are encouraged to be available on the cadet's telephone day to receive their calls.

### **Phone calls from home:**

Due to the large number of cadets in our Academy, please do not call during the Acclimation and/or Residential phases for other than emergency situations. **In emergency situations**, contact the **Counseling Department** at 217-892-1309 or **Security** at 217-892-1304/1303 or (after 10 pm) 217-377-4550. If you do not receive a phone call from the Academy during the Acclimation phase, it is safe to assume that your child is doing well. We will notify you if your child decides to leave or is having disciplinary problems. During the course of the Residential Phase, the Counselors will be in contact with you periodically concerning your child's progress and his/her Post Residential plans.

**SCHOOL SUPPLIES:** Bring some pens and pencils (no 2). Additional, but not mandatory would be a cheap calculator. If a cadet would like to buy/bring their own GED calculator, the model is a TI-30XS.

**MAIL PRIVILEGES:** During the Acclimation Phase, you may not have free time in which to write home. When you do have the time to write home:

- Your outgoing mail may be checked before its sealed by staff. This helps prevent stolen money from being sent home, or usage of gang communication.
- Incoming mail and packages will be monitored as you open them in interest of maintaining LCA standards: to avoid receiving questionable material i.e. gang mail, cell phones, explicit or pornographic material and other prohibited items. Please do not send care packages that include food or items that are not authorized at Lincoln's Challenge.

## MEDICAL INFORMATION

The Medical Department is designed to meet the basic medical needs of cadets. It is the responsibility of the medical staff to administer general medical treatment. Cadets requiring further treatment are referred to appropriate local health care facilities. The medical office number is 217-892-1318 and fax is 217-892-1380.

### Prescription Medication and Doctors Notes

All medications 30-Day Supply of the prescription be brought with refills for balance of entire residential phase: if physician will only provide for 30 days of medication, please ask for refill availability and we will have medication refilled thru Walgreen's Pharmacy. LCA is not responsible to pay co-pay charges. All co-pays are the responsibility of parent/guardian.

All medications are dispensed thru the Medical Dept. **except:** inhalers, birth control pills, eye drops, ear drops, topical crèmes or ointments and nasal sprays. However, these must be checked in at Medical during in-processing. If your daughter needs the Depo shot please call prescription into Walgreens for the prefilled dose.

**Bring a letter from your doctor** if you have a medical condition that may be aggravated or cause you to temporarily be unable to perform physical exercise. This letter must outline your condition and treatment to enable our Medical Department to examine you quickly and either give you a temporary profile or evaluate your ability to meet entrance requirements.

For example: if you have recently broken your arm and cannot put pressure on it for several weeks, you would be given a temporary profile from push-ups. If, however, your condition is such that you cannot perform the physical requirements of the Academy, **you may be released from Academy.**

**Dental Care:** All dental issues are to be attended to **before** attending the academy. If your candidate needs to see a dentist for cavities, braces, fillings or other dental care, this **MUST** be done **before** they arrive at the Academy. We do not have access to dental care.

**Medical Pass:** In order for a cadet to receive a Medical pass, you will be notified by the Medical Department. If your cadet telephones that he/she needs to come home to see a doctor/dentist, please call the Medical Department to verify this need. If an appointment is needed, we must have a faxed statement of appointment from the doctor/dentist confirming the date and time of the appointment. It will also be parent/guardians responsibility to make arrangements for transportation home for the cadet on medical pass. Remember **missing 5 days** may cause you to be **released from the program.**

