



The Naval Academy Plebe Handbook

What you should know before you report to Annapolis



Updated February 2015



Wisconsin Naval Academy Parents' Association, Inc. (WISNAPA, Inc.)

Members of the Class of 2019,

We have prepared a helpful handbook for parents of the incoming Naval Academy class along with a guide to help you prepare for Plebe Summer and Plebe Year.

This guide is broken down into two principle sections. The first contains a synopsis of *Reef Points*, your “Bible” while at the Naval Academy. It will be one of the first items issued and you must know it cover-to-cover within a short time. We have taken the highlights of *Reef Points* and information from the Naval Academy website and inserted them into this handbook for you to review before reporting to I-Day.

The second part is background information on the Naval Academy, how and why things are done and what to expect.

Congratulations on being selected to the United States Naval Academy. Everyone from WISNAPA wishes you a happy and successful experience.

Go Navy!

Wisconsin Naval Academy Parents Association (WISNAPA, Inc.)
Board of Governors

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Reef Points

The annual handbook of the Brigade of Midshipmen, *Reef Points*, will be issued on Induction Day. During the course of Plebe Summer, you will be required to commit portions of it to memory and be familiar with all the material in it.

Plebes will be expected to know *verbatim* the mission of the U.S. Naval Academy, the administrative chain of command and the first three general orders of a Sentry.



Mission of the US Naval Academy

To develop midshipmen morally, mentally and physically and to imbue them with the highest ideals of duty, honor and loyalty in order to graduate leaders who are dedicated to a career of naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government.

Chain of Command

President of the United States: President Barack Obama
Secretary of Defense: Honorable Ashton B. Carter
Secretary of Navy: Honorable Ray Mabus
Chief of Naval Operations: Admiral Jonathan W. Greenert, USN
United States Naval Academy Superintendent: Vice Adm. Walter E. "Ted" Carter, Jr. (USNA '81)
United States Naval Academy Commandant of Midshipmen: Captain Bill Byrne, Jr. (USNA '87), USN

First Three General Orders of a Sentry

- 1st: To take charge of this post and all government property in view.
- 2nd: To walk my post in a military manner, keeping always alert and observing everything that takes place within sight or hearing.
- 3rd: To report all violations of orders I am instructed to enforce.

Oath of Office

The Oath of Office will be administered on I-Day. Following the formal Oath of Office ceremony, you may be sworn in by a relative or close friend of the family who is an active duty, reserve or retired military member. If you desire a personal swearing-in ceremony, complete the form in your report packet and include it in the envelope to "Commandant of Midshipmen."

Oath of Office

"Having been appointed a midshipman in the United States Navy, do you solemnly swear (or affirm) that you will support and defend the United States against all enemies, foreign and domestic; that you will bear true faith and allegiance to the same; that you will take this obligation freely, without any mental reservation or purpose of evasion; and that you will well and faithfully discharge the duties of the office on which you are about to enter, so help you God?"

Figure 1 - Oath of Office

Navy Blue and Gold

At the conclusion of the Oath of Office ceremony comes the traditional singing of the alma mater of USNA, *Navy Blue & Gold*. You will be required to know the Alma Mater by 6 p.m. on I-Day.

Navy Blue & Gold

*Now, colleges from sea to sea may sing of colors true;
But who has better right than we to hoist a symbol hue?
For sailors brave in battle fair, since fighting days of old,
Have proved the sailor's right to wear the Navy Blue & Gold.*

*So hoist our colors, hoist them high, and vow allegiance true,
So long as sunset gilds the sky, above the ocean's blue.
Unlowered shall those colors be, whatever fate they meet,
So glorious in victory, triumphant in defeat.*

*Four years together by the Bay, where Severn joins the tide,
Then by the service called away, we're scattered far and wide;
But still when two or three shall meet, and old tales be retold,
From low to highest in the fleet, we'll pledge the Blue & Gold.*

Figure 2 - Navy Blue & Gold (Alma Mater)

The following pages will be eventually learned. Become familiar with the material.

Honor Concept

The Honor Concept of the Brigade of Midshipmen is based on integrity to which every honorable person aspires and on the assumption that each individual has the moral courage and the desire to do the right thing because it is right, not through fear of punishment. Midshipmen are expected to make conscious decisions regarding its application and to accept the moral consequences of their decisions. The concept and its application are consistent with Navy and Marine Corps practices and traditions, and its acceptance and usage at the academy enhance the preparation of midshipmen for service in the fleet.

The concept not only applies to midshipmen while at the Naval Academy or while in training at other duty stations, it also applies while on leave or liberty. Honor and personal integrity are expected to be basic to every midshipman's life. The Honor Concept was originated by members of the Brigade of Midshipmen and the responsibility for its operation and administration continues to rest with the midshipmen today.

*Midshipmen are persons of integrity:
They stand for that which is right.
They tell the truth and ensure that the full truth is known.
They do not lie.
They embrace fairness in all actions.
They ensure that work submitted as their own is their own, and that assistance received from any source is authorized and properly documented.
They do not cheat.
They respect the property of others and ensure that others are able to benefit from the use of their own property.
They do not steal.*

Figure 3 - Honor Concept

Honor Treatise

The Honor Treatise of the Brigade of Midshipmen reinforces the Honor Concept. Written by midshipmen, its goal is to capture the purpose and vision of the Honor Concept as a principle-based system.

As a brigade we cherish the diverse backgrounds and talents of every midshipman, yet recognize the common thread that unites us: the trust and confidence of the American people.

They have appointed us to defend our country by developing our minds, our bodies and most especially, our moral character.

It is our responsibility to develop a selfless sense of duty that demands excellence both of ourselves and of those with whom we serve. We must honor our loyalties without compromising our ultimate obligation to the truth. Our leadership must set a standard that reflects loyalty to our goals and the courage to stand accountable for all our actions, both those that lead to success and to those that end in failure. We will never settle for achieving merely what is expected of us but will strive for a standard of excellence that reflects the dedication and courage of those who have gone before us. When we attain our goal, we will raise our expectations; when we fall short, we will rise up and try again. In essence, we espouse leadership by example, a leadership that will inspire others to follow wherever we may lead.

Countless challenges and trials lie before us. We believe that those with the strongest moral foundation will be the leaders who best reflect the legacy of the Naval Academy. This is our call as midshipmen: it is a mission we proudly accept.

Figure 4 - Honor Treatise

Five Basic Responses

During Plebe Summer, the first and last words out of your mouth will nearly always be "sir" or "ma'am."

1. "Sir/ma'am, yes, sir/ma'am"
2. "Sir/ma'am, no, sir/ma'am"
3. "Sir/ma'am, no excuse, sir/ma'am"
4. "Sir/ma'am, I'll find out, sir/ma'am"
5. "Sir/ma'am, aye, aye, sir/ma'am"

There is also one additional response – the correct answer. Learn to speak in the third person, never guess or say, "I think," otherwise you may be a "sea lawyer" and pay for it in pushups.

Other Items you'll be required to know by the End of Plebe Summer

Rates

Chow Call Format

Sample chow call – *shouted in a rapid and forceful manner*:

"Sir, you now have 10 minutes until (morning quarters/noon meal/evening meal) formation. Formation goes inside/outside. Noon meal formation goes outside. The uniform for the noon meal formation is winter working blues, stripers carry swords. The meal menu for noon meal is: tuna salad sandwich kit, sweet pickle chips, cheese doodles, mayonnaise, sliced tomato, lettuce and onion, white bread, Lady Baltimore layer cake, iced tea with lemon wedges and milk. The officers of the watch are: the command duty officer is LT. John Doe, 1st company officer; the officer of the watch is Midshipmen LT John Smith, brigade assistant operations officer. The professional topic of the week is naval aviation. The major events in the Yard today are: 0800 blood drive on Deck 4-0: 1600 men's water polo vs. Army, Lejeune Hall; 1900 company officer's time. You now have 10 minutes, sir!"

Shove-off Chow Call

Sample shove-off chow call – *shouted in a rapid and forceful manner*:

"Sir, you have five minutes until (morning quarters/noon meal/evening meal) formation. Formation goes inside/outside. Noon meal formation goes outside. The uniform for the noon meal formation is winter working blues, stripers carry swords. The meal menu for noon meal is: tuna salad sandwich kit, sweet pickle chips, cheese doodles, mayonnaise, sliced tomato, lettuce and onion, white bread, Lady Baltimore layer cake, iced tea with lemon wedges and milk. The officers of the watch are: the command duty officer is LT John Doe, 1st company officer; the officer of the watch is Midshipmen LT John Smith, brigade assistant operations officer. All hands are reminded to shut off all lights, running water and electrical appliances; lock all confidential lockers and open all doors. Time, tide and formation wait for no one. I am now shoving off. You now have five minutes, sir!"

General Orders of a Sentry (Full List)

- 1st:** To take charge of this post and all government property in view.
- 2nd:** To walk my post in a military manner, keeping always alert and observing everything that takes place within sight or hearing.
- 3rd:** To report all violations of orders I am instructed to enforce.
- 4th:** To repeat all calls from posts more distant from the guardhouse than my own.
- 5th:** To quit my post only when properly relieved.
- 6th:** To receive, obey, and pass on to the sentry who relieves me all orders from the commanding officer, officer of the day, and officers and non-commissioned officers of the guard only.
- 7th:** To talk to no one except in the line of duty.
- 8th:** To give the alarm in case of fire or disorder.
- 9th:** To salute all officers, and all colors and standards not cased.
- 10th:** To be especially watchful at night and, during the time of challenging, to challenge all people on or near my post and to allow no one to pass without proper authority.



Note: For a full list of all Midshipmen Rates, go to <http://www.usna.org/images/MidshipmanRates.pdf>.

Navy Ship Designations

Aircraft carrier	CV
Aircraft carrier (nuclear propulsion)	CVN
Battleship	BB
Gun cruiser	CA
Guided missile cruiser (conventional propulsion)	CG
Guided missile cruiser (nuclear propulsion)	CGN
Destroyer	DD
Guided missile destroyer	DDG
Frigate	FF
Guided missile frigate	FFG
Radar picket frigate	FFR
Frigate for training reserve units	FFT
Submarine (conventional propulsion)	SS
Submarine (nuclear propulsion)	SSN
Ballistic missile submarine (nuclear propulsion)	SSBN
Patrol combatant	PG
Amphibious assault ship (with general purpose capabilities)	LHA
Amphibious assault ship (with multi-purpose capabilities)	LHD
Amphibious transport dock	LPD
Amphibious transport ship (with support for helicopters)	LPH
Amphibious cargo ship	LKA
Dock landing ship	LSD
Medium landing ship	LSM
Tank landing ship	LST
Amphibious command ship	LCC
Ammunition ship	AE
Combat shore ship	AFS
Oiler	AO
Fast combat support ship	AOE
Replenishment oiler	AOR
Minesweeper, ocean	MSO
Mine countermeasures ship	MCM
Mine countermeasures support ship	MCS
Minehunter, coastal	MHC
Patrol craft	PC
Destroyer tender	AD
Repair ship	AR
Submarine tender	AS
Salvage ship	ARS
Submarine rescue ship	ASR
Auxiliary ocean tug	ATR
Fleet ocean tug	ATF
Salvage & rescue ship	ATS
Auxiliary crane ship	ACS
Auxiliary general	AG
Deep submergence support ship	AGDS
Environmental research ship	AGER
Miscellaneous command ship	AGF

Missile range instrumentation ship	AGM
Oceanographic research ship	AGOR
Ocean surveillance ship	AGOS
Survey ship	AGS
Auxiliary research submarine	AGSS
Hospital ship	AH
Cargo ship	AK
Vehicle cargo ship	AKR
Gasoline tanker	AOG
Transport oiler	AOT
Transport	AP
High speed transport	APD
Cable repair ship	ARC
Aviation logistics support ship	AVB
Auxiliary aircraft landing training ship	AVT

Support Craft

Seamanship training craft	YP
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Navy Aircraft Designations

E-2	Hawkeye
EA-6B	Prowler
F-5	Tiger II
F-14	Tomcat
F/A-18	Hornet
F/A-18E/F	Super Hornet
P-3	Orion
C-130	Hercules
S-3	Viking
C-2	Greyhound
C-47	Skytrain
C-12/TC-12B	Huron/trainer
G550	Gulfstream
C-40	Clipper
E-6	Mercury
E-6A	Mercury Tacamo
CH-53	Sea Stallion
MH-53E	Super Stallion
SH-60, S-70B, SH-60B and H-60	Seahawk
CH-46	Sea Knight
MH-60	Romeo & Sierra
MV-22	Osprey
AV-8B	Harrier
AH-1W	Super Cobra
UH-1N	Twin Huey
XPBB-1	Sea Ranger
T-2	Buckeye
T-34C	Tubommentor
T-39D/N/G	Sabreliner
T-44	Pegasus
T-45A/C	Goshawk
T-6B	Texan II

Navy Vessel Descriptions

Surface Ships

USS	United States ship (Naval vessel manned by military personnel)
USNS	United States naval ship (non-commissioned, civilian-manned vessel)
USCGC	United States Coast Guard Cutter (commissioned vessel)

Aircraft Carrier

Aircraft carriers are warships with a full-length flight deck and facilities for carrying, deploying and recovering aircraft, that serves as a seagoing airbase.

Cruisers

Cruiser are types of warships. The term has been used for several hundred years, and has different meanings throughout this period.

Destroyers

These ships are a fast and maneuverable yet long-endurance warship intended to escort larger vessels in a fleet, convoy or battle group and defend them against smaller, powerful, short-range attackers.

Frigates

Frigates are used to protect warships and merchant-marine ships, especially anti-submarine (ASW) combatants for amphibious expeditionary forces, replenishment groups and merchant convoys.

Amphibious Ships

This ship carries Marines and are platforms of Marine aircraft. They project power as aircraft carriers do, allowing the military to strike targets from a distance. Amphibious assault ships superficially resemble aircraft carriers except without an angled flight deck.

Other Surface Ships

UNREP - Underway replenishment ships such as oilers and ammunition ships.
Spec Ops - Cyclone Class coastal patrol ships and minesweepers.

Submarines

Attack Subs

Attack submarines or hunter-killer submarines are specifically designed for the purpose of attacking and sinking other submarines, surface combatants and merchant vessels. They are also used to protect friendly surface combatants and missile submarines. Some attack subs are also armed with cruise missiles mounted in vertical launch tubes, increasing the scope of their potential missions to include land targets.

Ballistic Missile Subs

Ballistic missile subs are equipped to launch submarine-launched ballistic (SLBMs) with nuclear warheads.

Navy Aircraft Descriptions

Attack Aircraft

Attack aircraft (also called a strike aircraft or attack bomber) is tactical military aircraft that has a primary role of attacking targets on the ground or sea, with greater precision than bombers.

Fighter Aircraft



































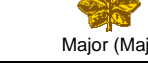

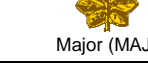
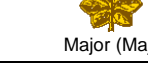

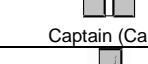




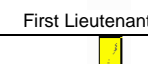

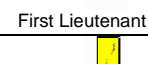
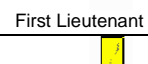




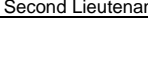


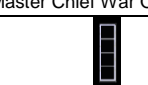



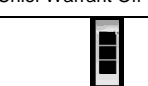











Military aircraft designed for air-to-air combat against other aircraft, as opposed to bombers and attack aircraft, whose main mission is to attack ground targets.

Phonetic Alphabet


















































A	Alpha	G	Golf	L	Lima	Q	Quebec	V	Victor
B	Bravo	H	Hotel	M	Mike	R	Romeo	W	Whiskey
C	Charlie	I	India	N	November	S	Sierra	X	X-Ray
D	Delta	J	Juliett	O	Oscar	T	Tango	Y	Yankee
E	Echo	K	Kilo	P	Papa	U	Uniform	Z	Zulu
F	Foxtrot								

Rank Charts

Officers

	Navy	Marine Corps	Coast Guard	Army	Air Force
	 Fleet Admiral			 General of the Army	 General of the Air Force
O-10	 Admiral (ADM)	 General (Gen)	 Admiral (ADM)	 General (GEN)	 General (Gen)
O-9	 Vice Admiral (VADM)	 Lieutenant General (LtGen)	 Vice Admiral (VADM)	 Lieutenant General (Lt Gen)	 Lieutenant General (Army LTG)
O-8	 Rear Admiral (upper half) (RADM)	 Major General (MGen)	 Rear Admiral (upper half) (RADM)	 Major General (Maj Gen)	 Major General (MG)
O-7	 Rear Admiral (lower half) (RDML)	 Brigadier General (BGen)	 Rear Admiral (lower half) (RDML)	 Brigadier General (BG)	 Brigadier General (Brig Ben)
O-6	 Captain (CAPT)	 Colonel (Col)	 Captain (CAPT)	 Colonel (COL)	 Colonel (Col)
O-5	 Commander (CDR)	 Lieutenant Colonel (LtCol)	 Commander (CDR)	 Lieutenant Colonel LTC	 Lieutenant Colonel (Lt Col)
O-4	 Lt Commander (LCDR)	 Major (Maj)	 Lt Commander (LCDR)	 Major (MAJ)	 Major (Maj)
O-3	 Lieutenant (LT)	 Captain (Capt)	 Lieutenant (LT)	 Captain (CPT)	 Captain (Capt)
O-2	 Lt Junior Grade (LTJG)	 First Lieutenant (1Lt)	 Lt Junior Grade (LTJG)	 First Lieutenant (1LT)	 First Lieutenant (1st Lt)
O-1	 Ensign (ENS)	 Second Lieutenant (2dLt)	 Ensign (ENS)	 Second Lieutenant (2LT)	 Second Lieutenant (2d Lt)
W-5	 Chief Warrant Off 5 (CW05)	 Chief War Off 5 (CWO-5)		 Master Chief War Off (CW5)	
W-4	 Chief Warrant Off 4 (CW04)	 Chief War Off 4 (CWO-4)	 Chief Warrant Off 4 (CW04)	 Chief Warrant Off 4 (CW4)	
W-3	 Chief Warrant Off 3 (CW03)	 Chief War Off 3 (CWO-3)	 Chief Warrant Off 3 (CW03)	 Chief Warrant Off 3 (CW3)	
W-2	 Chief Warrant Off 2 (CW02)	 Chief War Off 2 (CWO-2)	 Chief Warrant Off 2 (CW02)	 Chief Warrant Off 2 (CW2)	
W-1	 Warrant Officer (WO1)	 Warrant Officer (WO-1)		 Warrant Officer 1 (WO1)	

Enlisted

	Navy		Marine Corps		Army		Air Force	
Sp Pay Gd	 Master Chief Petty Officer of the Navy (MCPON)		 Sgt. Major of the Marine Corps (SgtMaj)		 Sgt. Major of the Army (SMA)		 Chief Master Sergeant of the Air Force (CMAF)	 Command Chief Master Sergeant
E-9	 Master Chief Petty Officer (MCPO)	 (Collar & Cap)	 Master Gunnery Sergeant (MGySgt)	 Sergeant Major (SgtMaj)	 Sergeant Major (SGM)	 Command Sergeant Major (CSM)	 Chief Master Sergeant (CMSgt)	 First Sergeant (Chief Master Sergeant)
E-8	 Senior Chief Petty Officer (SCPO)	 (Collar & Cap)	 Master Sergeant (MSgt)	 First Sergeant (1stSgt)	 Master Sergeant (MSG)	 First Sergeant (1SG)	 Senior Master Sergeant (SMSgt)	 First Sergeant (Senior Master Sergeant)
E-7	 Chief Petty Officer (CPO)	 (Collar & Cap)	 Gunnery Sergeant (GySgt)		 Sergeant First Class (SFC)		 Master Sergeant	 First Sergeant (Master Sergeant)
E-6	 Petty Officer First Class (PO1)		 Staff Sergeant (SSgt)		 Staff Sergeant (SSG)		 Technical Sergeant (TSgt)	
E-5	 Petty Officer Second Class (PO2)		 Sergeant (Sgt)		 Sergeant (SGT)		 Staff Sergeant (SSgt)	
E-4	 Petty Officer Third Class (PO3)		 Corporal (Cpl)		 Corporal (CPL)	 Specialist (SPC)	 Senior Airman (SrA)	
E-3	 Seaman (SN)		 Lance Corporal (LCpl)		 Private First Class (PFC)		 Airman First Class (A1C)	
E-2	 Seaman Apprentice (SA)		 Private First Class (PFC)		 Private (PV2)		 Airman (Amn)	
E-1	 Seaman Recruit (SR)		No insignia Private (PVT)		No insignia Private (PV1)		No insignia Airman Basic (AB)	

Midshipmen Rank and Insignia



Figure 5 - Midshipmen Rank & Insignia

I-Day Preparation

What You Should to do Prepare

1. Start a physical fitness program designed to develop cardiovascular endurance and upper body strength. Follow the recommendations outlined the sample program provided by the academy.
2. Eat three well-balanced meals daily.
3. *Males:* Get a "regulation" haircut from a local barber to make the adjustment easier when the Navy administers the "official" buzz cut on I-Day.
4. *Females:* Have a local hairdresser give a short, easy-to-care-for cut prior to I-Day. The style should be one that can be washed then "run your fingers through and go." Hair can be grown longer later in the year. A pony tail of at least 10" can be donated to *Locks of Love*, a charitable organization that supplies wigs to children with hair loss due to medical problems.
5. Make sure you are well-rested
6. Drink plenty of water.

What You should Pack

The academy recommends reporting to I-Day in lightweight slacks, a short sleeve shirt or blouse and athletic shoes. Women should **not** wear skirts. The academy will issue nearly everything that will be needed for the duration of the summer. Candidates will be allowed to bring and utilize clothing as long as it meets Naval Academy uniform standards. Because Annapolis is hot and humid during the summer, WISNAPA members suggest mailing clothing during Plebe Summer, rather than bringing to I-Day. Issued items are noted in parentheses.

- ✓ White jockey-style brief underwear (18).
- ✓ White round-neck cotton (tight-fitting) undershirts (9).
- ✓ White V-neck fitted cotton (tight-fitting) undershirts (15).
- ✓ White tube socks (22 pairs). Tube socks need to reach just below the mid-calf. Ankle socks will **not** be authorized for wear.
- ✓ Black or navy compression "Spandex" shorts (6), to be worn under mesh running shorts.
- ✓ White sports bras (11).
- ✓ White or nude bras. NO regular sport bras will be issued on I-Day. Plebes will have few opportunities to wear these bras, except during uniform fittings.
- ✓ Running shoes will be issued. Candidates are highly encouraged to bring their own "broken-in" running shoes.
- ✓ Athletic shoes for any sports in which you desire to participate (soccer cleats, basketball shoes, etc.)
- ✓ Athletic equipment for any sports in which you desire to participate (lacrosse stick, tennis racket, baseball glove, etc.). Do **not** bring heavy or bulky equipment such as weights, bicycles or golf clubs.
- ✓ Additional toiletries (razors, shaving cream, toothbrush, toothpaste, shampoo, soap, hygiene products).

It is recommended to bring the following items with you on I-Day:

- ✓ Spending cash (\$100 recommended).
- ✓ Inexpensive scientific calculator (or graphing calculator) for placement exams, taken in the first few days of Plebe Summer. Additional batteries are suggested.
- ✓ Cell phones. Candidates can use their personal cell phones to call home during Plebe Summer. When not in use, cell phones will be stored in a secure location and charged before calling. Cell phones are **not** be allowed to be stored in their room in Bancroft Hall during Plebe Summer.

It is recommended to pack lightly to avoid carrying unnecessary items with the 60 pounds of gear issued on I-Day. All items that you are not permitted to keep will be stored. Other items you may want or need may be mailed.

You will be allowed to display pictures, postcards or other similar personal items, although these items must fit on a 2' x 2' corkboard. Candidates should report with only minimal clothing in addition to the prescribed underclothing. Cosmetics and jewelry (except religious medallion necklace whose chain is long enough to



prevent it showing in uniform) are not permitted during Plebe Summer. It is recommended to bring items in a collapsible overnight bag labeled with your name. Civilian clothing will be placed in storage and returned at the end of Plebe Summer.

Wrist watches and electrical grooming equipment will **not** be authorized for use over Plebe Summer. However, you can bring them to I-Day. They will be inventoried and returned at the end of Plebe Summer. Candidates are highly discouraged from bringing high value items to Plebe Summer. Do **not** bring stereo equipment, clock radios, lamps, over-the-counter medication or additional civilian clothing.

Anything mailed is subject to confiscation. Items allowed during Plebe Summer vary from company to company. Some allow personal toiletries while others do not, including a watch, wallet, etc.

What You Can Mail

The general rule of thumb is to bring very few items. Additional articles can be mailed. Some of the more popular requested items include:

Small wind-up or battery powered alarm clock	Inexpensive, shock resistant wrist watch	Additional bras and sports bras
Several soft cloths to polish shoes, boots and brass	Stamps or self-addressed stamped envelopes/postcards	Additional jockey-style boxer briefs
Shout Wipes	Additional tube socks	Small flashlight or reading light
Photos from home	Cushioned insoles for sneakers	Air fresheners/Febreze
Cliff/power/granola bars	Cash (up to \$100)	Anti-fungal foot powder
Small American flag*	Cleaning supplies	Additional feminine hygiene products
Address book**	Hard candy	Positive reinforcement notes

Hints:

* WISNAPA will provide a flag at the summer meeting. A mutiny can be *suspected* if there are more plebes than racks (beds) in a room. The charge of mutiny can be waylaid if an American flag is displayed in the room.

** If having a high school graduation or going away party, have your guests sign a guest book including their address, telephone number, cell phone number and email information.

Other Preparations

Men - Grooming

Midshipmen are required to keep their hair neatly trimmed. Moustaches and beards are not permitted. Haircuts must present an evenly graduated appearance and must be tapered to the skin at the hairline on the sides and the back. The hair must be combed to remain clear of the forehead. In no case may the hair be longer than four inches long or two inches high on top for midshipmen. Sideburns must be neatly trimmed and may not extend below the middle of the ear, shall be an even width (not flared), and must end at a clean-shaven horizontal line. It is recommended that appointees report for induction with their hair cut to midshipmen standards. All appointees will be processed through Naval Academy barbers shortly after initial check-in.

Note: Male midshipmen must shave daily, regardless of the need.



Clothing for males

The Naval Academy recommends appointees arrive in lightweight slacks, a short-sleeve shirt and athletic shoes. Uniform items, including underclothing, will be issued on I-Day. To ensure adequate underclothing to last through the transition period until the first weekly laundry service, bring or mail at least six plain white cotton briefs (jockey-style) and six white cotton T-shirts (round neck and V-neck), six white tube socks black or navy compression "Spandex"

shorts. Other styles and colors of underclothing are not permitted. Other styles and colors of underclothing are not permitted. The academy will issue running shoes (personal running shoes will also be allowed). Jewelry is not to be worn during Plebe Summer with the exception of a religious medallion necklace whose chain is long enough to prevent it being seen in uniform. Wristwatches may be worn, if allowed in the company.

Toiletries

Toiletries are issued and are available in the Midshipmen Store. These include razors, toothbrushes, shaving cream, toothpaste, soap, shampoo and other hygiene supplies. Appointees may bring electrical equipment for personal grooming, if desired.

Women - Grooming

Female plebes are required to have a haircut that is above their chin. Braids are authorized. A maximum of two small barrettes similar to natural hair color are permitted. Rubber bands and bobby pins are **not** authorized. It is recommended to have a haircut that is short and minimizes care due to the high activity level and full schedules. There is little time, if any, to blow-dry or style hair. To facilitate the check-in process, appointees are strongly encouraged to report with hairstyles that are within the standards discussed above. Hair standards for the academic year are more liberal. All appointees will be processed through Naval Academy barbers shortly after initial check-in.



Clothing for females

The Naval Academy recommends appointees arrive in lightweight slacks, a short-sleeve blouse and athletic shoes. Women should **not** wear skirts. Uniform items, including underclothing, will be issued. To ensure adequate underclothing lasts through the transition period until the first weekly laundry service, bring or mail at least six plain white cotton panties, six white cotton T-shirts (round neck and V-neck), six plain white bras (no regular bras will be issued to females on I-Day), six white or nude sport bras and black or navy compression "Spandex" shorts. There will be plenty of physical activity during the summer; choose the bra best suited for maximum support and comfort. Other styles and colors of underclothing are not permitted. The academy will issue running shoes (personal running shoes will also be allowed). Jewelry is not to be worn during Plebe Summer with the exception of a religious medallion necklace whose chain is long enough to prevent it being seen in uniform. Wristwatches may be worn, if allowed in the company.

Toiletries

Toiletries are issued and available in the Midshipmen Store, including soap, shampoo, toothbrush, toothpaste and other personal hygiene supplies. The Midshipmen Store carries a variety of brands of products, however, appointees may wish to bring a month's supply of a particular brand. Wearing of cosmetics is not permitted during Plebe Summer. Appointees may bring electrical equipment for personal grooming if desired.

Traveling to Annapolis

For appointees arriving by air, complimentary bus service will be provided from Baltimore-Washington International (BWI) Airport to the Naval Academy. The bus runs from 7 a.m. to 11 p.m. This service is only for appointees who are traveling by themselves.

Upon arrival at BWI, you will be directed to check with the U.S. Naval Academy Information desk (customer service desk) located near the international terminal baggage claim area of the airport. Signs will be placed at each of the main escalators directing you to the customer service desk. Times for the customer service desk vary; however, a Naval Academy representative will be there from 7 a.m. to 11 p.m. the day before Induction Day. They will advise you on the next bus and where to meet. The bus service is free of charge for all candidates.

Midshipmen, ensigns or second lieutenants will be standing by to assist and ensure your safe arrival to the Naval Academy. In case of emergency, call the officer of the watch at the main office in Bancroft Hall at 410-293-5001.

Those candidates who arrive before the information desk is open or after it has closed should use public transportation available (either a taxi or shuttle) for transport to Annapolis. The cost is approximately \$60 and is refundable through your travel claim. Be sure to bring a receipt if you use public transportation.

If private transportation is preferred, the recommended airport is BWI in order to take advantage of the complimentary bus service provided by the Naval Academy. Transportation from Ronald Reagan National Airport or Dulles International Airport is **not** provided by the Naval Academy and should be arranged via taxi/limousine service. The cost is approximately \$80-100 and is refundable through a travel claim.

Travel Expenses

Civilian candidates must complete the Midshipmen Accession Travel Form (military candidates will be issued orders). The completed form is to be scanned and emailed nomapps@usna.edu by the due date indicated in the Permit to Report packet, along with the type of travel elected. You can choose to have the Naval Academy arrange travel through the Commercial Travel Office (CTO) on the Midshipman Accession Travel form. An itinerary and e-ticket will be emailed approximately two weeks before I-Day. The CTO cannot be used for family and friends, however. Upon receipt of your e-ticket, visit www.virtuallythere.com to verify the ticket has been issued by the Naval Transportation Office. Questions should be directed to the CTO at 1-800-235-9184, not the admissions office.

If appointees arrange and pay for their own travel, ensure you have a copy of the Midshipmen Accession Travel form with you when you check-in. Bring all associated receipts for travel expenses, including tickets or copies of e-tickets, from your home to the Naval Academy. If traveling by air, travel on a U.S. carrier (if available) is required. Reimbursement includes coach class only, regardless of class chosen to travel. Reimbursement will not exceed what the government would normally pay for travel.

If you choose to travel by a privately owned vehicle (POV), you will be reimbursed for mileage and per diem in accordance with the Joint Federal Travel Regulations.

Passport

Midshipmen have the opportunity to travel to foreign ports during summer training cruises. Additionally, a tourist passport will be beneficial after graduation while serving in the fleet. The Naval Academy encourages all reporting candidates to obtain or apply for a civilian passport prior to reporting to Naval Academy. It's a good idea to keep a copy of the photo page with the passport number with a family member.

Lodging

Families should make their own arrangements for commercial lodging in the Annapolis area. Contact the Annapolis and Anne Arundel Visitor's Bureau at 410-280-0445 or www.visitannapolis.org. No reimbursements will be given for commercial lodging.

Appointees may elect to spend the night prior to I-Day in Bancroft Hall, the midshipmen's dormitory. If so, they will report to the main office in Bancroft Hall for dormitory accommodations. Only appointees can stay in Bancroft Hall and meals will **not** be provided prior to I-Day, but are permitted (and encouraged) in downtown Annapolis the night before reporting.

I-Day

Documents Needed on I-Day

The following documents should be completed and brought to I-Day:

Permit to Report Form

The Permit to Report form is included in the USNA information package. **Do not mail the Permit to Report.** Bring it when reporting on I-Day. This form will gain access to the Naval Academy grounds. If declining your appointment, there is a box to check on the form. Sign it and return to the Naval Academy to the address provided.

Other Forms

The packet will include a host of forms to complete, with instructions provided in your packet.

NCAA Certification of Transfer Eligibility

The NCAA certificate determines eligibility for intercollegiate athletics and should be completed *whether you plan to participate or not*. Be sure to list every prep school, junior/community college, four-year university/college and any military service since graduating from high school. It is extremely important to note the hours taken each semester and the sport(s) you participated in while attending an institution of higher learning or in the military.



Proof of Citizenship, Police Record Check and social security

Proof of citizenship and a police record should have been mailed after receiving the fully qualified offer of appointment. Proof of citizenship includes an original copy, notarized copy or certified true copy of your U.S. birth certificate, U.S. passport - if issued within the last two years (sent a notarized copy rather than the original), certificate of naturalization, certificate of citizenship or consular report of birth abroad.

All appointees accepting an appointment are required to obtain a routine police record check from their local police department **prior to reporting on I-Day**. To ensure a thorough police record check, you should determine all jurisdictions in which you have lived during the last five years. The police record check is for all violations of the law, including minor traffic and non-traffic violations. If you were charged with a misdemeanor or felony, a copy of the court record is required. You will have to submit a signed statement including whether or not you have violations of the law.

If you have questions regarding proof of citizenship or the police record check, contact the Admissions Office at 888-249-7707, ext. 34392. If you lost the return envelope from the Offer of Appointment, send your proof of citizenship and police record check to: U.S. Naval Academy, Office of Admissions, Attn: Nominations and Appointments, 52 King George St., Annapolis, MD 21402-1318.

All candidates reporting to the Naval Academy for admission as midshipmen must have in their possession a Social Security card to wages may be credited to your account. Candidates receiving Social Security benefits will not longer be eligible for these payments after entering the academy.

In-Processing

Plebe Summer begins once you go through the doors of Alumni Hall on I-Day. The Permit to Report form provides the exact time to report to the Naval Academy to begin the day-long induction process. For some appointees, this will be as early as 6:30 a.m.; for others it will be later in the morning. Plan to arrive in Annapolis before your report time, making allowances for unexpected delays caused by heavy traffic.



If reporting from NAPS or from enlisted service, report in the uniform of the day. NAPS candidates will change into NAPS PE gear for processing; regulation Navy and Marine Corps PT gear will be authorized for candidates reporting from the fleet. You will be issued a summer working uniform and tennis shoes during I-Day.

Validation and Placement Exams

Before the academic years begins, plebes will be tested in a variety of subjects, through validation tests to determine the skill level to test out of certain subject(s). Unlike civilian colleges, you will not be able to receive college credit at the Naval Academy. Some plebes choose not to validate a course in hopes of boosting their GPA. But, it may backfire later down the academic road. Validation is required for graduate education programs. After taking validation tests, you will be recommended to an appropriate set of classes. It's important to study, regardless of validating courses.



Bring an inexpensive scientific (or graphing) calculator to I-Day with an extra set of batteries. One or two text books can be mailed to prepare for these exams later in the summer.

What to Expect after you enter Alumni Hall

Appointees will be divided into squads lead by upperclassmen through dozens of stations. Alumni Hall resembles a mass production assembly line on I-Day. The first stop will be initial uniform issue including several hundred dollars worth of uniforms and gear. Other stops include medical and dental for vaccinations and exams and the barbershop. Plebes will get one haircut a week henceforth. After completing check-in, you will be bused to Bancroft Hall to complete in-processing and wait for the rest of your company and to prepare for the Oath-of-Office Ceremony at 6 p.m.

Physical Fitness

Upon arrival to Induction Day, an initial strength test (IST) will be administered to determine whether a midshipman meets the minimum standards of physical fitness for plebe physical training. At the end of Plebe Summer and during each semester, each midshipmen is required to pass a physical readiness test (PRT). Failure to pass the test will result in assignment to a remedial program. The test consists of two minutes of timed push-ups and curl-ups followed by a timed 1.5-mile run. Passing the PRT is required for service at the Naval Academy. Failure of passing the PRT may result in separation from the Naval Academy.

Medical/Dental

Appointees will undergo a brief medical examination to ensure physical qualifications for admission. In most cases, this will be a routine screening to confirm no problems have developed since the medical examination (DoDMERB). If you have undergone surgery or had a serious illness or injury since the exam, or if your health is in question for any reason, you need to notify the health office at the academy. Mail or fax documentation of any changes to your health status since the DoDMERB exam to: Nominations and Appointments, Attn: Medical Liaison, U.S. Naval Academy, 117 Decatur Rd., Annapolis, MD 21402-5018, 410-293-4381, Fax: 410-293-1819.



When reporting for admission, you **must** be within the weight and body fat standards applied at the medical examination or you will risk disqualification and not be able to enter the academy. Consult the height and weight standards in the online catalog.

Purchasing expensive eyeglasses prior to induction is not recommended. Many are tinted or solar gray changeable and are not permitted during military parades, military training or inspections. Military glasses will be provided on I-Day based on the completed spectacle prescription information form. However, you should bring two pairs of the most recently prescribed glasses, a supply of contact lenses (if you wear them) for use after plebe summer, and paper copies of your most recent glasses/contact lens prescription. Midshipmen who wear glasses may want to bring a plain black safety strap to keep glasses in place during physical activities. No contact lenses will be authorized during Plebe Summer. Contact lenses will be authorized after the completion of Plebe Summer. Do **not** undergo

corrective vision surgery (e.g. PRK, LASEK or LASIK) as this will be disqualifying and not likely waved for entry. Midshipmen will be evaluated for corrective eye surgery after the second year.

A dental screening examination will be conducted during Plebe Summer. It is highly recommended you report to I-Day with excellent medical and dental health. This includes a recent dental check-up in order to have any acute (cavities, tooth decay requiring restoration or extraction of wisdom teeth that are indicated for extraction) dental conditions completed before reporting to I-Day. If extraction of wisdom teeth is performed prior to reporting, it is best that the surgery take place at least four weeks prior to I-Day to avoid any post operative complications. If you do not have a waiver for braces, they must be removed prior to I-Day.

Medical/dental questions/concerns should be reported to the staff orthodontist or the director of dental services, CDR Martha Scotty, U.S. Naval Academy, 101 Sands Rd., Annapolis, MD 21402-5077, 410-293-3936 or 410-293-3901.

Tattoos, Brands, Body Piercing

Navy regulations prohibit tattoos, body art or brands that are visible in a Navy uniform; e.g. those on the head, face, neck, scalp, arms or hands. Regulations state, tattoos, body art or brands that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Navy are prohibited." Body art and ornamentation that is excessive, obscene, sexually explicit and/or advocates or symbolizes sex, gender, racial, religious, ethnic or national origin discrimination or gang affiliation, supremacist or extremist groups, or drug use are strictly prohibited.

If you have such a tattoo or skin amendment, contact the director (nominations and appointments) promptly, in writing with the description and photograph describing the nature, type, location, size and content of the alteration. Midshipmen and midshipmen candidates must garner permission via the chain of command prior to receiving any new body alterations while they are enrolled at the Naval Academy or the Naval Academy Preparatory School (NAPS). Violating the policies may lead to conduct action and/or separation from the Naval Academy and/or NAPS. Refer to [USNA Instruction 6240.10C](#) for additional information.

With your offer of acceptance in your offer of appointment package, you should have completed a statement of understanding regarding body alterations. If you did not return the form, submit it immediately to the direction of nominations and appointments at the address in the "health status" paragraph. The admissions office will inform any candidate whose body alterations are being reviewed for compliance.

Pre-existing body alterations must comply with the Naval Academy policy or they must be removed/replaced at the candidate's expense unless a waiver is granted by the Naval Academy body alteration review board. Any body alterations shall not be visible in the summer white uniform, "either on the skin that shows outside of the uniform or through the fabric."

Any candidate who reports with a tattoo, brand or body piercing which does not conform to the USNA policy, who has not been cleared through the procedure explained through correspondence, or has not contacted the director of nominations and appointments, should not anticipate being inducted into the brigade.

Color Vision Screening

You will be screened for normal color vision.

Drug & Alcohol Testing

The Department of Defense, Navy and Naval Academy regulations clearly prohibit the use of illegal drugs including anabolic steroids. The National Defense Authorization Act mandates that appointees undergo testing for drug and alcohol use within 72 hours of being formally inducted. Appointees will be required to submit a urine specimen for drug testing and undergo breathalyzer testing for recent alcohol ingestion. A confirmed positive result in either test or a refusal to undergo testing will result in immediate disqualification; no waivers will be authorized.

HIV Testing

Blood samples drawn on Induction Day will be tested for antibodies to the Human Immunodeficiency Virus (HIV), the agent responsible for Acquired Immune Deficiency Syndrome (AIDS). Any individual confirmed to be HIV antibody

positive will, after thorough evaluation, education, and counseling, be separated from the Naval Academy. Strict confidence will be observed in any such case.

I-Day Schedule of Events

Time	Event
0600-1200	Alumni Hall open to induct incoming class
0600-1600	In-processing - meet first set of detailers/cadre.
1200-1400	Noon meal
1700-1745	Evening meal
1745	Form-up for Oath of Office Ceremony
1800	March to Tecumseh Court
1800-1830	Oath of Office at Tecumseh Court
1830-1850	Plebes meet parents on Stribling Walk
1900	Plebe Summer officially begins

Figure 6 - I-Day Schedule

Plebe Summer

Plebe is short for plebeian, from the Latin word meaning “a member of the ancient Roman lower class or common people.” The way you handle yourself amongst your peers during Plebe Summer makes a lasting impression. Try to participate to your fullest extent; don't find excuses for getting out of physical activities. If sick or injured, you will be allowed to miss an activity, but laggards are not cut much slack amongst their peers. The best way to gain respect among your peers is to demonstrate teamwork. It requires work and you will be frustrated at times. Many advise to maintain a "stealth mode." Try not to draw attention to yourself, if possible.

Successes will be rewarded with commendations and failures will result in constructive criticism and guidance. Maintain a healthy perspective and learn from your experiences. If you work hard and maintain a sense of humor, Plebe Summer will be a rewarding experience you will not forget or regret.

If you make the decision to leave, you can expect to be interviewed by several commissioned officers to determine your decision is sound, and not based on emotion. They are well-equipped to discuss the Naval Academy after Plebe Summer and the difficulty of adjusting to military life. If you still desire to resign, your letter of resignation will be forwarded to the officer in charge of the fourth class regiment, and should take approximately three to seven working days to process the separation.

What is Plebe Summer

Plebe Summer is a demanding, fast-paced boot camp-style orientation that begins preparing midshipmen for commissioning as naval officers. Physical and mental demands may seem never ending, with the purpose of developing leadership, motivation, moral strength, physical skills and stamina. These are attributes of an officer in the Navy or Marine Corps. Upon arrival, a military indoctrination begins immediately. You will march and be required to wear a uniform starting on the first day.



Military training throughout the summer will be under the close supervision of selected 1st class midshipmen (seniors), commissioned officers and senior enlisted service members. The basic military unit is a squad. Each squad is made up of about 10 plebes. You will be assigned to a squad and, since the development of teamwork is a vital aspect of the training program, be expected to participate in all activities of your military unit.

Plebe Summer is highly competitive. Stress is a deliberate part of the program. You will march, swim, be trained and tested in physical fitness, sail, row, fire a pistol and rifle, compete in athletics and go to classes, all as a member of your military unit. Aside from some differences in physical education requirements, sports programs and grooming and dress regulations, the academy's rules, regulations and standards apply equally to all midshipmen, men and women.

As the summer progresses, new midshipmen rapidly assimilate basic skills in seamanship, damage control, navigation, signaling and infantry drills. A rigorous physical conditioning program, including calisthenics, running, pull-ups, sit-ups, swimming, wrestling and boxing takes up a small part of the daily regimen. Team spirit and the desire to win are developed through competition in activities ranging from athletics to dress parades and seamanship drills.

Plebes will also receive instruction and indoctrination in the Brigade of Midshipman's Honor Concept. The character development program stresses that each individual has the moral courage and the desire to do the right thing because it is right, not from a fear of punishment. There will also be additional training for plebes in human relationships and concepts of equal opportunity.

Know Why the Academy has Plebe Summer

The objective of the training is to *break you down* and then build you back up in the image that the Navy has decided is best for a naval officer.

- Plebe Summer is short, lasting approximately six weeks. It is not supposed to be easy. Do not expect a restful summer.
- Set small daily goals and take pleasure in achievement regardless of others opinions.
- Think ahead and use your time productively.
- Plebe Summer is both mental and physical.
- Use team work. Offer help to classmates and seek help when needed. Think twice before “bilging” your squad mates.
- Stay focused. Loss of personal focus can be detrimental during Plebe Summer leading to confusion, self-doubt and frustration. Managing stress is critical for a clear understanding of what is required, how to do it and why tasks are done. You were selected by the academy admissions board for a reason. Prove you can accomplish the tasks at hand.
- Don't take things personally. The cadre are not out to “get you.” The role of the cadre is to prepare everyone to function as a team. If you know your stuff, your detailer will concentrate on someone who isn't as prepared.

Mailing Address

The summer address, available around mid June from the officer in charge of the fourth class regiment, is as follows:

Generic Form:
Midn. Name
Company/Platoon No.
Address & Number
Annapolis MD 21412

Plebe Summer Example:
Midn. John Q. Doe
E Company 9th Platoon
Annapolis, MD 21412

Permanent Address Example:
Midn. 4/C John Q. Doe
1 Wilson Rd., #12345 (PO Box)
Annapolis, MD 21412

The company/platoon ID is dropped after Plebe Summer.

The Bancroft Express Office should be used to send packages and envelopes via FedEx, UPS or other package delivery service as follows:

Generic Form:
Midn. Name
1 Wilson Rd.
Annapolis MD 21412

Example:
1/C Jane Z. Doe
1 Wilson Rd. (Do NOT include PO Box No.)
Annapolis MD 21412

Since plebes have to receive special permission to retrieve packages from the Bancroft Express Office, it is recommended to use the US Postal Service during Plebe Summer.

Company Assignments

The 1200-1250 plebes in the 4th class regiment are organized along military lines as follows:

The regiment consists of two battalions: port and starboard.

The starboard battalion has eight companies (A-H) and the port battalion has seven (I-P).

There are 15 alphabetic companies, each with approximately 80 midshipmen. Each company is made up of two platoons of 40 plebes and there are four squads of approximately 10 plebes per squad.

Companies are given alphabetic designations during Plebe Summer only. Company A or Alpha Company contains the 1st and 2nd platoons. The 3rd & 4th platoons are in Company B (Bravo), etc. (as shown in Figure 10). At the end of Plebe Summer, the alphabetic designation is dropped in favor of permanent company number designations as the plebes are reformed into the brigade structure.

Fourth Class Regiment During Plebe Summer		
Battalions	Letter Companies	Company/Platoon Numbers
Starboard Battalion	Alpha (A)	A1 & A2
	Bravo (B)	B3 & B4
	Charlie (C)	C5 & C6
	Delta (D)	D7 & D8
	Echo (E)	E9 & E10
	Foxtrot (F)	F11 & F12
	Golf (G)	G13 & G14
	Hotel (H)	H15 & H16
Port Battalion	India (I)	I17 & I18
	Juliet (J)	<i>(See note below)</i>
	Kilo (K)	K19 & K20
	Lima (L)	L21 & L22
	Mike (M)	M23 & M24
	November (N)	N25 & N26
	Oscar (O)	O27 & O28
	Papa (P)	P29 & P30
Administration	Tango (T)	A holding company for processing plebes who are leaving USNA

Figure 7 - Regimental Organization during Plebe Summer

Note: Company J for Juliet is skipped. This is a carryover from times when there were no females at the academy and midshipmen were unduly hazed for being in a company with a woman's name.

End of Plebe Summer

Several events highlight the end of Plebe Summer including:

Sponsor Program

Sponsors are families, or sometimes individuals, from the Annapolis community willing to give plebes a home away from home. Sponsors are assigned by the academy to plebes who are interested. It can be a very rewarding program and provides a break from life on the Yard. Plebes appreciate having an opportunity to leave the Yard occasionally and stay in a home in which a radio, television, phone and food are readily available. Many times sponsors are generous and become treasured friends. Even if you don't think a sponsor family is necessary, it is advisable to sign up for the program. If you don't "hit it off" with your sponsor family, you can terminate the relationship. The majority of plebes, however, find sponsor families a nice respite from the rigors of Plebe Year.

The plebe sponsor questionnaire must be completed regardless of whether you wish to participate in the program or not. If you know someone who lives within 30 miles of the academy who you would like as your sponsor, provide the information on the plebe sponsor questionnaire.

Plebe Parent Weekend (PPW)

Plebe Parents Weekend (PPW) is scheduled at the end of the six weeks of Plebe Summer. It provides a chance to reconnect with your family. Most plebes want to leave the academy as soon as possible, but keep in mind your family might feel differently. Consider doing a couple of events (eat at King Hall or Dahlgren) before leaving. Most likely, your family will appreciate the gesture. Since the time during this weekend is brief, limit the number of family

members and friends, including dates since everyone will be competing for your time. Consider having friends visit another weekend and reserve PPW for your family.

Note: Plebes **must** wear the prescribed uniform when out in public at all times during Plebe Year. Be sure to follow the guidelines for returning to the Yard by the designated time. Plebes are required to stay within a 22-mile radius (see Appendix) of the Yard, so plan accordingly. Other events during PPW include the following:

Reaffirmation Day

Plebes will reaffirm the Oath of Office. The ceremony highlights the Honor Concept and Honor Treatise, marking the transition from a “learning” phase to “living” phase of the honor concept. Plebes receive an honor coin as a physical reminder of the values affirmed. The ceremony includes addresses by the superintendent, regimental honors chair; president of the class and a distinguished class representative who will address issues of honor, courage and commitment.



Fourth Class Regimental Dinner

The completion of Plebe Summer is celebrated with a formal dinner in King Hall, allowing plebes to demonstrate their understanding of proper dining etiquette, while experiencing a time-honored tradition in the Navy. You will also meet with graduates from the USNA class of 50 years earlier. This is done to help strengthen the tradition of USNA with the past.

Brigade Trials

Brigade Trials is at the end of Plebe Summer. A similar event, Sea Trials, is at the end of Plebe Year. Brigade Trials occur after Plebe Parent Weekend before the return of the brigade. It is a last trial of the summer starting early in the morning and consisting of several different phases of activities testing your climbing, agility and teamwork.

Plebe Year

Reform

At the end of Plebe Parent Weekend, you will be assigned to a room with one or more classmates and live in close proximity to other midshipmen in your company. You will be issued books, uniforms and computers and your daily routine will change considerably. Within a week, over 3,000 upperclassmen will return to Yard, facing a wave of additional prospects of being rated. There will be new faces and names to memorize. Plebe Summer is over as the brigade reforms.

The Brigade

Congress determines the number of midshipmen allowed at the academy each year. Currently, the brigade stands at approximately 4,400 and is organized as shown below. During the academic year, the brigade is organized into two regiments, each with three battalions. Each battalion has five companies, each company has four platoons, and each platoon has three squads.

Brigade of Midshipmen During Academic Year				
Regiments	Battalions	Number Companies	Platoons	Squads
1st Regiment	1st	1-5	1-4	1-3
	2nd	6-10	1-4	1-3
	3rd	11-15	1-4	1-3
2nd Regiment	4th	16-20	1-4	1-3
	5th	21-25	1-4	1-3
	6th	26-30	1-4	1-3

Figure 8 - Brigade Organization

The company is considered the most important unit of the 4,400-member brigade of midshipmen. Many rewarding experiences are with members of the company. You eat, sleep, study, drill, play and compete as teams with company mates. You will learn to trust and rely on each other.

Company Names

Plebes are divided according to their company/platoon assignments during Plebe Summer. If in company K-19 (Kilo Company, 19th platoon) over Plebe Summer, you will join the upperclassmen of 19th company 19 after reform. Likewise if in E-9, you will be in 9th company. The letter designation is dropped entirely after Plebe Summer. There are 30 companies in all. Each company has their own style, traditions and regulations. The 1st Company generally decorates Tecumseh for I-day and Herndon for the plebe recognition ceremony. The 28th company has a traditional croquet game in the spring with St. Johns College and 13th company has the time-honored tradition of running the football from the Naval Academy to Army-Navy game.

Daily Routine

During the academic year, a typical day begins with plebe wake-up at about 0530 (5:30 a.m.), usually more than an hour before others get up. Plebes need to read and be conversant on at least three newspaper articles, professional topics, memorize menus and *chow calls*, all while cleaning their room and getting showered, shaved and dressed. *Come around* of the day with a youngster or 2/C midshipman will test your professional knowledge around 0630 a.m. Morning quarters formation is at 0700 for the entire company; breakfast is shortly thereafter.



The first academic class generally starts at 0755. There are four class periods in the morning; the last one ending around 1145. After a 10-minute grilling period, plebes will probably have another chow call, which entails standing in a prearranged spot in the company area and yelling the menu of the day.

All through lunch, plebes must keep their *eyes in the boat*, serve upperclassmen, respond to questions, sit on the front three inches of their chair, speak only when spoken to and eat only one bite at a time. After taking a bite, their eating utensil must be placed on the plate and their hands in their lap. Each table is reserved for the 12 midshipmen of a squad. After serving seconds, plebes can request permission to *shove off*, and if granted, and return to their room.

After noon meal, there are two additional classes ending at 1505 (3:05 p.m.). Midshipmen march in parades and play intramural sports during the fall and spring. Varsity athletes practice every day of the week and are exempt from marching in the parades when their sport is in season.

Evening meal is served from 1700-1900, followed by quiet/study time from 1930-2200. Plebe *Taps* are at 2300 (2400 for upperclassmen) with muster each night. Plebe rooms are usually inspected daily with formal inspections (white glove and black sock) conducted approximately twice each semester.

During weekends, plebes generally have town liberty (22-mile limit) from the noon meal to 2200 on Saturday and yard liberty from noon to 1800 on Sunday. The uniform of the day is to be worn at all times in the Annapolis area while on liberty. Plebes who make the superintendent's list at the end of the first semester may rate one weekend liberty during the second semester. Youngsters (2nd class midshipmen) typically have town liberty on Saturday from noon until 0100 Sunday morning and usually rate three weekends of liberty per semester. This means they can stay overnight on Saturday and not return until 1800 on Sunday. Normally 2nd class midshipmen rate six weekends per year and 1st class midshipmen rate eight or more weekends, with exceptions such as standing military watch. Additional weekends may be granted for midshipmen involved with varsity sports.

Plebe Schedule

The following is a typical day for plebes:

0700	Morning formation
0700-0730	Breakfast
0745-1145	Morning classes
1205	Noon Formation
1205-1330	Lunch & afternoon break (extra time to do work, work out, etc.)
1330-1520	Afternoon classes
1600-1800	Sports practice
1730-1900	Dinner
1930-2200	Study time
2200-2300	Study or personal time
2300	Taps - Lights out

Figure 9 - Plebe Schedule

Computers and Communication

Computer issue is a reform ritual, with fast new machines giving instant access to research materials, class notes, the Internet, professors email addresses, etc.. Each midshipman receives an academy class-specified laptop computer and email account (usually assigned by the completion of Plebe Summer). This is the time when parents can reestablish regular connection. You will be issued a computer with a printer. The Midshipman Store sells ink cartridges.

Each plebe room is hard-wired with a phone jack, but one of the roommates has to provide the actual phone. Most midshipmen use cell phones in lieu of a hard-wired telephone. Other desired room items may include an iron, ironing board and a sleeping bag (to avoid remaking the bed during a nap). Study time is usually from 0730-1000. Advise your parents it's usually best if you initiate contact during this time to ensure no interruptions.

Majors Selection

The academic schedule for plebes includes six classes, special instruction and a three-hour study period as well as inspections, formations and drills, along with regular parades and sports practices. Plebes study leadership, naval science, calculus, chemistry, English, government and naval history. This is general background for all majors. Plebes generally declare their major after spring break.

During the second semester of the plebe year, you will choose a major. Beginning in the 2nd class year, your coursework is determined by this choice. Each major is presented and explained. Although it is possible to change majors later, it is difficult to do so. Choosing a second major is possible, but is not appropriate during plebe year.

Aerospace Engineering	Electrical Engineering	Naval Architecture
Arabic	English	Ocean Engineering
Chemistry	General Engineering	Oceanography
Chinese	General Science	Operations Research
Computer Science	History	Physics
Computer Engineering	Information Technology	Political Science
Cyber Operations	Mathematics	Quantitative Economics
Economics	Mechanical Engineering	Systems Engineering

Figure 10 - Academic Majors

You will be asked to indicate your first and second academic major choices. Give careful consideration to both choices with at least one of your preferences among the technical majors offered. Consider your performance in courses you have already taken at the academy, as well as your SAT test performance, as indicators of your potential strengths.

At least 65% will be required to select technical majors (math, science, or engineering). Every effort will be made to give each midshipman his or her first choice; nevertheless, if fewer than 65% select technical majors as their first choice, some will be required to enroll in their second choice.

Honestly appraise your interests. Will you enjoy spending the majority of time studying either major? Is the first or second choice a non technical major in which to succeed? If necessary, plebes can talk to academic advisors or upper classmen in their company. Most departments plan open houses to provide information and answer questions that could prove very useful.

It is recommended to choose a major in the academic area most enjoyed. Choosing the wrong major or a major you will need to work for can lead to poor grades, stress and even separation from the academy. Although USNA is a premier academy, the area of study is not as important as doing well academically, enjoying the Naval Academy experience, graduating and getting the service selection of choice.

Approximately 85% of midshipmen complete the four-year program and graduate. The curriculum blends core requirements in engineering, mathematics, natural sciences, professional studies, humanities and social sciences with the opportunity to major in 24 fields of study as listed above.

Note: After plebe year, the number one factor for midshipmen separating from the academy is academic failure.

Spring Break

You will rate 10 days of vacation each year for spring break. Break begins when you have completed all military obligations.

Intercessional Break

Regular classroom requirements end around May 1. The rest of the month is reserved for the 1st class midshipmen to prepare for graduation and their first duty station. Usually plebes will get 7-10 days leave before returning for sea trials, Herndon and commissioning week activities.

Sea Trials

Sea trials is the capstone to plebe year and serves as a leadership challenge for the upper class. It is 14 continuous hours of rigorous physical and mental challenges, led by the academy's upper class and is designed to test teamwork and reinforce bonds as a company and class. The daylong action-oriented event is modeled after the Marine Corps Crucible and the Navy's Battle Stations recruit programs. Sea trials offer plebes challenging, teamwork fostering scenarios in various settings encompassing parts of the Naval Academy grounds and the Naval Support Activity Annapolis. The scenarios involve tests of teamwork and stamina, consisting of obstacle, endurance and confidence courses and other physical activities designed to challenge personal strength and unit cohesion. Sea trials take place in six locations throughout the Yard and NSAA.



Farragut Field – Evolutions include tug-of-war, platform challenge and damage control

MacDonough Hall – Evolutions include raft building and an underwater obstacle course

Hospital Point – Evolutions include Zodiac boat races, relays and a mud challenge

NSAA West – Evolutions include an endurance course and paintball assault course

NSAA East – Evolutions include a rifle run, head-to-head competition with pugil stick jousting, an obstacle course and river warfare

Transition Run – Evolution includes a company-wide run over the Naval Academy Bridge to NSAA West.

Plebes rotate into a new phase every four hours to participate in each event. Approximately 40 plebes per company are divided into two platoons, each consisting of two squads. Each company has four squads of about 10 plebes per squad. Sea trials typically precede the Herndon Monument climb.

Herndon

Herndon is known as the unofficial end of plebe year and is much anticipated by midshipmen and plebes. The monument climb is timed by a salute cannon which is fired to signal the beginning of the ceremony. At the sound of a cannon blast, eager screaming plebes charge toward the monument. They attempt to climb the lard-covered obelisk with an objective of being the first to the top. It is a gray granite obelisk 21-foot high (48" square at bottom) with a matching gray granite base, 71 inches square.

The Herndon climb begins with the top finishers from sea trials. The company of plebes demonstrating the top unit performance by showing endurance and spirit during the entire course of sea trials will be recognized with the "Iron Company" award before Herndon.



The ironman company receives a trophy, which is displayed in Bancroft Hall, and a pennant is displayed on their company guide-on (the numbered flag for each company in the brigade used in formations, parades and other events). Additionally, the ironman company holds the honor of being first to start ascending the Herndon Monument.

The Herndon Monument was erected in 1859 in memory of Commander William Lewis Herndon (1813-1857), who went down two years earlier with the Pacific mail steamer *Central America* during a storm off Cape Hatteras. Herndon had followed the long-time custom of the sea that a ship's captain is the last person to depart his ship in peril.

Beginning in the late 1920s, the Herndon Monument became the center of what is known today as a Plebe Recognition Ceremony. The ceremony evolved from the custom of plebes departing on graduation exercises in

Dahlgren Hall, reversing their uniform jackets and hats and snake dancing through the yard singing the ditty *Ain't No More Rivers*, meaning the official end of 4th class year. Eventually the custom came to involve climbing various monuments in the yard and placing their hats on top. After 1966, when the graduation ceremonies were moved to the Navy-Marine Corps Memorial Stadium, it was among the first of the events. Beginning in the 1950s, the upper class decided to make the task more difficult and started the custom of coating the granite shaft with grease such as lard and cooking fat and digging a mud pit around its base. The latter custom has been discontinued, but the greasing continues. At some point, it became a custom to glue and/or tape a plebe's Dixie cup hat to the top of the monument so that it had to be removed, replacing it with a standard midshipmen cover (had with a visor).

The legend developed as the first student who replaces his/her hat on the pinnacle would become the first admiral of the class. Although records have been kept in recent years, the legend has not proved true. Beginning in the mid 1970s, it became a tradition that midshipman who reached the top first is carried by classmates to the superintendent, who observes the ceremony from the chapel steps. The triumphant midshipman is then given a pair of admiral shoulder boards.

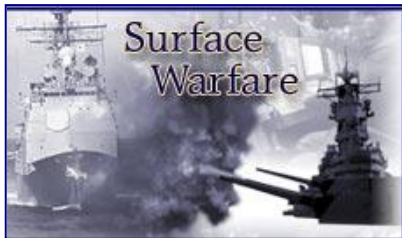
Plebes No More

With the completion of Herndon, the plebe year officially comes to an end with plebes cheering, "Plebes no more!"

Summer Training

Once commissioning week activities conclude, midshipmen participate in summer training. After completing plebe year, 3rd class midshipmen have four three-week training sessions - training for two sessions and the other two sessions reserved for summer school (if necessary) or vacation. Upperclassmen have three four-week training sessions.

Surface Cruise



A surface cruise entails living and working on a navy ship. 1st class midshipmen are assigned a junior officer running mate, who will expose them to the duties and responsibilities of a junior surface warfare officer. All other underclassmen on the cruise will wear dungarees and be assigned to a petty officer running mate who will expose them to the duties and responsibilities of the junior enlisted. They rotate between the ship's departments, including engineering, combat systems, operations, deck and navigation and administration. During the cruise, they will gain insight into the daily shipboard routine which includes standing under instruction watches, both in port and underway, as well as participating in any special evolutions such as underway replenishment, gunnery exercises, small boat operations, engineering drills, damage control drills and anchoring.

Submarine

Assignment to a submarine cruise entails living and working on either a fast attack or ballistic missile submarine. 1st class midshipmen are assigned a junior officer running mate, who will expose them to the duties and responsibilities of a junior submarine warfare officer. Underclassmen will be assigned a petty officer running mate who will expose them to the duties and responsibilities of the junior enlisted. It is likely that they will rotate between the ship's departments, including engineering, weapons, and navigation/operations. While in each department, they will gain insight to the daily shipboard routine, maintenance, work center organization and division officer administration. Additionally, they will be expected to stand under instruction watches, both in port and underway, as well as during any special evolution such as engineering drills, and surfacing and submerging the boat.



Aviation

Assignment to an aviation cruise in most cases involves a four-week experience with a shore based squadron. Midshipmen are also



assigned to ships, such as a carrier or a large deck amphibious ship, with aviators. The goal is to understand the role of a junior aviation qualified officer. If assigned to a shore based squadron, flight time and exposure to the cockpit are highly encouraged, but not mandatory. There are many duties and responsibilities of a junior aviator, such as maintenance, training and administration that does not involve flying.

Leatherneck

Leatherneck is a four-week program conducted by the Marines at The Basic School (TBS) in Quantico, Virginia. The program allows midshipmen considering a Marine Corps career an opportunity to participate in field training, work with junior Marine Corps officers and experience the special pride and professionalism shared by the Corps' officers.



Mini-BUD/s



Mini-BUD/s is a physically rigorous three-week training course at the basic underwater demolition school in Coronado, California. Here midshipmen are exposed to the basics of special operations, or SEALs. In addition to the three-week training course, midshipmen are assigned to a week of special operations unit, such as a SEAL team or small boat unit. Assignment to Mini-BUD/s is only made after successful completion of a screening process.

MCTRAMID - (Marine Corps TRAINing for MIDshipmen)

After completion of Leatherneck, midshipmen can elect to spend an additional four weeks training with the Marine Corps. Midshipmen are assigned to a Marine ground unit for two weeks, followed by two weeks with a Marine aviation unit.

LANTPATRAMID (AtLANTic Professional Afloat TRAINing for MIDshipman) – YP Cruise



LANTPATRAMID or YP Cruise consists of a one-week training phase, followed by two weeks of training onboard one of the academy's 110-foot yard patrol (YP) crafts. 1st class midshipmen act as a division officer, responsible for underclassmen assigned to the YP, oversees the daily routine and ensures training is progressing. Underclassmen get a chance to put classroom-learned navigation and ship handling fundamentals to use. Each phase includes a port visit to New York City, Newport, Rhode Island or Boston, Massachusetts.

CSNTS (Command, Seamanship and Navigation Training Squadron)

A CSNTS cruise is spent onboard one of the Naval Academy's 44-foot sailing vessels sailing the east coast to ports such as Freeport, New York, Newport or Rhode Island. One of two 1st class midshipmen is responsible for a watch section of midshipmen. Other underclassmen are integral in sailing and navigating the vessel.

PROTRAMID - (PROfessional TRAINing for MIDshipmen)

One training block available to 3rd class midshipmen is PROTRAMID. It consists of three weeks of training, which includes an in-depth introduction to aviation, submarines, and Marine Corps.



General Information for Midshipmen

Academics

The key to success is academics, especially since everything is based on merit. Studies are very demanding. After receiving good grades in high school, a 'D' or failing an exam at the Naval Academy can be quite a shock. Since the Naval Academy is a concentrated four-year program, falling behind academically forces many midshipmen to resign. A minimum course load is 15 hours per semester and a 2.0 CQRP (GPA) is required to graduate. Moreover, the academy does not waste time with anyone that fails due to lack of effort. An academic board meets every semester and reviews individual records of those who have done poorly during the previous semester. All aspects of a midshipman's record are considered with a decision made as to whether to separate the midshipman from the academy. Some courses may be available during summer school for make-up and/or enrichment. Extra (academic) instruction (EI) is available to all midshipmen, usually until 11 p.m. It is said that anyone who receives an appointment should be able to endure the rigorous academic schedule if they try. Professors and officers want everyone to succeed. Many get the "gouge" (assistance) from roommates or upper classmen. Small classes (typically 20 or fewer students) are a definite learning advantage but if a midshipman is unprepared, it will be obvious.

Academics weigh more in the cumulative QPR and class ranking. Furthermore, if midshipmen decide to pursue further academic endeavors beyond USNA, schools will look primarily at academic grades. The performance grades mean little after graduation; academic grades are a permanent record.

Extra Instruction

Extra instruction (EI) sessions are available in many of the basic mathematics, science and engineering courses for students who have scheduling conflicts and for those who need help. Students are urged to seek EI from instructors whenever possible. Course instructors are the primary and critical foundation for all academic learning at the Naval Academy. Although midshipmen needing mathematical guidance should first seek EI from their instructors, if inconvenient, they can also obtain help from volunteers in the math Lab.

There is a group study program (MGSP) for midshipmen who need help understanding and learning calculus I classes through calculus III. These sessions are usually available every night Sunday - Thursday. The chemistry department has a resource room with several computers, chemistry software programs, a VCR and videos, reference materials and tables for study groups, with chemistry department faculty available most periods during the day. Upper class midshipmen are also available to lead MGSP study groups in the evenings. Tutorial assistance in writing is also available. Other midshipmen are generally a good source for help.

Although many opportunities for academic help are available, time can be a real issue. With watch schedules and rates to learn as well as seemingly endless Navy pro knowledge, study time is severely limited. Prioritizing what needs to be accomplished and then "chipping away" at the mountain of information is considered the best way to cope. Persistence is a requirement for plebe year. Extra help is there for those who need it, but they must ask for it.

Military Performance Grades

Beside academic grades and ranking, each midshipman receives a military performance grade. The factors below are combined for a pro grade:

- Room and personnel inspections/drill
- Conduct/personal performance
- Military knowledge/skills
- Teamwork/company participation in events
- PFT score/overall physical fitness
- Company/peer evaluations



Company/Peer Evaluations

By far the most subjective portion of a midshipman's pro grade is the company and peer evaluations. The grade consists of midshipman and company officer evaluations. Midshipmen evaluations include classmates and seniors ranking in order from 1 to 30 (or the number in a class in that company). With this system, 1st class midshipmen rank

everyone (four separate rankings, one for each class), the 2nd class ranks three classes, 3rd class two and plebes rank only their classmates. These rankings are averaged and called the peer ranking. It is worth 40% of the performance grade (30% for a 1st class midshipman). The remainder is done by the company officer along with the company staff (company senior enlisted, company commander and company first sergeant), who ranks each of the four classes. The company officer's ranking determines 60% of the performance grade (70% for the 1st class). Along with the rankings, there is a distribution of the number of A's that are given, the number of B's, etc; D's are only given to a midshipman who is seriously having troubles and an F can only be given at a battalion performance board. There is also a list of very descriptive words (with definitions) that must be used to describe those that are ranked in the top or bottom five percent. These words allow the midshipman to know what his/her peers think about his/her performance. This tool is very effective at helping those that aren't doing well to determine where they can improve.

Important items to note include:

- The best way to excel in military performance is to be visible. Companies look for volunteers. The key is for midshipmen to do their best and enjoy it. Complaining about the work won't help.
- Midshipman John McCain (USNA '58) graduated fifth from the bottom of his class; something he is quite proud of. In his 22-year naval career, he became a naval aviator, was a POW for 5-1/2 years, earned the Silver Star, Bronze Star and many other decorations. He continued to serve his country in the House of Representatives and later in the Senate, where he still serves.

Extra-Curricular Activities

There are over 75 extra-curricular activities (ECAs) available to midshipmen, ranging from scuba diving, photography, rock bands to chapel choirs. While many activities are geared to academic interests, others are more for fun. Midshipmen have their own radio station as well as drama clubs, *The Lucky Bag* (the academy's yearbook), *The Log* (humor magazine), Drum & Bugle Corps, parachuting, karate and power lifting. The academy also has its own chapter of NESA, the Boy Scout national Eagle Society. There is also a flying club and an academy sponsored program called VTNA where midshipmen learn to fly, up to their solo flight. If a midshipman can't find something of interest, he/she can start a new club. ECAs help midshipmen learn new talents, explore interests and serve the community.

During the first semester of 2nd class year, typically 15 competitively selected midshipmen participate in an exchange program with counterparts at other service academies. They continue their schooling in a different setting, while maintaining Naval Academy loyalty.

Living Quarters



Bancroft Hall is the largest dormitory in the world with over five miles of corridors, housing all 4,400 of the brigade. It houses artifacts from the 1700s, yet completely renovated. Each room houses two, three or four midshipmen. Every room has a sink and shower with shared toilet facilities located in each hall. Students are allowed to have personal

photos and mementos on the bulletin board beside their desk. Inspections happen frequently and all clothing and personal items remain neat and orderly at all times.

USNA Laundry

Midshipmen have access to laundry services at USNA. Clothes are collected a different day of the week, depending on the class, and returned a few days later. It is essential that every midshipman writes their alpha code designation on EVERY piece of clothing to ensure clothes are returned to the correct owner. Dirty clothes are placed in laundry bags also tagged with the appropriate alpha number. Most times, clothes are returned promptly; sometimes clothes disappear. Midshipmen can also take laundry to their sponsor parents' house or to a commercial Laundromat.

Dining at USNA

The entire brigade eats at one time in a 55,000-square-foot dining area, called King Hall. Companies sit together and food is served family-style. The typical daily diet contains approximately 4,000 calories and includes such dishes as steak, spiced shrimp, Mexican cuisine and home-baked pastries. All of the food for the 12,000 meals served daily is prepared by food service staff in the kitchens adjacent to King Hall.

Parades and Formations

Formations are held outside when weather permits and conclude with marching into Bancroft Hall. During the fall and spring sessions, parades take place on Worden Field every Wednesday afternoon. Moreover, the brigade marches before every home football game and at the Army/Navy football game. The Dedication Parade takes place before Herndon and the Color Parade, the day before graduation, during Commissioning Week.



Leave and Privileges

The Naval Academy's combined academic, military and physical development programs requires more time spent on campus than typical civilian colleges. Midshipmen enjoy Christmas and summer vacations (leave) plus shorter periods of time off (liberty). Time away from the academy is based in large part on assigned military responsibilities, performance in academic and military endeavors and class seniority. You earn more liberty and privileges each year you advance at the academy. All midshipmen generally are granted leave during these periods:

- Thanksgiving leave
- Winter break at the end of the fall semester
- Midterm leave during spring semester
- Intercessional leave at the end of spring semester and before Commissioning Week
- Six weeks summer vacation for plebes and approximately four weeks for upperclassmen

During the academic year, off-campus privileges fall into two categories: town liberty and weekend liberty. Weekend liberty permits leave after the last military obligation on Friday afternoon and return Sunday evening. Liberty curfews differ according to seniority. Midshipmen are not eligible for liberty if assigned military duty/watch (rotated responsibilities) or have difficulty with academics, conduct or military performance. Generally, town and weekend liberty is authorized for midshipmen as follows:

- Plebes have town liberty (22-mile radius) on Saturday afternoons and evenings and yard liberty (within the Naval Academy complex) on Saturday mornings and Sunday afternoons. Special weekend liberty may be granted on special occasions.
- Weekend liberty (except for watch/duty assignments) is graduated according to seniority. As a general rule, 3rd class midshipmen receive three weekends each semester, five for 2nd class and 9-10 weekends for 1st class midshipmen.

Travel to and From the Academy

Most Wisconsin midshipmen use air transportation to travel back and forth to/from the Naval Academy during breaks. The closest airport to Annapolis is Baltimore-Washington International (BWI). Reagan International or Dulles airports do not have direct shuttle service to the Naval Academy and cab service can be expensive (in excess of \$100). BWI is approximately 20 miles from USNA with shuttle service, for a minimal cost, on major travel dates. Since most midshipmen use BWI, many share a taxi or get a ride from a fellow midshipman or their sponsor families.

Note: BWI has a USO open to midshipmen, located near the baggage claim area. It provides food, drinks and a large-screen TV at no cost. BWI also has a free cell-phone parking lot where people can park and wait for flights to arrive.

Motor Vehicles

There are motor vehicle restrictions for midshipman. This is necessary due to the limited parking space at the academy and in Annapolis. Also, midshipmen have limited time off in the first years to make use of a private vehicle. These are the **current** rules:

- Plebes and 3rd class midshipmen are not permitted to operate motor vehicles except during authorized leave, such as winter break. Plebes are not allowed to ride with anyone other than their parents, family members over 21 years of age or sponsor parents.
- 2nd class midshipmen may have a car but must maintain and operate it beyond academy grounds.
- 1st class midshipmen may drive a car in Annapolis and park at Hospital Point since parking is usually not available on the Yard due to construction.
- No midshipman is allowed to maintain or operate a motorcycle within town liberty limits.

Alcohol and Drugs

As future naval officers, the Naval Academy encourages responsible drinking, and to shun illegal drugs entirely. **Plebes are not allowed** to consume alcoholic beverages, even if they are of legal drinking age (21), unless they are on authorized leave. Consumption of alcoholic beverages on the Yard is prohibited, except in the Officer's Club, for 1st class midshipmen only. Alcohol of any type is prohibited in Bancroft Hall. If a midshipman is the legal minimum drinking age, he/she may drink off the Yard. Alcohol offenses at any time may lead to dismissal and are conduct offenses with severe penalties.

The use of illegal drugs is strictly forbidden and results in expulsion from the academy. Midshipmen are subject to random drug testing through urinalysis, consistent with Navy-wide policies and procedures.

Command Religious Program

The command religious program offers a wide variety of worship services, religious education programs, pastoral counseling and other activities which are available for spiritual, moral and religious enrichment. Chaplains, all experienced naval officers, are assigned to the U.S. Naval Academy. These chaplains represent protestant denominations, the Roman Catholic Church and the Jewish faith.

The chaplains' mission is to care for anyone and to facilitate the free exercise of religion for the different faith groups. During Plebe Summer, chaplains provide worship services and other devotional activities for midshipmen.

Prayer services for adherents of Islam are conducted by lay members. There are also specific opportunities for worship and fellowship among members of the Church of Jesus Christ Latter-Day Saints (LDS), Church of Christ and the Church of Jesus Christ. Chaplains at the academy assist in moral and spiritual development and look forward to helping midshipmen.

Candidates are allowed to bring a copy of their chosen Holy Scripture (e.g. Bible, Quran, etc.). Devotional materials will not be permitted.

Note: You should not plan to meet friends and family at church services. Plebes are not allowed visits during Plebe Summer with the exception of emergencies and specified times during I-Day and Parent Weekends.



Insurance

- **Life Insurance** – Midshipmen complete a form for Serviceman's Group Life Insurance (SGLI), opting for any amount up to \$250,000, for a nominal fee. The program is voluntary and Midshipmen may opt out of the program.
- **Health Insurance** – Midshipmen are fully covered by the military once the Oath of Office on I-Day is taken. Any injury, surgery or illness will be covered by qualified medical officers around the world. Midshipmen needing medical attention while away from the academy fall under the Tri-Care medical system. HMOs are familiar with the forms. Midshipmen should report all medical treatment received while away from the Yard to the Naval Academy. Many parents opt to keep their son or daughter on their health care plan in the event of separation from the academy.
- **Car/Renters Insurance** – USAA, an insurance agency specially created to serve military officers, is the premier company for midshipmen's car or personal effects. They generally have the best rates and cater to military needs. Personal items at the academy are not insured, although in the event of some catastrophe, the military would most likely provide reimbursement. However, civilian or USAA policies may be purchased to cover theft, incidental or moving damage.

Midshipmen Pay and Benefits

All reporting plebes will have an interest-free government loan to help with initial expenses. No entrance fee is required. The Navy pays for tuition, room and board, medical and dental care for all academy midshipmen. Active-duty benefits including military commissaries and exchanges, commercial transportation, lodging and the ability to fly "space-available" in military aircraft around the world is available. Midshipmen earn about \$800 monthly, from which laundry, barber, cobbler, activity fees and yearbook service charges are deducted. Net cash pay is \$75-100 per month plebe year, increasing each year to \$400 per month in the fourth year.

Certain allowances such as book reimbursement are given, albeit in small amounts. When reporting to the academy on I-Day, bring \$50-100 to attend a baseball game at Baltimore's Camden Yards in August. Otherwise, plebes only leave the Yard on escorted tours during Plebe Summer and should not need money before PPW. Expenditures are primarily for personal items purchased at the Mid Store, cleaning supplies for their room/uniforms or money for snacks. The recommended amount is \$100.

Banking

All midshipmen receive an account at Navy Federal Credit Union (NFCU) which maintains a banking annex at USNA. Their pay is deposited directly each month. It is recommended that midshipmen use NFCU, as it is not only convenient, but banking facilities are maintained at all Navy & Marine Corps installations. Also available to midshipmen is a [Yard Card](#), a reloadable debit/gift card that works like cash to be used for purchases at participating locations throughout the Naval Academy.

Financial Advice

There are regular seminars offering information on savings, insurance programs, investment opportunities and tax returns. Individual financial counseling is available from a Navy officer who serves as the midshipmen financial advisor. After signing their service commitment papers ("2 for 7"), 2nd class midshipmen are eligible for approximately \$36,000 in low interest loans from NFCU (Navy Federal Credit Union) and USAA Federal Savings Bank. Financial planners are available to guide midshipmen through the process if they choose to participate.

Social Life

The social life of a plebe can be defined in two words: *slim and non-existent*. Saturday nights for most plebes usually includes getting pizza with other plebes, seeing a movie in town or visiting their sponsor. Inter-brigade dating (between male and female midshipmen) is not common and is known as "dark-siding."

Many relationships do not last through plebe year. There is a fictional "2% Club" who are still attached to their high school girlfriends/boyfriends by the end of December. It's difficult for most civilians to comprehend USNA life. There is often stress and emotional breakups by the end of the first semester. While some relationships remain, most do not.

Appendices

Sports at the Academy



USNA Sports

Information about sports events can be found at www.navysports.com, including ticket information and recent varsity game results. Sometimes there are links to radio broadcasts of football or basketball games.

Varsity Sports

Every midshipman must participate in a varsity, club or intramural sport. The academy offers 32 varsity and 13 club sport programs to promote the professional and intellectual development of midshipmen, along with physical development. The program is one of the broadest in the nation.

Varsity Sports at USNA		
Baseball	Men's & Women's Golf	Men's Squash
Men & Women's Basketball	Men's Gymnastics	Men & Women's Swimming
Men's Crew - Heavyweight	Men & Women's Lacrosse	Men & Women's Tennis
Men's Crew - Lightweight	Co-ed Rifle	Men & Women's Track & Field
Women's Crew	Co-ed Intercollegiate Sailing	Women's Volleyball
Men & Women's Cross Country	Co-ed Offshore Sailing	Men's Water Polo
Co-ed Diving	Men's & Women's Soccer	Wrestling
Football	Sprint Football	

Intramural Sports

Under the direction of the commandant of midshipmen, the Naval Academy's intramural sports program serves as a leadership laboratory within the brigade and offers midshipmen personal development in the operations, officiating and supervision of a variety of intramural sports. It remains a midshipmen-run program, with midshipmen taking part in every aspect of organizing the brigade's athletic competitions.

Flag Football	Racquetball	Slow-pitch Softball
Basketball	Ultimate Frisbee	Racquetball
Soccer	Feildball	Volleyball

Club Sports

In addition to the varsity athletic program, the Naval Academy offers a variety of opportunities to participate in a very competitive club sports program. Most players in this program are former high school athletes who desire to continue playing a sport, or learn a new one, and are seeking rigorous competition. Although these teams are not sanctioned

by the NCAA, they do compete against area colleges. Each club sport has their own web sites which can be found at <http://www.navysports.com/school-bio/navy-intramurals.html>.

Club Sports		
Men's Boxing	Women's Softball	Co-ed Marathon
Men's & Women's Ice Hockey	Co-ed Cycling	Co-ed Pistol
Men's Lacrosse	Co-ed Fencing	Co-ed Powerlifting
Men's & Women's Rugby	Co-ed Judo	Co-ed Triathlon
Men's Volleyball		

Yard Gouge

Naval Academy Buildings

The Naval Academy has grown from a 40,000 square meter (10-acre) Army post named Fort Severn in 1845 to a 137 square kilometer (338-acre) campus in the 21st century. Its principal buildings are:



Bancroft Hall

Bancroft Hall is the largest dormitory in the world. It has over 33 acres of floor space and 4.8 miles of passageways and approximately 10,000 windows. The building houses the entire brigade of over 4,000 midshipman. Bancroft Hall is named after George Bancroft, Secretary of the Navy from 1845-46 and founder of the Naval Academy. It has eight wings arranged, as on a ship, with evens on the port side and odds on the starboard side, five decks each (numbered 0-4). In addition to midshipmen rooms, Bancroft Hall houses offices for the commandant of midshipmen, six battalion officers, six battalion chaplains, thirty company officers and senior enlisted leaders, a barbershop, a bank, a travel office, a textbook store, a general store (The Naval Academy Store or Mid Store), a Laundromat, a cobbler shop, and post office. It is also home to King Hall (named after Fleet Admiral Ernest King), where all midshipmen are fed.

Buchanan House

Completed in 1909, Buchanan House is the residence of the superintendent of the Naval Academy. Located at the corner of Blake and Buchanan Roads, Buchanan House is one of a group of buildings in the Beaux Arts style, the "new" Naval Academy, designed by noted architect Ernest Flagg in 1895 and begun in 1899.





Naval Academy Chapel

The Cathedral of the Navy, directly beside Buchanan House, is another of Ernest Flagg's buildings. The cornerstone for the present chapel was laid in 1905 by Admiral Dewey. Its original design, 120 feet square, was in the shape of a Greek cross and held 1600 worshippers. In 1940, the nave was extended, resulting in today's chapel in the shape of a Latin cross. The basement of the chapel houses the crypt of John Paul Jones.

Alumni Hall



Dedicated in 1991, Alumni Hall is a multi-purpose building where concerts, conferences and sporting events are held. You will check in at Alumni Hall on I-Day. It is located across the street from Worden Field. Part of Griffin Hall, one of Ernest Flagg's buildings, stood on the site prior to its construction. Both Griffin Hall and a connected building, Melville Hall, were torn down prior to the construction of Alumni Hall.

Michelson Hall

Michelson Hall is named for Dr. Albert Michelson (USNA 1873). In 1878, along a seawall near the site of the building bearing his name, Michelson became the first person to successfully measure the speed of light. In 1907, in recognition of his achievement, he became the first American to be awarded the Nobel prize in physics. A series of brass markers, embedded in the concrete plaza between Michelson and Chauvenet Halls, marks the line along which Michelson recorded his historic observations.



Chauvenet Hall

Named in honor of the noted mathematician, William Chauvenet, who greatly influenced naval education in the early years of the academy. This half of a twin complex (with Michelson Hall) houses the Academy's math department.

Herndon Monument

Named for Commander William Lewis Herndon, who went down with the Pacific mail steamer *Central America* in 1857 during a storm. The 21-foot-tall obelisk, erected in June 1860, located across the street from the Naval Academy chapel and opposite the Zimmerman band shell on Chapel Walk. The Herndon Monument Climb, a tradition begun in 1955, is one of the most popular commissioning week events and marks the beginning of commissioning week festivities. During plebe recognition ceremonies, the members of the 3rd (sophomore) class apply grease and lard to make the granite monument's sides slippery and hopefully unscalable. A blue-rimmed plebe "Dixie cup" hat is placed astride the monument's peak. Plebes (freshmen) have to attain the top of the monument and replace the plebe hat with a regular midshipman's "cover." The legend developed as the first student who replaces his/her hat on the pinnacle would become the first admiral of the class. Although records have been kept in recent years, the legend has not proved true.

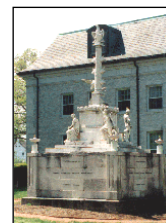


Mexican Monument

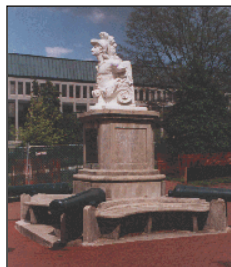
The Mexican monument was erected in 1848 by the students of the Naval School at Annapolis (renamed the Naval Academy July 1, 1850) to honor four midshipmen lost in the Mexican War. The names of the fallen four, Midshipmen Clemson, Hynson, Pillsbury and Shubrick, each appear on one of the four faces of the obelisk.

Tripoli Monument

The oldest military monument in the United States, the Tripoli monument is dedicated to six naval officers killed in the war with Tripoli in 1803. The monument, crafted of Italian Carrera marble by the sculptor Micali, was moved from the grounds of the U. S. Capitol to the Naval Academy in November 1860.



Macedonian Monument



Commemorating the victory of Stephen Decatur over the *H.M.S. Macedonian* in the War of 1812, the monument is a replica of that ship's figurehead. The monument, which features four cannons captured from the *Macedonian*, is located at the end of Stribling Walk at Maryland Avenue.

Japanese Monument

This monument, located near the landward end of Luce Hall, was presented to the Academy in 1939 by the family of the late Japanese Ambassador Hiroshi Saito, who died in Washington that year.



Triton Light



A navigational beacon located on the academy seawall where the Severn River meets the waters of Spa Creek and the Annapolis city harbor, the Triton Light is the only beacon in the world with a **** / ***** flash sequence. The light is named for the submarine *USS TRITON* (SSN-586). The structure contains a globe which holds water from the 22 seas through which the *TRITON* sailed, when submerged, it circumnavigated the globe (15 February - 10 April 1960).

Robert Crowne Sailing Center

Named after the former president of the US Navy League, the sailing fleet includes 44-foot sloops, lasers, J-22s, J-24s and several offshore racing boats.



Lejeune Hall

Lejeune Hall is home to the Naval Academy's Olympic swimming pool. The building is capable of seating 1,000 spectators for intercollegiate swimming and diving competitions. Named for Major General John Lejeune, commandant of the U.S. Marine Corps from 1920 to 1929, the building is across the street from Halsey Field House and is built upon the site of Thompson Field.



Worden Field

Named for Commodore John L. Worden, who commanded the *Monitor* when the ironclad met the *Merrimac* in the immortal first battle between armor-plated vessels. Worden Field is the where the brigade parades take place and is the site of midshipmen's dress parades.



Zimmerman Memorial Band Shell

The band shell (large gazebo) is located on the right-hand side of Chapel Walk as one looks toward the Severn River. It was built in 1923 and is named for former Naval Academy bandmaster Marine Lieutenant Charles Zimmerman. While Zimmerman's name is not generally known outside Navy circles, he created his own tradition of composing a new piece of music for each graduating class. His most celebrated composition was for the Class of 1907, *Anchors Aweigh*, which was performed at the 1906 Army-Navy football game. The band shell is used for concerts during Commissioning Week and parent weekends.



Details on some of the sites on the Yard:

- **Administrative Building** houses the offices of the superintendent, the academic dean and provost and the public affairs office.
- **Dahlgren** is named after Rear Admiral John Dahlgren, a noted scientist and expert in naval ordnance. It is located adjacent to Bancroft Hall's fourth and sixth wings, has a reception area and sports arena and Drydock Restaurant.
- **Halsey Field House** is located across from the Visitor Center. It is named in honor of Fleet Admiral William 'Bull' Halsey, Commander of the third Fleet during WWII.
- **Hubbard Hall** is named after the man who stroked the first Navy crew in 1867, and later a Rear Admiral, John Hubbard, Class of 1870. The locker rooms for crew and baseball teams are in Hubbard Hall. It is located on the Gate 8 side of Dorsey Creek.
- **Leahy Hall** is named in honor of Admiral William Leahy, Chief of Staff to President Roosevelt during WWII. It contains the office of the registrar and appointee guidance office and is located next to Preble Hall.
- **Luce Hall** - seaward of MacDonough Hall, it contains all professional classes. It was named after Rear Admiral Stephen B. Luce, a distinguished naval officer, navigator and founder of the Naval War College.
- **Mahan Hall** – The bell tower of Mahan Hall has graced the Yard for over a century. Until 1973, Mahan Hall was home to the academy library. Completed in 1907, it was named after Read Admiral Alfred Thayer Mahan, a biographer and historian whose writings transformed naval strategy.
- **MacDonough Hall** is located adjacent to Bancroft Hall's third wing and was named after Capt. Thomas MacDonough who served under Preble and Decatur in the Tripolitan War.
- **Mitscher Hall** is named in honor of Admiral Mark Mitscher who commanded TF-58s during WWII and later was Chief of Naval Operations (CNO). Weekly movies are shown here and it is located between the seventh and eighth wings of Bancroft hall.
- **Nimitz Library** houses the departments of language studies and political science, as well as the library.
- **Ricketts Hall** is named after Admiral Claude Ricketts who started his naval service as an apprentice seaman in 1924. He died as Vice CNO in 1964. Ricketts Hall is home to the Naval Academy Athletics Association.
- **Rickover Hall** houses the departments of mechanical engineering, naval ocean engineering, aeronautical and aerospace engineering. Named in honor of Admiral Hyman G. Rickover who is known as the father of the nuclear navy.
- **Sampson Hall** houses the departments of English and history and is named in honor of Rear Admiral William Sampson who was head of "Steam" and "Skinny" departments at USNA from 1886-1890.
- **Ward Hall** is named in honor of Lt. J.H. Ward, the first commandant and the first line officer to perform duty as an instructor at USNA. It is the academic computer center, located on the seaward side of Dahlgren Hall.
- **Dewey Field** is named in honor of admiral of the Navy and hero of Manila Bay, George Dewey. This athletic field is flanked by the Severn River and Ingram Field.
- **Farragut Field** is named in honor of Admiral David Farragut, hero of Mobile Bay and the first naval officer to hold the rank of admiral. Farragut Field is directly behind Bancroft Hall.
- **Forrest Sherman Field** (also known as Hospital Point) is named in honor of Admiral Forrest Sherman, a former CNO. It is the principle intramural field and home of the obstacle course.
- **Ingram Field** is named in honor of Admiral Jonas Ingram who commanded the US South Atlantic Fleet during WWII. It is located inboard of Dewey Field, alongside the Michelson-Chauvenet complex. The track team meets here.

- **Lawrence Field** named in honor of Captain Lawrence whose words “Don’t give up the Ship” hold a prominent place in the history of the Navy. Varsity baseball is played here.
- **Navy-Marine Corp Memorial Stadium** (located approximately one mile from the Yard) was dedicated on September 26, 1959. The 30,000-seat facility was built at a cost of \$3 million with all the money raised through private contributions. Home football games and graduation are held here, as is other USNA events.
- **Turner Field** is named in honor of Admiral Turner who commanded the third amphibious force during WWII. The physical exercise program (PEP) is held here during Plebe Summer and lightweight football afterwards. The field is Astroturf.
- **Wesley Brown Field House** a 140,000 square-foot athletic facility named for the academy’s first African American graduates, retired Lt. Cmdr. Wesley Brown. It is home to the Navy indoor track & field program.
- **Academy Seal** located on the ground in front of Tecumseh is made of brass taken from the torpedo tubes of the *USS Washington* which was scrapped as a result of the Washington Naval Conference. Midshipmen and graduates should never step on this seal to honor USNA.

Recommended Exercise Routine in Preparation for I-Day***

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Ladders Up & Down*	Run 10-15 minutes Flexibility 1 minute trial of pushups and sit-ups*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Run 10-15 minutes Flexibility Conduct push-up and sit-up ladders based on the Monday time trial*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Run 10-15 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
2 Ladders Up & Down	Run 15-20 minutes Flexibility Pushup and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Run 15-20 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 15-20 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
3 Ladders Up & Down	Run 20-25 minutes Flexibility 1 minute trial of pushups and sit-ups*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Run 20-25 minutes Flexibility Conduct push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 20-25 minutes Flexibility Conduct push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
4 Ladders Up & Down	Run 25-30 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Run 20-25 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 20-25 minutes Flexibility Push-up and sit-up ladders*	Simulated PRT Push-ups 2 min Curl-ups 2 min 1.5 mile run	Active Rest
5 Ladders Up & Down	Run 25-30 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	3 x 0.5 mile-run with 0.25 jog between 0.5 miles Run at pace faster than PRT pace** Push-up and sit-up ladders* Flexibility	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 25-30 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
6 Ladders Up & Down	Run 30-35 minutes. Flexibility 1.5 minute trial of pushups and sit-ups*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	3 x 0.75 mile-run with 0.25 jog between 0.5 miles Run at pace faster than PRT pace** Push-up and sit-up ladders* Flexibility	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 30-35 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
7 Ladders Up & Down	Run 30 to 35 minutes. Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	2 x 1.0 mile-run with 0.5 jog between miles. Run at pace faster than PRT pace** Push-up and sit-up ladders* Flexibility	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 30-35 minutes Flexibility Push-up and sit-up ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	Active Rest
8 Ladders Up & Down	Run 35 to 40 minutes. Flexibility Push-up and sit-ups ladders*	Swim/Bike/ Aerobic Training 20-30 minutes Flexibility	2 x 1.0 mile-run with 0.5 jog between miles. Run at pace faster than PRT pace** Push-up and sit-up ladders* Flexibility	Swim/Bike/ Aerobic Training 20-30 Minutes Flexibility	Run 25-30 minutes Flexibility Push-up and sit-up ladders*	Simulated PRT Push-ups 2 min Curl ups 2 min 1.5 mile run	Active Rest

*Find your Push-up and sit-up Group based on your 1-minute time trial results:

Group 1: <20 push-ups or sit-ups in one minute
Group 2: 21 to 50 push-ups or sit-ups in one minute
Group 3: >50 push-ups or sit-ups in one minute

Push-up and sit-up ladders:

Group 1 Ladder: 1 2 3 4 5 4 3 2 1
Group 2 Ladder: 2 4 6 8 10 8 6 4 2
Group 3 Ladder: 3 6 9 12 15 12 9 6 3

On days directed to do push-up and sit-up ladders, if you are in Group 1: Do 1 push-up, rest 5 seconds, do 2 push-ups, rest 5 seconds, do 3 push-ups, rest 5 seconds, do 4 push-ups rest 5 seconds, do 5 push-ups, then come down the ladder resting 5 seconds between steps. The same for sit-ups.

For those in Groups 2 and 3, do the number directed above.

The type of ladder is directed under the "Week" column. The first three weeks of the program have you going up and down the ladder as explained above. Weeks 4 – 6 have you going up, down and then back up the ladder. The final two weeks have you going up the ladder, down the ladder, back up and finally back down the ladder.

**For interval pace beginning in week 5:

For 0.5 and 0.75 mile intervals, divide your PRT time in week 4 by 3. This will give you your 0.5 pace. For the intervals, subtract 10 seconds from your 0.5 mile PRT pace. You should be trying to run your 0.5 mile intervals at this pace. For the 0.75 intervals, divide your PRT time by 2 and subtract 15 seconds from your time.

For example: If you run the PRT in 12 minutes – Divide this number by 3 and you get 4 min. For the 0.5 mile intervals you should be trying to run 3:50 for the 0.5 miles. For the 0.75 mile intervals, 12 min divided by 2 is 6 min. Subtract 15 seconds and you should be trying to run your 0.75 mile intervals in 5:45.

For 1-mile intervals, the pace should be 10 to 15 seconds/mile faster than your PRT pace.

For example: If you run the PRT in 12:00, your 1-mile pace is 8:00. You should try and run your 1-mile intervals in 7:45 to 7:50.

Active Rest: Get outside and have fun: a walk with family or friends, a pick-up game of ball a day hiking in the park.

Flexibility: At the completion of your workouts, perform stretching exercises, paying particular attention to the lower extremities, hips and lower back.

*** Start this training cycle with a new pair of running shoes. Studies show there is twice the chance of getting lower extremity stress fractures with shoes that are older than 6 months.

22-Mile Limit

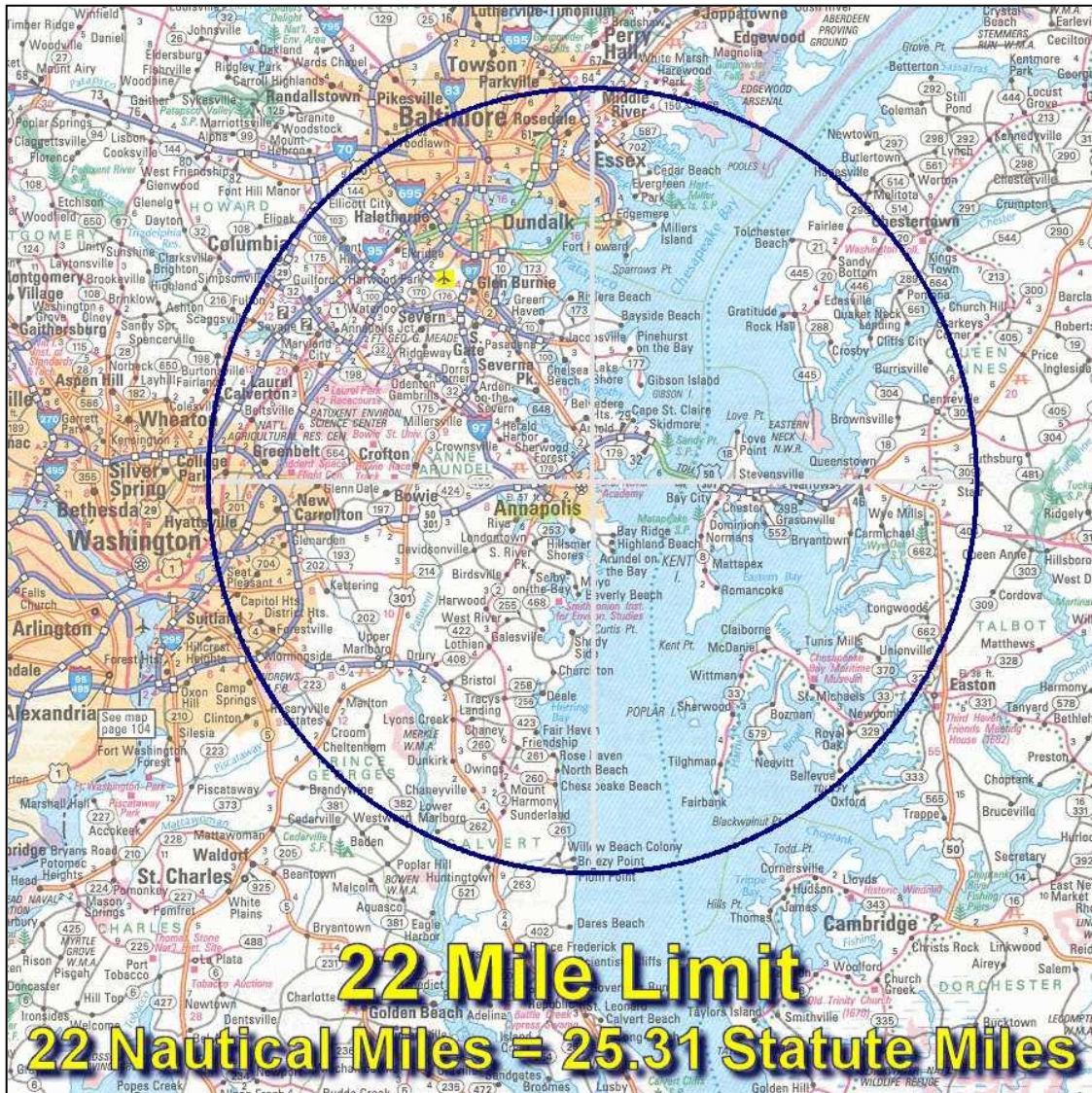


Figure 11 - 22-mile Limit

Glossary

For the definitive source for all Naval Academy terms, buy a copy of Ross Mackenzie's, *Brief Points: An Almanac for Parents and Friends of the US Naval Academy Midshipmen*, which can be purchased online at the Mid Store:
<http://www.navyonline.com/>

- A -

Academic accountability – Requirement that Midshipmen attend all their classes (and be on time) unless they have valid excuses; unexcused absences and/or tardies lead to conduct action.

Academically deficient – A term decreasing in use, giving way to the more prevalent unsat: a Midshipman with a cumulative quality point rating (CQPR) below 2.0 is academically deficient and must undertake corrective study measures as outlined by his or her Company Officer.

Academic Board – Academic discipline board that convenes at the end of each semester to review poor academic performance and to determine separation or retention.

ADEO – Alcohol and drug education officer; a Midshipman in each company who deals with alcohol- and drug-related affairs.

Aero – short for aeronautical engineering.

All-Calls - A punishment for Plebes requiring them to recite the daily menu (Chow Calls) more often than usual.

Alpha Code - A six-digit identification number given to all Plebes on I-day. The first two numbers indicate their graduation year. Midshipmen keep this number throughout their stay in Annapolis. It is printed on everything from clothing to medical paperwork.

Anchorman - The graduating Firstie with the lowest order of merit in the class. Traditionally he/she gets a dollar from each classmate. The anchor is also the center point of King Hall where prayers are given, announcements are made and the meal is begun with the ringing of a bell.

AOM – Academic Order of Merit; used to academically rank each Midshipman compared to the rest of the class.

Army Week - The week before the Army/Navy football game. This is a favorite week for those who enjoy all many outrageous activities. There are pranks and covert actions the throughout the week.

ASTB – Acronym for Aviation Selection Test Batter, a two-and-a-half-hour, five-part test for prospective aviators; it has a math/verbal section similar to the SAT, as well as parts on mechanical comprehension, spatial perception, aviation and nautical information and aviation interest; usually offered in second class year. Those failing to achieve minimum requirements are ineligible for flight assignments.

API - Aviation Pre-flight Indoctrination. Initial flight-training for aviation students held in Pensacola, Florida, followed by primary training in either Pensacola, Florida or Corpus Christi, Texas

- B -

Bancroft – (Mother B) Bancroft Hall, the largest dormitory in the world and home to more than 4,400 Mids.

Barn - A room in Bancroft with four or more roommates.

The Basic School – Training facility located in Quantico, Virginia; where US Marine Corps second lieutenants go for training after graduation; frequently called TBS.

Basket Leave – Thirty days of leave given to all Midshipmen upon graduation; they must use it within ninety days of graduation, or not at all.

Battalion – Unit of organization within the Brigade; each regiment has three battalions; each battalion is composed of companies.

Beat Army! - A chant heard over and over and over.

Bed Check – Usually on weekends, an after-hours check to determine the presence of Midshipmen in their rooms.

BGO - Blue & Gold Officer

Bilge – To undercut, stab in the back or make another look bad.

Bill the Goat – USNA mascot.

Billet – Navy-wide term for position, job, designation, duty assignment, slot or space.

Birth control glasses (BCGs) – Eyeglass frames issued to all Mids requiring eyesight correction.

Black flag – When the heat index (a combination of humidity and temperature) is too high for any outdoor physical activity during Plebe Summer.

Black Monday – Any day on which the Brigade returns from leave, notably the Monday following Christmas leave and beginning of the *Dark Ages*.

Black N – Symbol of extreme conduct and/or honor infraction(s).

Blocks – Usually refers to the three segments of summer training, called first, second and third blocks; each approximately a month long.

Blue and Gold – Short for “Navy Blue & Gold,” the USNA alma mater.

Blue magnet – A nickname for the bedspread on every Midshipman’s bed.

Blue rim – Standard-issue Midshipman T-shirt.

BOHICA – Military-wide acronym used by Midshipmen, which stand for, “Bend over, here it comes again.”

BOOW – Acronym for battalion officer of the watch, who is a first class Midshipman.

Brace up – Instructing Plebes to assume an exaggerated position of attention while producing as many chins as possible with the chin tucked into the neck cavity, and eyes straight ahead.

Brag Sheet – Paper prepared by a Midshipman about himself or herself.

Brain Dump - To completely forget everything once a test or performance is over.

Brassard - A cloth band worn on the upper sleeve to indicate temporary duty assignments.

Bravo Zulu or BZ – A Navy-wide term meaning well done.

Brick – A physical brick that Plebes give their company’s upper class who had the most unappealing date for the weekend.

Brigade – The entire group of Midshipmen.

Bubblehead – Navy-wide nickname for a submariner.

BUD/S - Basic underwater demolition/SEAL school.

Bulkhead – Navy-wide term for any wall.

Butter bar – Slang term decreasing in use for the gold stripe on an ensign's uniform.

BWI – Baltimore/Washington International Airport.

- C -

Cadet – Name of Midshipmen counterparts at the US Air Force Academy and West Point.

Cadre – Second or first class Midshipman assigned to Plebe detail, also called a detailer.

Cannonball run – A King Hall creation that is essentially a hard, dough-covered apple; a motivational stunt pulled by Plebes in which the Plebe attempts to eat all 12 cannonballs at a given table, without vomiting, likely to yield a special privilege.

Canoe U – Nickname for USNA

Capstone (Capstone Character Excellence Seminars) – Seminars for 1/C Midshipmen that provide ideas and solutions to Fleet-related problems. In addition to topics appropriate to their future commissioned service, a guest speaker usually of flag rank, is invited to add an experienced perspective. These non-academic programs complement classroom teachings on leadership and ethics.

Care package – A box from home usually containing food.

Carry On – The privilege to act normally. When Plebes get carry on, they relax and don't have to follow strict rules and regulations.

CDO – Acronym for company duty officer, a first class Midshipman who is head of a duty section the company.

Chain of Command – Navy-wide term meaning administrative and operational channels; the superior-to-subordinate succession for commands.

Chit – Written permission or excusal; examples include special liberty or excusing a Midshipman from obligation such as classes or athletics because of injury or illness.

Choker Whites – Formal nighttime version, the equivalent of a civilian tuxedo, is dinner dress whites.

Chop – Short double-time steps (about 160 steps per minute) Plebes must move in Bancroft Hall's halls and stairways.

Chow Calls – Plebe rates; 10 to five minutes before breakfast and lunch if formations are inside; 12 minutes and seven minutes before those meals if formations are outside. Plebes recite, by shouting, (1) where formation is, (2) the uniform for formation, (3) the menu for the meal, (4) the Midshipman and officer of the day, (5) the week's professional topic, and (6) the day's major events on the Yard. Plebes memorize chow calls every day and must recite on command.

Civilian – A day without classes or a person with no military affiliation.

Civvies – Civilian clothes, generally enjoyed by 1/C and 2/C Midshipmen.

Class – USNA classes in order are fourth class (4/C), Plebe or freshman; third class (3/C) Youngster or sophomore; second class (2/C) or junior; and first class (1/C), firstie or senior.

Class Crest – Designed for each class during Plebe year by Midshipmen in the class, appearing on apparel, class ring, jewelry, ornaments, etc.

Class rank – See order of merit.

CMOD – Acronym for company mate of the deck, a Plebe or Youngster standing watch in a company area; also called a mate.

CO – Navy-wide term, short for commanding or company officer.

Color Company - The Company with the most accumulated color points including academics, athletics, parades and military activities. The winning Color Company is honored during Commissioning Week receives extra privileges the following academic year.

Colors – Military-wide reference to the American flag and the raising and lowering of the flag.

Come Around – Instructional or training (grilling) sessions for discipline or professional knowledge involving a Plebe and an upperclassman.

Commandant – USNA's second-ranking military officer (after the Superintendent) or the dean of military affairs overseeing discipline and professional training; frequently call "the Dant."

Commissioning Week – Week in late May culminating with graduation.

Company – Basic unit of organization within the Brigade; each company has about 140 Midshipmen.

Company Officer – A commissioned officer in charge of the company.

Conduct – USNA's system of administrative discipline.

Conduct Board – Board comprised of various supervisors to which Midshipmen must go if they have been repeat conduct offenders. Possible outcome can include separation.

Con locker – Short for confidential locker; the only lockable locker in every Midshipmen's room.

Countdown – A period beginning 30 days before Herndon (corresponding to each Company – 15th Company on the 15th day before Herndon) when Plebes perform some outrageously ridiculous act or prank.

Cover - A Midshipman's hat.

CQRP – Cumulative quality point rating (GPA equivalent).

Crabtown – Nickname for Annapolis.

CSNTS (Command, Seamanship and Navigation Training Squadron) – Summer Sailing cruise on 44-foot sailboat.

- D -

D&B – Short for drum and bugle corps.

Dant – Short for the Commandant of Midshipmen or dean of military affairs overseeing discipline and professional training.

Dark Ages – Period between Christmas and spring break characterized by cold temperatures, snow, rain and overwhelming poor attitudes; easily the most depressing period of the academic year.

Dark side – A phrase connoting the dating of another Midshipman.

Dead Week – Slang for the week prior to Commissioning Week.

Dean's List - The list of Midshipmen with a SQPR of at least a 3.4 with no grade below C with the following minimum grades: B in conduct, B in military performance, C in physical education and a C in PRT

Deck – A Navy term for any floor or on the ground.

Demerits – Units of punishment measuring a Midshipman's failure to use good judgment or to meet standards. Demerits are used to determine semester conduct grades and as threats for impeding conduct action if performance does not improve. The more the demerits, the worse offense and the harsher the consequences.

Detailer – Second or first class Midshipman assigned to Plebe detail, also called cadre.

Dixie Cup - The blue rimmed sailor's hat worn by Plebes during Plebe Summer.

Drag - A guest shown around the Academy by a Midshipman or an Appointee for the Naval Academy visiting the Yard. Hosting a drag provides "carry on" status for the Midshipman.

Drill – Parade practice and/or march-on practice, usually several times in a week.

Drydock – Restaurant in Dahlgren Hall used by faculty, Midshipmen and their guests.

Duty – Navy-wide term for a daily watch.

- E -

ECA – Acronym for extra-curricular activity

ED – Acronym for extra duty.

EI – Acronym for extra instruction. It is voluntary or mandatory, depending on academic status.

End of semester leave – After spring semester exams and prior to Commissioning Week; usually called Intercessional leave.

Eyes in the Boat - Plebes must keep their eyes fixed straight ahead.

- F -

Firstie - A member of the first class of Midshipman (1/C) or a senior at a civilian college.

First Class Alley – Any aisle between tables and the bulkheads in King Hall where Firsties may walk.

Five and dive – Slang phrase for serving the five-year obligation after graduation and then leaving the naval service.

FPW – First class parents weekend.

Formation – Any assembling in ranks and taking a muster, usually in reference to formations prior to morning and noon meals.

Forrestal lecture – Generally a once-a-semester address to the Brigade and public by a well-known speaker from outside the Academy.

Forty-Year Swim - A 40-minute swim during the second class year.

FPW - Firstie Parent Weekend, usually in September.

Fry – An indictment from a large number of demerits which may result in restriction depending on the offense.

- G -

Goat Court – Either of two enclosed areas of Bancroft Hall formed by Bancroft's third wing in the First Regiment and by Bancroft's fourth wing in the Second Regiment. The rooms overlooking the goat courts have a view of a lower roof below with no trees or shrubbery to soften the view and it is noisy.

Gouge – Assistance or a shortcut to information on any subject.

Graduation salute – First salute give by a new ensign or second lieutenant following graduation. By custom, the recipient of the salute receives a silver dollar.

- H -

Head – Navy-wide term for a toilet.

Herndon – Symbolic end of Plebe year; Plebes climb the Herndon monument, a 21-foot granite obelisk.

HERO – Acronym for human education resource officer; providing support to the chain of command relating to human relations issues and to help resolve peer issues within the company.

High and Tight - A Marine haircut, very close on the sides and short on top.

Ho Chi Minh – (A reference to the Ho Chi Minh Trail in Vietnam.) A tunnel labyrinth for the Academy's steam heating system, frequently used by Plebes to accomplish recons throughout the year. After 9-11 this system of clandestine movement was shut down to Mids and security tightened.

Honor Concept – A statement dictating behavior at USNA; "Midshipmen will not lie, cheat or steal."

Honor Nazi – Slang for any Midshipman who is diligent in turning in other Mids for honor offenses.

Hospital Point – Quasi-peninsula where the medical clinic is located and most 1/C Midshipmen park their cars.

Hop - A dance

100's Night - On a February night, 100 days from graduation. Plebes used to switch places with Firsties and take the reigns of power. This tradition was halted in 2003, as it was deemed unbecoming of an officer.

- I -

I-Day - Induction Day for the Plebes; the start of Plebe Summer.

Intercessional – One of three periods: prior to reform, following winter vacation and prior to Commissioning Week).

International Ball – Spring Brigade-wide dance that draws foreign officers and embassy personnel from the international community as well as foreign-exchange students from nearby schools.

- J -

Jimmy legs – Slang for the United States Naval Academy Department of Defense police who provide security within The Yard.

Johnny - A student at St. John's College.

- K -

King Hall – The mess or where Midshipmen eat.

- L -

Leatherneck - Leatherneck is a four-week training course conducted by Marines at The Basic School in Quantico, Virginia. Topics covered include amphibious assault and ground warfare.

LANTPATRAMID (AtLANTic Professional Afloat TRAINing for MIDshipman Program) – Better known as the YP Cruise.

LMO – Acronym for last military obligation.

Love chit – Chit submitted for moving a Midshipman out of a company to another because of a dating relationship within the original company.

Lucky Bag – USNA's yearbook (from the term for a ship's locker for stowing miscellaneous confiscated, lost or adrift items).

- M -

MAG (Midshipman Action Group) – Directed and led by midshipmen involving the Brigade in community service with Annapolis area organizations.

MAPR – Acronym for Midshipman academic performance report.

March-over – Process of the Brigade marching from the Yard to Navy-Marine Corps Memorial Stadium prior to home football games.

Masqueraders – USNA's drama club, believed to be the nation's oldest collegiate theater group.

Mid – Short for Midshipmen (unacceptable nickname is "middy").

Midn – Common and acceptable abbreviation for Midshipman in written forms of communication.

MIDS – Acronym for Midshipman Information Data System; web site and online data base used exclusively by the Academy and not open to the public.

Mini-BUD/S – A three-week summer training course at the basic underwater demolition school in Coronado, California for Firsties considering SEALs as their warfare specialty selection.

Misery Hall – First aid rooms in MacDonough Hall and Halsey Field House.

Mother B – Bancroft Hall, the largest dormitory in the world.

MOM – Acronym for main office messenger, usually a Plebe.

Muster – Any roll call or formal taking of attendance (accountability) for meetings, taps formations, etc. While in restriction, muster is required and taken at a designated time and place in an inspection-ready uniform.

- N -

NAPS – Acronym for Naval Academy Prep School in Newport, Rhode Island.

NAPster – Anyone attending NAPS or a Midshipman who previously attended NAPS.

NASS (Naval Academy Summer Seminar) – Acronym for Naval Academy Summer Seminar, any of three one-week sessions that take place each summer to expose high school students to the Naval Academy

NFCU – Acronym for Navy Federal Credit Union, the on-Yard bank.

NFO – Acronym for naval flight officer.

- O -

OPINFO – Acronym for Operation Information, an Academy program during Thanksgiving break, which allows a Mid to come home the weekend before Thanksgiving to visit and speak at local schools to any prospective student about the Naval Academy.

Obligation – The service commitment after graduation, usually five years (or more) in certain communities (notably aviation).

OOM – Acronym for order of merit.

OO-RAH! – A motivational Marine cheer. (“Hoo-RAH” is the SEAL motivational cheer.)

OOW – Acronym for officer of the watch, a commissioned officer who is on duty on a particular day.

Order of merit – Class rank; a Midshipman’s relative standing in his or her class, combining academic, performance, conduct and physical education standings.

Over the wall – The act of leaving or entering the Yard without permission.

- P -

PE deficient – Midshipmen failing to meet any physical education standard.

PEP – Acronym for physical exercise program; an early-morning calisthenics program during Plebe Summer.

Performance grade – A ranking among the Midshipmen within a company every semester, determined by the first class in the company and ultimately the Company Officer. The grade is included in the final OOM calculation.

Performance Board – Board that considers reported cases of substandard military performance by Midshipmen.

Platoon – Unit of organization within the Brigade; each company consists of four platoons, each platoon has three squads.

Plebe – A member of the fourth class of Midshipman (4/C) or a freshman at a civilian college.

Plebe hack – Cough many Plebes get toward the end of Plebe Summer as a result of persistent yelling.

Plebe Informal - Periodic fourth class dances.

Plebe Recognition Ceremony – See Herndon.

Plebe Summer – The six-week boot-camp period beginning with I-Day and ending with Reform.

PPW – Plebe parent weekend, held near the end of Plebe Summer.

Priors – Short for Midshipmen who were enlisted prior.

Professional knowledge – Part of Plebe training; information about military matters.

PROTRAMID – Acronym for professional training of Midshipmen; a training course that introduces aviation, submarines, and Marine Corps communities, usually taken the summer before the second class year.

PRT – Acronym for physical readiness test. Navy-wide exercise that Midshipmen must perform each semester, including a 1.5-mile run, push-ups, sit-ups and a passage of the sit-and-reach flexibility test.

	<u>Men</u>	<u>Women</u>
1.5 mile run	8:15-10:30 minutes	9:35-12:40 minutes
Push-ups	45 min/101 max	20 min/85 max
Sit-ups/curl-ups (minimum)	65 min/101 max	65 min/101 max
Swimming (using any stroke)*	100 yards	100 yards
Tread water*	15 minutes	15 minutes

* Failure to complete these tasks will result in assignment to the swim remedial program.

PT – Physical Training.

P-Way – Passageway.

- Q -

QPR – Acronym for quality point rating, the academic portion.

Quantico - The US Marine Base in Virginia where USMC Officer training is conducted, along with the four-week long Leatherneck training course.

- R -

Rack – A bed.

Rates – Designated military or professional information a Plebe is required to know.

Recon – One of the after-hours adventures in which a Mid may participate. Evening runs to the 7-11 store are fairly common.

Reform – When the entire Brigade returns from summer vacations at the end of Plebe Summer.

Regiment – One of two equally divided units of organization within the Brigade; first and second regiment. (Note: during Plebe Summer, there is only one regiment: the fourth class regiment.)

Regs – Short of regulations, from Midshipmen regulations.

Restriction – Serving of time for an infraction within the administrative conduct system. During restriction, a Midshipman is not allowed off the Yard.

Return of the Brigade – Night at the end of Plebe Summer when upperclass return from summer training.

Ring Dance – A dance at the end of the second class year when Mids can officially wear their class ring.

Ring Knocker – Academy graduate.

- S -

Sandblower – Slang for a very short person.

SAT – Short for satisfactory. Midshipmen must have minimum GPA of 2.0 to graduate.

SAVI – Acronym for sexual assault victims intervention program, providing sexual assault awareness and prevention education, victim advocacy.

SDBs – Navy-wide acronym for service dress blues, the standard Midshipman uniform for evenings, weekends and off-campus wear during winter months.

SEAL – Acronym designating the Navy's sea, air and land special forces.

Seawall – Any reinforced water's edge on the Yard along the Severn River or along Spa or Dorsey Creeks.

Second class – A member of the second class of Midshipman (2/C) or a junior at a civilian college.

Second Class Alley – Any aisle between rows of tables where only members of the second or first class may walk when going to and from tables in King Hall.

Second class loan – Popular name for a career starter loan offered to Midshipmen at the beginning of their second class year.

Separation – Act of leaving the Academy for any reason.

Service Selection – The assignment of one's community after graduation from USNA.

Sets – Two halves of Plebe Summer, called the first and second sets, each with a different set of detailers or cadre.

Sheet Posters – Prepared by Plebes to promote Brigade spirit.

Shirtstays – Elastic straps connecting shirt-tails to socks to ensure proper tucked-in-ness.

Shotgunning – Mixing up Plebes among all other companies, scattering throughout the Brigade acquiring a new group and company mates.

Shoulder boards – Shoulder designations of rank.

Shove Off – To leave, often used in King Hall.

Shuffling – Moving Plebes together in a group from one company to another at reform.

Six-N – Six classes in one day (the maximum).

Skivvies – Navy-wide term for Navy-issue underwear or briefs.

SOP – Military-wide acronym for standard operating procedure.

Sponsors – Annapolis area residents who open their homes to Midshipmen.

Sprint Football – The Navy lightweight football team.

SQPR (Semester Quality Point Rating) – Acronym for the semester quality point rating, including academic, performance, conduct and physical education standings.

Squad – Smallest unit of organization within the Brigade, generally consisting of about 12 Midshipmen. There are three squads in each platoon and 12 squads in each company.

Squad Leader – A first class Midshipman (with a one-striper billet), changed each semester.

Square corners – In Bancroft Hall, Plebes must make all turns at ninety degrees saying, "Go Navy, sir (or ma'am)! Beat Army, sir (or ma'am)!"

Star – A Mid making the Superintendent's or Dean's List, and thus the right to wear a gold or bronze star on the flap of the left breast pocket on certain uniforms.

St. John's College – The liberal arts college located across the street from USNA.

Striper – A 1/C Midshipman officer with three to six stripes on his or her shoulder boards and sleeves, usually carries a negative connotation.

Summer seminar – Any of three one-week sessions that take place each summer for expose high school students to the Naval Academy (see NASS).

Summer training – Training Midshipmen spend during the summer months before graduation.

Summer whites – The summer equivalent of SDBs.

Supe – Short for Superintendent of the Naval Academy.

Superintendent's List – SQPR of at least a 3.4 with no grade below a C in any course, an A in conduct, A in military performance, A or B in physical education and at least a B in PRT. Also known as "Supe's List."

Sweat – A Midshipman who worries about everything.

SWO – Acronym for surface warfare officer.

- T -

Tango Company – A company during Plebe Summer only for those Plebes that want to leave the Academy.

TBS – Acronym for The Basic School in Quantico, Virginia; the first place Marine Corps officers report to.

T-Court – Short for Tecumseh Court, in front of Bancroft Hall.

Tecumseh – "God of 2.0". The bronze statue that stands in front of Bancroft Hall. Named for the Shawnee Indian chief who helped the British capture Detroit during the War of 1812, the bust is that of Tamanend, the peaceful leader of the Delaware Indians who befriended early settlers. Brought to the Yard in its original, wooden, form as the figurehead of the federal ship-of-the-line *Delaware*, the icon resided at several locations around the Yard, finally finding its way to the present spot in 1917. By the late 1920s, time and weather had beaten the original wooden relic severely, so the class of 1890 subscribed to have the present bronze casting produced. Tecumseh's normal color is the familiar dark brown patina of bronze, but every year the bust is painted for special occasions such as Commissioning Week, Parents' Weekends, Homecoming and the Army/Navy game.



Town liberty – Liberty within the 22-mile radius of the Naval Academy.

The Trident – Weekly newspaper produced by the Academy's public affairs office.

Trident Scholar – An program for a limited number of 1/C Midshipmen to engage in independent study and research during their first class year.

Two for Seven – Service commitment papers second class Midshipmen sign committing themselves to complete two years at the Academy and serve as Naval officers for five years after graduation.

2% Club – Nondocumented percentage of Midshipmen who retain steady dating relationships prior to I-Day until graduation.

- U -

Unreg – Any action, behavior, procedure, condition or attire contrary to regulations.

Unsat – Short for unsatisfactory; having an academic average below 2.0 or having an F (or two Ds). If grades are unsatisfactory, a Mid loses weekend privileges and has to spend extra time studying. (see academically deficient)

USAA – Acronym for United Services Automobile Association; an insurance company and bank used by many Midshipmen and military personnel.

- W -

Validate – To test out of a class, particularly as an incoming Plebe.

- W -

Wardroom – USNA's equivalent of a civilian college's dormitory common room; located in the company area. It usually has a TV, VCR, DVD player, refrigerator, microwave and other electric amenities. Plebes rarely have wardroom privileges.

Watch – Duty of all Midshipmen and Navy personnel; an obligation in Bancroft Hall consisting of rotating watch duties such as CDO, CMOD, MOM, OOW and BOOW.

Whites – Short of summer whites (uniforms).

Woop – A nickname for a Cadet at West Point Military Academy.

- Y -

Yard – The Naval Academy campus.

Yard liberty – Liberty on, but restricted to, the Yard.

Youngster – A member of the third class of Midshipman (3/C) or a sophomore at a civilian college.

YP – Acronym for yard patrol craft; any of several 108-foot-long boats stationed at the Academy. These ships can be toured by families on I-day, PPW and FPW.

- Z -

Zoomie – Nickname for a cadet at the Air Force Academy.

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GO NAVY! BEAT ARMY!

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