



The Naval Academy Parents Handbook

From Induction Day to Commissioning Week



Updated February 2015

What is WISNAPA, Inc.

History

Years ago, the guidance office at the Naval Academy recognized that the right kind of parental guidance could greatly help to assure the success of a midshipman, and best accomplished by uniting parents of midshipmen to form parent clubs in each area. The main purpose of a club would be for informational guidance and support with a lesser emphasis on social activities. This concept was approved by the Naval Academy, the USNA Alumni Association and the midshipmen.

The first parent club was formed in April, 1973 in San Francisco. Since then, the concept has spread and there are now more than 75 clubs across the country and in Puerto Rico. At the request of the superintendent, parent clubs are administered by the Naval Academy Alumni Association. Parents of midshipmen continue to play a vital role as members of the Navy family, supporting the Naval Academy, the Brigade of Midshipmen and the Naval Academy alumni.

Wisconsin's club was organized in 1981 by the late Capt. Will M. Adams, USN (Ret) and Capt. William Clayton, USNR (Ret). The Wisconsin Naval Academy Parents Association (WISNAPA) began with 18 members and was the 18th parent club to be welcomed by the United States Naval Academy Alumni Association.

Our mission is to forge a strong link among the families of Wisconsin midshipmen, lending support and to help promote the academy to friends, neighbors and schools in the communities in which we live by encouraging young people to apply for admission. WISNAPA is part of a support network that includes not only midshipmen's parents, but also Wisconsin Naval Academy Blue and Gold Officers (BGOs), the USNA Alumni Association and other Navy organizations.

WISNAPA, Inc. Activities

WISNAPA members host a number of events and services during the year. Here is a listing of some of them:

Plebe Orientation: In addition to the summer luncheon for the incoming class, WISNAPA assigns a current member family to each incoming plebe's family as a sponsor to answer questions and concerns, particularly during Plebe Summer. WISNAPA also publishes the [Plebe Parent Handbook](#) and [Plebe Handbook](#) with tips about USNA and Annapolis.

Membership Meetings: WISNAPA holds three membership meetings each year, generally in October, March and June. Speakers discuss a variety of topics involving the Naval Academy, Navy and Marine Corps. Care Packages are prepared for the members midshipmen and deployed graduates at the fall and spring meetings. Meetings are held in the Milwaukee area and occasionally in other parts of the state.

Communications: WISNAPA publishes three publications each year (*Yardtales*), a newsletter to share news from member midshipmen, graduates and from the Yard. WISNAPA maintains a web page, www.wisnapa.org, which provides current information about WISNAPA, USNA, important dates current events. Email updates are routinely sent to all members throughout the year and meeting notices are mailed.

All Academy Military Ball: Each year, the Wisconsin parents associations of USNA, West Point and Air Force present the All Academy Military Ball during winter break, usually the week between Christmas and New Year's. The three associations take turns running the formal ball, generally held in the Milwaukee area. Students attending the Coast Guard Academy and Merchant Marine Academy are also invited. Midshipmen and cadets attending wear their mess dress.

Group Events: WISNAPA arranges a block of hotel rooms and a seating block at the Army-Navy game scheduled in December.

Great Fellowship: Being a midshipman's parent is very different from being the parent of a student at a civilian college. WISNAPA shares your joys and difficulties with other members.

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The Naval Academy

Background

The Naval Academy was founded in 1845 by the Secretary of the Navy, George Bancroft, in what is now historic Annapolis, Maryland. The history of the academy has often reflected the history of the United States itself. As the U.S. Navy moved from a fleet of sail and steam-powered ships to a high-tech fleet of nuclear-powered submarines, surface ships and supersonic aircraft, the academy has changed also. The United States Naval Academy (USNA) was developed as the undergraduate college of the naval service to create a professional officer corps to lead naval forces.

Purpose

The purpose of the Naval Academy is to prepare midshipmen to become junior officers in the United States Navy. Your son or daughter should enter the Naval Academy fully prepared to undertake the challenging four-year curriculum and to serve as a Navy or Marine Corps officer for a minimum of five years after graduation.

Vision

The United States Naval Academy gives midshipmen up-to-date academic and professional training needed to be effective Naval and Marine officers in their assignments after graduation, including instruction on:

USNA Mission

"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 a potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government."



Figure 1 - Mission of the Naval Academy

USNA Honor Concept

*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 2 - 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. Learning to accept and apply the concept is in itself an educational objective. 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.

Moral Education

Moral and ethical development is a fundamental to the Naval Academy experience. As future officers in the Navy or Marine Corps, midshipmen will someday be responsible for the lives of many men and women and multi-million dollar equipment. From Plebe Summer through graduation, the Naval Academy's character development program is a four-year integrated continuum that focuses on the attributes of integrity, honor and mutual respect. One of the goals of this program is to develop midshipmen who possess a clear sense of their own moral beliefs and the ability to articulate them. Honor is emphasized through the [Honor Concept](#) of the Brigade of Midshipmen. These Naval Academy "words to live by" are based on the moral values of respect for human dignity, respect for honesty and respect for the property of others. Brigade honor committees composed of elected upper-class midshipmen are responsible for the education and training of the honor concept. Midshipmen found in violation of the honor concept by their peers may be separated from the Naval Academy.



Academic and Professional Education

Every midshipman's academic program begins with a core curriculum that includes courses in engineering, science, mathematics, humanities and social science. This is designed to provide a broad-based education that will qualify the midshipmen for nearly any career field in the Navy. At the same time, the variety of majors gives an opportunity to develop a particular area of academic interest. For especially capable and highly motivated students, USNA offers honors programs and opportunities to start work on postgraduate degrees while still attending the academy.

The academy also provides professional and leadership training. After four years at the Naval Academy, the life and customs of the naval service become second nature. First, the midshipmen learn to take orders and acquire the responsibility for making decisions that can affect hundreds of other midshipmen. The professional classroom studies are backed by many hours of practical experience in leadership and naval operations, including assignments with Navy and Marine Corps units.



Physical Education

Along with moral and mental development of midshipmen, the Naval Academy also fulfills its responsibility for physical development. The Naval Academy athletic program is different than most civilian schools. Athletic teams are an integral part of the overall education. Athletics provide leadership opportunities and the experiences of team play, cooperative effort, commitment and individual sacrifice. The academy's program has a wide variety of athletic choices, as well as the required physical education curriculum. The primary goals of the curriculum are fitness, personal appearance and well-being.

Appointees Entering the Naval Academy



Your son or daughter is known as an "appointee" until the Oath of Office is taken on Induction Day (I-Day). Until then, they should not be referred to as midshipmen or plebes, but appointees awaiting induction. Once they take the oath they are officially members of the Brigade of Midshipmen, specifically 4th class midshipmen (4/C) or plebes. Plebe is short for plebeian, from the Latin word meaning "a member of the ancient Roman lower class of common people." They are considered the "cream" of the thousands of applicants to the Naval Academy to receive appointments to one of the most prestigious service academies in the United States.

Unless appointees attended the Naval Academy Summer Seminar (NASS) or otherwise visited USNA, I-Day will be their first exposure to the Naval Academy.

Because of the magnitude of this accomplishment, many incoming parents and appointees view I-Day with some fear or trepidation. Appointees frequently are worried they may not measure up or fail to achieve the minimum standards. USNA selected these young people because they already exhibit the tools necessary to succeed. Although the academy might seem to be too daunting or overwhelming, it is also a matter of mental toughness. Each day or event is a trial, taken in small bites, can be achieved. USNA alumni frequently say that an education at the academy can be divided into three equal parts:

- The first third of their USNA experience is the six weeks of Plebe Summer.
- The second third is plebe year, and
- The remaining third is the remainder of their time at the Naval Academy.

I-Day is the beginning of the experience, one of many trials in the academy experience. Each day or challenge should be taken one at a time. Plebes should do their best and stick to it. When they get down or need support, they should reach out for help. One of the objectives of WISNAPA is to promote and assist midshipmen during their four years at the Naval Academy and as new ensigns or 2nd Lieutenants. Use this handbook to answer questions, but do not hesitate to reach out for help or assistance from any WISNAP member.



What I wish I had known before I-Day

What your Appointee needs to bring to I-Day

Permit to Report Form

The permit to report form should **NOT** be mailed and should accompany your son or daughter when reporting on I-Day.

NCAA Certification of Transfer Eligibility

This form is used to determine eligibility for intercollegiate athletics, whether your Appointee plans to participate in a sport or not. EVERY university, college, junior college or community college attended should be listed along with the respective dates. Include any prep school attended or military duty served. It is important to note the hours taken each semester. This card should be completed before bringing to I-Day.

Personal Needs

Items Provided to Plebes on I-Day

The academy provides information on what to bring to I-Day as outlined in the *Important Information* packet. Generally, incoming plebes can arrive with no more than the clothes worn to I-Day. Everything they need will be issued. The Important Information packet recommends bringing a variety of items including underwear, socks, undershirts, etc. WISNAPA members suggest mailing clothing items during Plebe Summer rather than bringing them to I-Day (see *What should be mailed during Plebe Summer* below). Among the items issued are:

Razors/blades	Shaving cream	Toothbrush/toothpaste
Comb	Dental floss	Cleaning gear
Stationary	Pens/pencils	Cosmetics
Nail clippers	Small notebook	Underwear
PT clothes	Uniforms	Reef Points

Figure 3 - Items Provided to Plebes on I-Day

All extra items will have to be carried along with the 60 pounds of gear issued. Items not permitted, along with civilian clothes, will be stored and returned during Plebe Parents Weekend (PPW). Other items may be mailed during Plebe Summer.

Anything sent is subject to confiscation. The items your Plebe will be allowed to keep during Plebe Summer vary from company to company. Some may allow personal toiletries while others take everything away including watches, wallets, etc. and lock them up with other unneeded items.

What should be mailed during Plebe Summer



Instead of bringing items on I-Day, it would be better to mail the items as care packages during Plebe Summer, especially additional clothing items. Besides a few treats such as granola bars or dried fruit, you might pack some of the more popularly requested items as listed below. (Also see care packages on page 17.)

Several soft cloths to polish shoes, boots and brass	Stamps or self-addressed stamped envelopes/postcards	Additional bras and sports bras
Additional crew socks	Additional round-neck undershirts	Additional jockey-style boxer briefs
Shout Wipes	Cleaning supplies	Positive reinforcement notes
Photos from home	Cushioned insoles for sneakers	Air Fresheners/Febreze
Power/Cliff//granola bars	Cash (up to \$100)	Chalk to cover stains on white uniforms
Small American flag*	Sports drinks/juice	Additional feminine hygiene products
Address book**	Hard Candy	Small flashlight or reading light
Small wind-up or battery powered alarm clock (optional)	Inexpensive, shock resistant wrist watch (optional)	

Figure 4 – Items to mail during Plebe Summer

Hints:

* WISNAPA will provide a small American flag to appointees 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. Parents may wish to send the flag in their first care package.

** If planning a high school graduation or going away party, have guests sign a guest book including their address, telephone number, cell phone number and email information. Guests could also write messages, which can be added to care packages during Plebe Summer and/or during the academic year.

Cell Phones

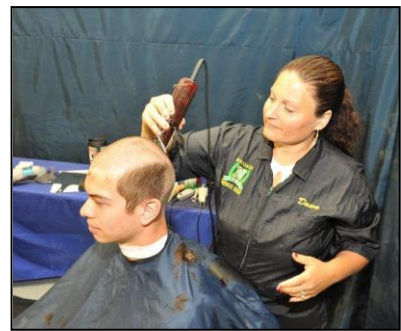
Appointees reporting to USNA on I-Day are encouraged to bring cell phones. Academy officials believe plebes will have quicker access when making calls and it boosts their morale. Cell phones can be used to make their last phone call home on I-Day and during specified call times over Plebe Summer. Cell phones will be stored in a secure area until the plebes are allowed to use them. After Plebe Summer, cell phones are returned and can be used according to the guidelines set down by the academy and their company. During Plebe Summer, access to a telephone will be provided for those plebes that do not have a cell phone.

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. 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. 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 medalion necklace whose chain is long enough to prevent it being seen in uniform. Wristwatches may be worn, if allowed in the company.

Toiletries for males

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. Time in the barber chairs depends on the length of hair on arrival.



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 for females

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. 11 p.m. This service is only for appointees who are traveling by themselves.

Upon arrival at BWI and prior to picking up baggage, appointees will be directed to the United States Naval Academy information desk (hospitality counter) located in the lower level central baggage claim area of the airport. Signs will be placed at each of the main escalators. The hospitality counter is located on the lower level, past the bag belts 10 and 11 on the left going toward the light rail. The information desk will be open from 7 a.m. until 11 p.m. on the day before I-Day. Representatives will provide bus information including the time and location. This bus service is free of charge for appointees only.



Midshipmen, ensigns or second lieutenants will be available to assist incoming plebes and ensure the safe arrival to the academy. In case of emergency, call the Officer of the Watch at the Main Office in Bancroft Hall at 410-293-5001.

Appointees who arrive before the information desk is open or after it has closed should use public transportation (either taxi or shuttle) for transit to Annapolis. The cost is approximately \$60-75 and is refundable through a travel claim. 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

If requested, the Naval Academy will arrange transportation for appointees (not family or friends) 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.

If appointees arrange and pay for their own travel, a copy of the Midshipmen Accession Travel form needs accompany your son/daughter at check-in, along with associated receipts for travel expenses, including tickets or copies of e-tickets, from your home to the Naval Academy. Reimbursement will not exceed what the government would normally pay for travel.

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

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 visit 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.

Appointee Preparation

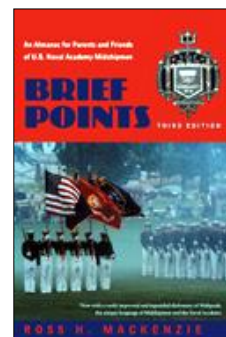
The Naval Academy experience begins as soon as entering the doors of Alumni Hall on I-Day. Make sure your son/daughter is prepared mentally and physically and encourage the following:



1. Be in good physical shape by training every day. Running is encouraged as well as working on upper body strength, such as pushups and sit-ups. All midshipmen will be expected to run 1.5 miles within a designed time (males in 10:30 minutes and females 12:40 minutes). Review the recommended exercise routine on page 60.
2. Eat three well-balanced meals daily.
3. Males should get a regulation haircut from a local barber to make the adjustment easier when the Navy administers a "buzz cut" on I-Day.
4. Females should get 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 academic year. Hair at least 10 inches in length can be donated to [Lock of Love](#), a charitable organization that supplies wigs to children with hair loss due to medical problems. Instead of having hair swept off of a floor and tossed in the trash, consider helping a needy child.
5. Be well-rested, especially the week before I-Day.

Parent Preparations

If going to I-Day, it's recommended to bring water bottles, sunscreen, hats and comfortable shoes. The heat and humidity in the summer can be overwhelming in Annapolis. There will be water stations scattered around the academy grounds (commonly called the Yard). Most of the day is spent outdoors; there is little shade and the sun can be severe. Walking is probably the best form of transportation on the Yard and/or into town and back. Heat and humidity wreak havoc on feet; therefore comfortable shoes are a must.



- Buy a copy of *Brief Points: An Almanac for Parents and Friends of U. S. Naval Academy Midshipmen* from the Midshipmen Store. The book covers additional information about the academy.
- Book reservations **NOW** if you plan to travel to Annapolis for I-Day and/or Plebe Parent Weekend (PPW). Hotels book quickly. Prepare for "sticker shock" since the east coast is considerably more expensive than the Midwest, especially during busy times at the academy.
- If going to I-Day, plan to arrive in the Annapolis area with plenty of time to spare, making reasonable allowances in your plans for unexpected delays, including heavy Induction Day traffic delays.

Should you go to I-Day?

Many parents wonder if they should go to I-Day. There is no correct answer; the option to attend is purely one of preference. If you can afford to go to both I-Day and Plebe Parent Weekend, do so. If money is an issue or it's only possible to attend one of the events, then Plebe Parent Weekend is the usually considered the better choice, as the

ability to see your appointee on I-Day is limited. Some appointees prefer to attend I-Day without family. Most incoming plebes will bring their own cell phones. If they do not, feel free to share yours so all plebes can make a last call home.

I-Day

In-Processing for Naval Academy Appointees

The Permit to Report will indicate a report time to the Naval Academy. 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 the Annapolis area with spare time, making allowances for unexpected delays, including those caused by heavy traffic.

If reporting from NAPS or from enlisted service, report in the uniform of the day. NAPS appointees will change in NAPS PE gear for processing and issued a summer working uniform and tennis shoes during Induction Day. They will also be issued a uniform for physical training including running shoes. Personal running shoes may be used for exercises. If your son/daughter has athletic shoes for a particular sport (cleats for soccer, high tops for basketball, etc.), he/she should bring their shoes to I-Day. NAPS appointees should report with only minimal clothing in addition to the prescribed underclothing. The academy suggests bringing these items in a collapsible overnight bag. Their civilian clothing will be placed in storage and returned at the end of Plebe Summer.

During Plebe Summer, midshipmen will take validation and placement exams. Appointees should bring an inexpensive calculator (with additional batteries) to be used for placement exams. Heavy or bulky equipment such as weights, bicycles or golf clubs will not be allowed. Stereo equipment, clock radios, lamps, over-the counter medications or civilian clothing (other than what is worn to I-Day) will not be permitted.

At their assigned reporting time on I-Day, appointees will be required to leave relatives and friends to report to Alumni Hall to begin induction processing. Refreshment stands, tours of the Naval Academy and an orientation briefing will be available during the day for those who choose to remain for the Oath of Office ceremony. There is a brief period of time set aside later in the afternoon, immediately following the Oath of Office ceremony, to meet with relatives and friends.



What to Expect after Appointees enter Alumni Hall

Soon after entering Alumni Hall, appointees are divided into squads lead by upperclassmen who take them through dozens of stations. Alumni Hall resembles a mass production/assembly line on I-Day. Uniforms and gear worth hundreds of dollars will be issued first. Other stops will include medical and dental areas for vaccinations and exams and the barbershop. Plebes will get one haircut a week henceforth. After completing check-in, appointees are bussed to Bancroft Hall to complete in-processing and wait for the rest of their company to be formed and prepare for the Oath-of-Office ceremony at 6 PM.

Check-in Stations

On Induction Day, appointees will undergo a brief medical examination to ensure physical qualifications for admission. They must pass this examination to be inducted. In most cases, this will be a routine screening to confirm no problems have developed since their previous medical examination (DoDMERB). If they have undergone surgery or had a serious illness or injury since the DoMERB exam or if their health is in question for any reason, your son/daughter should contact the Medical Liaison at 410-293-4381.

Be aware that on the day appointees report for admission, they **must** be within the weight and body-fat standards applied at their candidate medical examination or they will risk disqualification. Height and weight standards can be found in the Naval Academy catalog at www.usna.edu/Catalog.

Medical

If appointees have had any change in health since the DoDMERB examination, the Naval Academy **must** be notified. Areas of particular concern are any and all surgery, orthopedic injuries (broken bones or joint injuries), head injuries, hospitalization, vision changes, loss of consciousness and/or any condition which might preclude full participation in the athletic program. Documentation of any changes in health status since the DoDMERB examination should be mailed or faxed to:

Office of Admissions
Attn: Medical Liason
U.S. Naval Academy
117 Decatur Rd.
Annapolis, MD 21402-5018
410-293-4381
Fax: 410-293-1819

Medications

Appointees taking medications prescribed by a physician must bring them on I-Day. The medication must be in a labeled container along with a note from the physician stating the name of the medication, the dosage, the dates the medication is intended to be taken and the reason it was prescribed. Medications will be evaluated and if the medication is felt to be appropriate, the condition will be documented in the health record with authorization for continued use. **Do not** send over-the-counter (OTC) medications (e.g. Motrin, Tylenol, Tums, cold tablets, etc.), food supplements or vitamins.

Eyes

Appointees should **not** undergo corrective vision surgery (e.g. PRK, LASEK or LASIK) as this will be disqualifying and not likely waved for entry. USNA recommends not purchasing expensive eyeglasses prior to induction. 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 to those needing them. No civilian glasses will be permitted during Plebe Summer. Appointees should bring two pairs of the most recently prescribed glasses and/or a supply of contact lenses (if worn) for use after the summer, along with paper copies of the most recent prescription. Those who wear glasses should bring a plain black safety strap to keep glasses in place during physical activities.



Color Vision

Appointees will be screened for normal color vision on I-Day.

Drug and 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 to all officer accession programs 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.

Dental

The Office of Admissions assumes that all perspective midshipmen will arrive with excellent medical and dental health. It is strongly suggested that your son/daughter has a complete dental examination prior to reporting to I-Day. If extraction of wisdom teeth is performed prior to reporting, it's best that the surgery takes place at least four weeks prior to I-Day. If your son or daughter does not have a waiver for braces, they must be removed prior to Induction.

Day. A dental screening examination will be conducted during Plebe Summer. If an appointee has sustained any injury or developed any disease affecting dental status since the DoDMERB examination, all relevant information and questions 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 and 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 or scalp. 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 are excessive, obscene, sexually explicit or that advocates or symbolizes sex, gender, racial, religious, ethnic or national origin discrimination or gang affiliation are prohibited.

If an appointee has a tattoo or skin amendment, he/she should contact the director of nominations and appointments promptly in writing. 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 pre-existing body alterations shall not be visible in the summer white uniform, either on the skin that shows outside the uniform or through the fabric.

A statement of understanding regarding body alterations should have been completed and returned with the offer of acceptance. If not, the form should immediately be submitted to the director of nominations and appointments. 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 above or has not contacted the director of nominations and appointments should anticipate not being inducted into the Brigade.

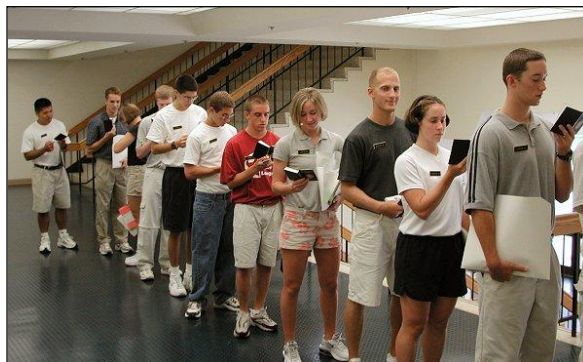
HIV Testing

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 Events for Parents

USNA has a full schedule of events for parents, families and friends who come to I-Day, including a colors ceremony in Tecumseh Court, band concerts throughout the day, a picnic sponsored by the Naval Academy Alumni Association and Foundation, book signings at the Naval Academy Visitor Center, tours on Yard Patrol (YP) crafts and briefings and more. The day will end with the Oath of Office Ceremony and a brief farewell. A detailed schedule will be available online on the I-Day link on the Naval Academy webpage <http://www.usna.edu/plebesummer/iday.php>.

Induction Day begins as prospective appointees report to the academy's Alumni Hall. It is suggested to report in advance of the scheduled time. The lines are generally long and parking is restricted and difficult to find. Parents, with their appointee, will be permitted to drive their vehicles "onboard" for pick-up and drop-off utilizing the appointee's Permit to Report form along with a government issued photo identification card (driver's license) for the driver. Both should be ready to hand to the sentry upon entering the Naval Academy gates to expedite the process. Parking on the Yard by parents during I-Day will not be authorized. Similar restrictions are implemented for various events throughout the school year such as parents' weekends and Commissioning Week. An ID card (midshipmen's parent pass) will be mailed in early August to parents of perspective midshipmen, replacing the Permit to Report form to gain entry to the Yard. Each parent will receive his/her own card (maximum of two). When presented with a photo ID, it can be used to access the academy with any vehicle 24 hours a day/seven days a week during your son/daughter's attendance at USNA. The pass will expire two weeks after graduation. If a new card is required due to loss, change of address, etc., email parkingandaccess@usna.edu for a new card or have your midshipman visit the Pass and ID office located in the Visitor Access Center at Gate One (410-293-5762 or 410-293-4019). Parking is also available at public lots in Annapolis.



Parents are permitted to wait in line with their son/daughter until entering Alumni Hall. Once appointees enter Alumni Hall, many families walk behind Alumni Hall watching through the windows for glimpses of their son/daughter being processed. As the morning progresses, groups of appointees in new uniforms form-up in bays under Alumni Hall, then, buses come and the newly minted appointees file rigidly onto a bus, looking neither right nor left. Once on the bus, appointees are not permitted to acknowledge anyone. Many parents never see their son/daughter exit the building. Some appointees take longer than others to process.

Plan to fill the day from the report time to the swearing-in ceremony with various activities. Visit the Naval Academy Museum, Visitor's Center, Naval Institute Book Store (in the basement of Preble Hall) or the Midshipman Store, known to have great deals on name brand merchandise from Nike to Rolex and most items are sold at near cost, without sales tax. Tours of the Yard and the state capitol are also available. A suggestion is to stock up on class T-shirts, bags, etc. since these items go quickly and won't be available again until commissioning week.



Preble Hall
Home of the United States
Naval Academy Museum

In the past there has been a *Welcome Aboard* Picnic at Forrest Sherman Field on Hospital Point (at the base of the footbridge) from 10:45 AM to 12:30 PM (or in Dahlgren Hall during inclement weather). The Alumni Association and the USNA Foundation hosts the picnic as a way of welcoming new plebe parents into the Naval Academy family. A light lunch, soft drink and snack will be served. The superintendent, commandant and other USNA staff will be there to chat with family members. The Alumni Association staff, Foundation staff and representatives from several parents' clubs will also be there to answer questions and concerns. The USNA parents group will have a table to meet and greet incoming plebe parents as well.

Facilities/Services on I-Day

The following facilities and services should be available at the Naval Academy on I-Day for families and friends:

- Naval Academy Museum: Preble Hall, 9 AM to 5 PM
- Armel-Leftwich Visitor Center (next to Halsey Field House): 9 AM to 5 PM
- Nimitz Library: 8 AM to 5 PM
- Chapel and John Paul Jones Crypt (beneath the Chapel Dome): 9 AM to 4 PM
- Drydock Restaurant: Dahlgren Hall, 6 AM to 9 PM

Typical Schedule of Events on I-Day

Time	Event
0600-2100	Drydock Restaurant open to public in Dahlgren Hall
0800	Colors Ceremony in Tecumseh Court
0830	Band concert outside Alumni Hall
1045-12:45	Welcome Aboard picnic lunch on Hospital Point (free to family/friends)
1345-1430	Band concert Alumni Hall
1430-1540	Parents' briefing Alumni Hall. Superintendent Welcome aboard & remarks
1800	Oath of Office at Tecumseh Court
1830-1850	Plebes last chance to see parents before PPW

Figure 5 – Sample I-Day Schedule of Events

Oath of Office Ceremony

At 6 PM, appointees assemble in front of Bancroft Hall for the Oath of Office ceremony. Appointees officially become plebes once the oath is administered. If a front seat is desired, arrive early. The ceremony is generally brief but poignant. Plebes pledge to "well and faithfully discharge the duties of the office on which (they) are about to enter." Most parents will not be able to find their plebe in the mass of identical-looking people lined up stiffly facing forward. A flyby by the Blue Angels in recognition of the significance of this event is considered very powerful and emotional.



Following the formal Oath of Office ceremony, members of the incoming class may be sworn in by a relative or close friend of the family who is a commissioned military officer, retired or on active duty, and in uniform.

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 6 - Oath of Office

Navy Blue and Gold

At the conclusion of the ceremony, as with the conclusion of most events of significance for midshipmen, comes the traditional singing of the alma mater of USNA, *Navy Blue & Gold*.

Refrain from joining in singing along. By tradition, only USNA graduates or current midshipmen are allowed to sing the song. However, feel free to join in at the conclusion of the song when "BEAT ARMY!" is shouted.

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.*

*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.*

*So hoist our colors, hoist them high, and vow allegiance true,
So long as sunset gilds the sky, above the ocean's blue.
Just let us live the life we love, and with our voyage through,
May we all muster up above, a-wearing Navy Blue.*

Figure 7 - Navy Blue & Gold (Alma Mater)

Final I-Day Moments

Plebes are dismissed for their final few moments with family and friends after the Oath of Office. Family members should stand by the post bearing the first initial of the plebe's **last name** (the same instructions will be given to plebes) on Stribling Walk, which is directly in front of Bancroft Hall. Do not make the mistake of going to the letter of the company your son or daughter is assigned.



It's a good idea to have a cold drink, snack and a towel or jacket for your newly appointed plebe to sit so as not to get his/her new uniform dirty. A cell phone for last calls is also appreciated. The new plebes will most likely glance repeatedly at their watches to make sure they are not late to reform. They may already have stories to tell or perhaps they don't want to share anything. Remind them how important they are and wish them well. When it's time to go, give them a last hug and try not to be too emotional. For many parents, it truly is a strange mix of emotions. For many plebes, it's a day of change.



When plebes go to reform into their platoons and march-off to Bancroft Hall, feel free to follow and take photos. Other than an occasional rushed phone call or a short scribbled letter, plebes will not communicate until Plebe Parents Weekend (PPW) six weeks later.

Plebe Summer

Description

Plebe summer is a demanding, fast-paced boot camp-style orientation that begins four years of preparation of midshipmen for commissioning as naval officers. There will be physical and mental demands with the purpose of developing leadership and motivating moral strength, physical skills and stamina. Plebes will march and wear a uniform starting on their first day.

Why the academy has Plebe Summer: The objective of the training is to break down plebes and then build them back up in the image that the Navy has decided is best for a Naval officer. Plebe's military training throughout the summer will be under close supervi-



sion of selected 1st class midshipmen, commissioned officers and senior enlisted service members. The basic military training unit is a squad. Each squad is made up of approximately 10 plebes. They will be assigned to a squad and, since the development of teamwork is a vital aspect of the training program, they will be expected to participate fully in all activities in their military unit.

Plebe Summer is highly competitive. Stress is a deliberate part of the program. They 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 their military unit. Aside from some differences in physical education requirements, sports programs and grooming and dress regulations, all 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, all of which contribute to making each midshipman a versatile individual. A rigorous physical conditioning program, including calisthenics, running, pull-ups, sit-ups, swimming, wrestling and boxing, takes up only 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 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, not from a fear of punishment. There will also be additional training for plebes in human relationships and concepts of equal opportunity.

Company Assignments

The approximate 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 with 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 below). 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 (4/C) Regiment During Plebe Summer			
Battalions	Letter Companies	Company & Platoon No.	Squads
Starboard Battalion	Alpha (A)	A1	1 – 4 (Approx. 10 Plebes each)
		A2	1 – 4 (Approx. 10 Plebes each)
	Bravo (B)	B3	1 – 4 (Approx. 10 Plebes each)
		B4	1 – 4 (Approx. 10 Plebes each)
	Charlie (C)	C5	1 – 4 (Approx. 10 Plebes each)
		C6	1 – 4 (Approx. 10 Plebes each)
	Delta (D)	D7	1 – 4 (Approx. 10 Plebes each)
		D8	1 – 4 (Approx. 10 Plebes each)
	Echo (E)	E9	1 – 4 (Approx. 10 Plebes each)
		E10	1 – 4 (Approx. 10 Plebes each)
	Foxtrot (F)	F11	1 – 4 (Approx. 10 Plebes each)
		F12	1 – 4 (Approx. 10 Plebes each)
	Golf (G)	G13	1 – 4 (Approx. 10 Plebes each)
		G14	1 – 4 (Approx. 10 Plebes each)
	Hotel (H)	H15	1 – 4 (Approx. 10 Plebes each)
		H16	1 – 4 (Approx. 10 Plebes each)
Port Battalion	India (I)	I17	1 – 4 (Approx. 10 Plebes each)
		I18	1 – 4 (Approx. 10 Plebes each)
	Juliet (J)	<i>(See note below)</i>	
	Kilo (K)	K19	1 – 4 (Approx. 10 Plebes each)
		K20	1 – 4 (Approx. 10 Plebes each)
	Lima (L)	L21	1 – 4 (Approx. 10 Plebes each)
		L22	1 – 4 (Approx. 10 Plebes each)
	Mike (M)	M23	1 – 4 (Approx. 10 Plebes each)
		M24	1 – 4 (Approx. 10 Plebes each)
	November (N)	N25	1 – 4 (Approx. 10 Plebes each)
		N26	1 – 4 (Approx. 10 Plebes each)
	Oscar (O)	O27	1 – 4 (Approx. 10 Plebes each)
		O28	1 – 4 (Approx. 10 Plebes each)
Administration	Papa (P)	P29	1 – 4 (Approx. 10 Plebes each)
		P30	1 – 4 (Approx. 10 Plebes each)
	Tango (T)		A holding company for processing Plebes who are leaving USNA

Figure 8 – Company Organization

Note: Company J for Juliet is not used during Plebe Summer. 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.

Plebe Summer for Parents

On I-Day, plebes take an oath to uphold the Constitution and to serve and defend the United States of America. At this point, they are officially in the military. Your son/daughter is *not* away at college, but in the United States Navy. Plebe Summer is boot camp, especially designed for men and women who aspire to be Naval and Marine officers. Plebes cannot be called or contacted except in extreme circumstances (family member death, etc.) or during designated times. Plebes are told what to do, what to think, when to eat, when to sleep, etc. for the six weeks of Plebe Summer. Nearly all of their time and thoughts will be accounted for during this time.



With an education costing over a quarter of a million dollars, the Naval Academy intends to see their investment is well-tended. The academy, with more than 150 years experience, has medical facilities to address conditions that can and will happen.

For many parents, Plebe Summer is their first break from parenting. Not only is Plebe Summer designed to break down plebes, it seems to break parents down too. Having a child gone without communication may hurt and worry some parents. The best advice is to write letters and send care packages. Many parents find comfort in reading information on the parents' listserv, website and talking with other USNA families. It's very different from students attending a civilian college who can call or come home to visit.

The Naval Academy has a Plebe Summer page on their web site (www.usna.edu/PlebeSummer/) for family and friends to follow the various activities throughout the summer.

Contacting your Midshipman during Plebe Summer

Your plebe will not be allowed to call before the third week of Plebe Summer – at the earliest – and then generally for only for a short time (varies by company). The academy will post the approximate times each company will call a few days in advance. If your plebe brings a cell phone to I-Day, it will be returned, fully charged, to call. If a plebe does not bring a cell phone, a telephone will be provided to make calls. Be ready for the call. If your plebe calls and fails to contact you, he/she won't get a chance for another week, which is considered a real downer for both plebes and parents. At times, plebes will not be allowed to call during the scheduled time and may have to wait one or two days. Waiting for these calls may disrupt your schedule, but generally it's well worth it to hear their voice.

Plebes may sound hoarse from the shouting they do over the summer and most assuredly, someone will be screaming the remaining time in the background. Try to be positive and encouraging, even if you have misgivings. Some plebes are very talkative while others just want to listen to what's going on at home. Let them set the tone of the conversation. Don't ask too many questions, but rather listen and tell them you love them, are proud and eager to see them. Try to find something funny or interesting to share. Most will need to hear something positive during this grueling time.



Other than three short phone calls, the only other communication is via the US Post Office. Plebes won't have access to a computer until the academic year. Try and send a letter or card as often as possible. Mail is greatly appreciated by all plebes, although it may take awhile for your plebe to receive letters or packages. Many plebes feel disheartened to find an empty mailbox. Keep correspondence upbeat and positive with news of hometown activities, family members, activities, etc. Many plebes may not have time to read mail immediately, but knowing there is mail on their desk is usually a tremendous boost to morale. Try not to pass on bad news that can wait until summer's end.

In the event of an emergency ONLY, notify the officer of the watch at 410-293-2701. Telephone messages of non-emergency but urgent nature may be relayed through the midshipmen watch standers at 410-293-5001.

Mailing Address

The US Postal Service summer address, available around mid June from the Officer in Charge of the 4th 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

At the end of Plebe Summer, a permanent address will be assigned with a PO Box number. The Company/Platoon ID is dropped after Plebe Summer. The only zip code midshipmen can receive mail is 21412.

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.

Mail Distribution

It is necessary to use the class number, company and platoon identification during Plebe Summer, since mail is distributed directly to the company. When the academic year begins, **eliminate the Company/Platoon ID number**. Midshipmen keep the same address throughout the four years at USNA, regardless of a change in rooms, wings or company.

Don't expect plebes to write often. Their time is limited and they have many demands with very little time to write. They often write cryptic notes on small pieces of paper. They may make a care package request. If they ask for crosscut tennis balls or extra blue rims and you don't have a clue what they are talking about, ask a WISNAPA member or post a note on the USNA listserv for help. Plebes almost immediately talk in a different language and you may need to brush up on Navy lingo. (Crosscut tennis balls are old tennis balls with an X-cut which can be placed on chair legs to avoid scuff marks. Blue rims are white t-shirts with navy blue collars and cuffs, stocked at the Midshipman Store.)



You may get a letter of desperation sometime during the summer. Almost all plebes experience days of despair. They may be sick, hoarse, exhausted, hungry and/or tired of being yelled at. This is normal for most plebes. With encouragement from family, plebes are better prepared to endure the remainder of Plebe Summer. Many parents are comforted discussing their situation with other WISNAPA parents or academy parents through the listserv. Even if your Plebe sounds miserable, there's an old saying that's helpful: *The Academy can't kill you and they can't stop the clock*. Plebe Summer is only six weeks with an end in sight. Parents may wish to remind their son or daughter to take one day at a time. Visiting during Plebe Summer is NOT allowed until Plebe Parent Weekend.

Plebe Care Packages

Care package is a midshipman term for goodies from home and is a very effective morale booster. However, during the controlled training environment of Plebe Summer, sending "junk foods" is discouraged. Some guidelines when sending care packages include:

- Limit the size of the shipping container to no larger than approximately the size of a shoe box or a USPS flat-rate box. Bancroft Hall has mice. Any food in the room needs to be kept in air-tight hard plastic containers. You might pack the first care package in a shoe box sized plastic container to protect food items sent.
- The US postal service offers (free) flat-rate boxes in two sizes: 11" x 8.5" x 5.5" and 12" x 12" x 5.5" to mail domestically and/or to an APO/FPO (military) destination. Prices vary with a small discount for making your own label. Go to www.usps.com for more information.
- Items should be single serving and nonperishable. There are no refrigerators available in Bancroft Hall for food storage. Fruit is not recommended since there is plenty available in King Hall (dining area). Packages can sit in the mail room for days and perishable food may spoil with the hot and humid temperatures. Chocolate items are not recommended since they melt easily in the summer heat.

- Junk food is discouraged during Plebe Summer. Treats should be on the nutritious side. The regimen of Plebe Summer is a controlled training environment and requires adherence to a healthy diet.

Some suggestions to include in a care package are:

Juice boxes	Cartoons or pictures to boost spirits	Power/energy bars
Granola bars	White chalk – to cover the marks on their uniforms	Photos from home
Hard candy	Shout Wipes – to clean up spills and stains on uniforms	Letters from home
Breath mints	Febreze – to freshen clothes, etc.	Bleach pen

Figure 9 - Care Package Suggestions

Note: If sending pocket money or something special, let your plebe know so it's not accidentally thrown away.



Some parents send a weekly care package over the summer. Others send more sporadically. Care packages can be prepared before I-Day to help with the selection of treats. You will not know what is accepted in your plebe's company for several weeks after I-Day. Generally, dry or packaged food is safe. Pocket money may be used to purchase non issued items at the Midshipman Store (\$100 is a suggested amount). Be careful not to send items that may embarrass your plebe such as stuffed animals or balloons since your plebe may be ridiculed in front of their platoon. If they have a birthday, plan to celebrate another time. Your plebe will want to be a "stealth plebe" during Plebe Summer and being made the center of attention is unwise.

When sending care packages, send extra items to share and promote a cohesive group mentality. Most likely, your plebe won't eat all the items in the care package and will want to share with others. Plebes are busy much of the time and may write indicating they are hungry much of the time. There is plenty of food served in King Hall, but sometimes they can't take the time to eat with their busy schedule.

Validation Tests

Before the academic year begins, plebes take validation tests in a variety of subjects to determine the skill level to test out of certain courses. It is often a good idea to validate courses with adequate skill levels so fewer classes need to be taken later on. Some plebes choose not to validate a course in hopes of boosting their GPA, but, it may backfire. Validation is required for graduate education programs. After they take the validation tests, plebes are recommended to an appropriate set of classes.



End of Plebe Summer

Several events highlight the end of Plebe Summer including plebe year, brigade trials, meeting their sponsor family and Plebe Parents' Weekend (PPW).

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 interested Plebes. 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. A sponsor family can provide relief and help not only Plebes, but also their parents. It can be reassuring to know your son/daughter is being taken care of by a sponsor family. It is appropriate to remember your Plebe's sponsor with a small gift and occasional notes of appreciation. Sometimes a Plebe doesn't *connect* with his/her sponsor and requests another sponsor. Your Plebe might adopt the sponsor of a friend or roommate.

Many sponsor relationships are often treasured by Plebes beyond Plebe Year and lasts well beyond graduation. It is recommended to sign up for a sponsor family, regardless of the necessity. If the Plebe doesn't "hit it off" with his/her sponsor family, he/she can terminate the relationship. The majority of Plebes, however, find sponsor families a nice respite from the rigors of Plebe Year.

Plebe Parent Weekend (PPW)

At the end of the six weeks of Plebe Summer, Plebe Parent Weekend (PPW) begins. Approximately 3,000-4,000 family members and friends visit during the three-day weekend. Parents may be able choose to sail with their plebe, watch a dress parade, dine in King Hall (where all 4,000 Midshipmen eat meals at the same time during the academic year) and meet with staff members at the academy. However, be mindful of your plebe's mental and physical state during PPW. The summer has been rigorous with a chance to relax for the first time in weeks. Some plebes spend the entire weekend asleep. Others are so happy to be off the Yard and can't stop talking. Still others have parents do their laundry. Since each plebe reacts differently, don't plan the entire weekend ahead of time. Schedule a few activities but stay flexible, adding or subtracting as necessary.

A detailed schedule of events and related information will be mailed around mid July. The USNA link for PPW can be found at: <http://www.usna.edu/PlebeSummer/info.php> later this summer. The page will be updated frequently throughout the summer.

Note: Plebes must wear the prescribed uniform when out in public at all times during PPW. They are seldom allowed to stay overnight and must return to the academy each evening 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:

Physical Exercise Program (PEP)

If possible, attend PEP early Friday morning to watch plebes go through calisthenics as the sun rises. Plebes begin by running around Rip Miller Field, passing in waves.

Reaffirmation Day Ceremony

Plebes will reaffirm the Oath of Office at the end of PPW. The ceremony highlights the Honor Concept and Honor Treatise. Plebes will receive an honor coin as a physical reminder of the values they are affirming. 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.

Brigade Trials

Brigade Trials is at the end of Plebe Summer. A similar event is at the end of Plebe Year. Both begin early in the morning and last throughout the day. Climbing, agility and teamwork are tested on a large climbing wall. A tactical assault phase is held at Hospital Point. A water phase is held at LeJeune Hall. Lawrence Field is home to a grueling combat conditioning phase where Plebes work together to conquer various obstacles. The last phase of Brigade Trials consists of a rifle march. The day culminates in a formal personnel inspection in summer whites followed by festivities of class mess night. Altogether, it is an exhausting and team-building day that plebes remember with pride. Brigade Trials occur after Plebe Parent Weekend, just before the return of the brigade. It brings closure to the summer experience. It is the culmination of weeks of labor and the source of new and remarkable stories.



Plebe Year Begins

Life in the Brigade

Chances are living arrangements at the academy are different from anything your son/daughter has experienced. The day begins with reveille and ends with lights out. They stand watches, march to meals and wear the uniform-of-the day. They and their roommates must keep their room ready for a military inspection and keep their uniforms in regulation condition. Demerits are awarded for a room or uniform that is not in proper order or "squared away."

All midshipmen live in Bancroft Hall, the largest dormitory in the world. They are usually assigned to a room with one, two or three other midshipmen and live in close proximity to about 130 midshipmen in their company. Male and female midshipmen from all four classes make up each company. Each company has its break area, called the wardroom, for meetings and recreation, usually off limits to plebes. Rooms are wired for computers, Internet access and phones.



Brigade Organization

Congress determines the number of midshipmen allowed at the academy each year. Currently, the brigade stands at approximately 4400 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

Companies

Plebes are divided according to their company platoon assignments during Plebe Summer. If in Company E-9 (Echo Company, 9th Platoon) over Plebe Summer, plebes will join 9th Company after reform. Likewise, if in A-2 during Plebe Summer, they go into 2nd 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. First company generally decorates Tecumseh for I-day and Herndon. The 28th company has a traditional croquet game in the spring with St. Johns College.

The company is considered one of the most important units of the 4,400-member Brigade of Midshipmen. Many rewarding experiences are with members of the company. They eat, sleep, study, drill, play and compete as teams with company mates. They learn to trust and rely on each other. The company experience also gives an idea of how things work in the Navy and Marine Corps, where small-unit cohesion, teamwork and morale are as important in peacetime operations as in combat. Each year, companies compete for the title of *Color Company*, the best in the brigade. The year-long color competition among the 30 companies builds company spirit. Companies accumulate points for academic, professional and intramural excellence. The company with the most points is recognized at the Color Parade during Commissioning Week and enjoys special privileges for the next year, including the honor of representing the Naval Academy at official functions such as presidential inaugurations.



Bigade Reform

At the end of Plebe Parent Weekend, plebes are moved to new rooms and issued books, uniforms, computers and calculators. The daily routine changes considerably as the other midshipmen return from summer assignments. Within a week, there are over 3,000 upperclassmen on the Yard. As more and more upperclassmen return, plebes face a wave of additional prospects of being “rated.” There are new faces and names to memorize.

Leadership Responsibility

As midshipmen progress through the years at the academy, leadership responsibilities increase. Each year, they and their classmates assume more important roles in running the company, battalion and brigade. By the time they are a 1st class (1/C) midshipman, they are making daily decisions affecting the morale and performance of other midshipmen. They are teaching fundamentals of the naval profession, helping through difficulties, leading through personal example, communications, rewards and discipline and other techniques learned in the classroom and through three years experience at the Naval Academy. Their leadership responsibilities also increase in summer professional training. After learning what it is like to be a sailor aboard a ship during their second-class cruise, they undertake the duties of a junior officer during their 1st class summer cruise. They build leadership skills in these and other settings, where they can learn from mistakes and benefit from the guidance of seasoned Navy and Marine Corps officers. By the time they take their position as a Naval or Marine Corps officer, they know leadership techniques and styles that work best for them in different situations.

Midshipmen Rank and Insignia

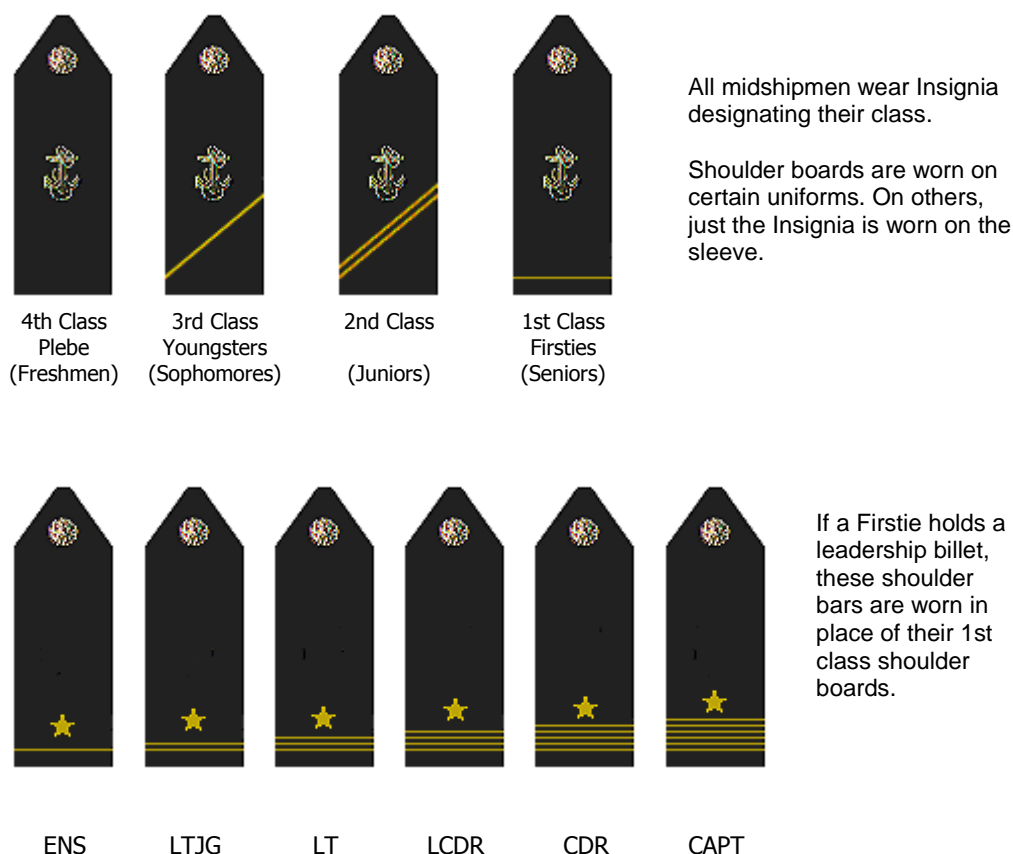


Figure 10 - Midshipmen Rank & Insignia

Daily Routine

During the academic year, a typical day begins with plebe wake-up at about 0530 (5:30 AM), usually 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 (sophomore) or 2nd class midshipman who will test their professional knowledge occurs around 0630. Morning quarters formation is at 0700 for the entire company; breakfast is shortly thereafter.



The first academic class starts at 0755 with four class periods in the morning; the last one ending at 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, return to their room.

After noon meal, there are two additional classes ending at 1505 (3:05 PM). Non varsity athletes march in parades and play intramural sports during the year. 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 mandatory, usually followed by quiet/study time from 1930-2200. Plebe *Taps* is 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 usually have town liberty (22-mile limit) on Saturday and Yard liberty Sunday. They must wear the uniform of the day at all times in the Annapolis area while on liberty. Plebes who make the Superintendent's List at the end of the first semester usually rate one weekend liberty during the second semester. Youngsters (2nd class midshipmen) 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. Third class midshipmen (juniors) rate six weekends per year and 1st class midshipmen (seniors) rate eight or more weekends, the only exception being during military watch. Additional weekends may be granted for midshipmen involved with varsity sports. 1st class "Firsties" (1/C) and 2nd class midshipmen are allowed to wear civilian clothes (civies) on the Yard and on liberty. Youngsters cannot keep civilian clothes in Bancroft Hall or wear them unless on authorized leave.

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 work, work out or catch up
1330-1520	Afternoon classes
1600-1800	Sports practice
1730-1900	Dinner
1930-2200	Study time (Do not disturb during this time)
2200-2300	Study or personal time
2300	<i>Taps</i> - Lights out

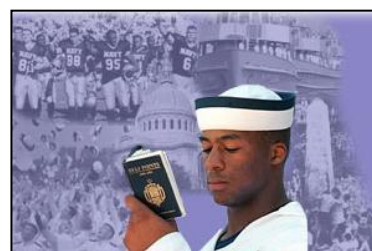


Figure 11 - Schedule during the Academic Year

The academic schedule for plebes includes six classes, special instruction and three-hour study periods as well as inspections, formations and drills. Plebes have regular parades and sports practices as well. Plebes study leadership,

naval science, calculus, chemistry, English, government and naval history. This is a general background for all students. After spring break in March of their first year, plebes declare a major in one of 25 different fields in engineering, science, math and humanities.

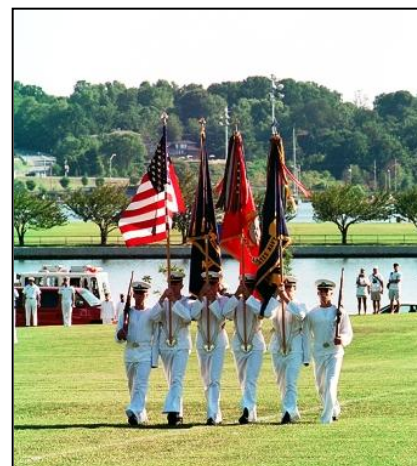
Computers and Communication

Every plebe will be issued the same computer giving instant access to research materials, class notes, the Internet and professors' email addresses. Each midshipman has his/her own academy-specified laptop computer with a printer and email account. This is the time when parents can reestablish a regular connection with their plebe. Having your son/daughter's email address (usually available during PPW) and the possibility of instant messaging allows a sense of connectedness that was not possible during Plebe Summer.

Dorm rooms have a phone jack, but one of the roommates has to provide a telephone. This is usually not an issue with most plebes having access to a cell phone. If you have an extra, bring it to PPW. Other desired items may include an iron, ironing board, an electric blanket and a sleeping bag (to avoid remaking the bed during a nap).

Instant Messaging (IM) enables two-way (typing) conversations. Your midshipman's company may or may not allow IM communication. If you are able to IM, the midshipman should initiate contact to avoid interruptions. Be aware that your midshipman will have very little time for "chatting." It is not unusual for midshipmen to send very short, almost cryptic messages when sending email, which allows them to keep in touch on a daily basis. Don't expect multiple-page letters in return. Phone calls can be used to communicate as well, depending on the company policy. Video chat and video conferencing (via Oovoo, Skype and Google talk) are becoming more popular. As of this writing, only www.oovoo.com is approved by the Department of Defense.

Midshipmen's study time is usually between 7:30-10 PM and should not be interrupted during this time.



Air Conditioning

Up until the fall of 2004, Bancroft Hall was not air conditioned, so it was essential that midshipmen also get a fan to survive the hot, humid summers of Annapolis. With air conditioning, portable fans are no longer needed.

Midshipman Miseries

Everyone has days when they wish they were some other place. If your midshipman says he/she can't stand it, they are not alone. Life at the academy is not easy. There are days when they will love it and other days when they hate it, and many times it feels overwhelming.

When your midshipman has a down day, listen to the concerns, then encourage him/her to wait a day or two (or three) to see if it's better. Don't be surprised if the next time you hear from your midshipman, the situation has been forgotten and nothing is wrong. Listen and provide support.

Highlights During Your Midshipman's Remaining Years at the Naval Academy

Service Commitment

August of the 2nd class year is known as "Two for Seven," or time left at USNA (two years at the academy and the minimum service commitment of five years). Midshipmen do not have a service commitment until they start their 2nd class (junior) year. If a midshipman leaves for any reason during the first two years, he/she will not have either a monetary or service commitment. At the beginning of the 2nd class year, however, midshipmen are required to sign their "2 for 7" papers committing themselves to serving as officers for a minimum of five years after graduation or eight years after earning wings as a naval aviator.

Commitment Dinner

Dinner is held in King Hall on the night before the first day of classes in August, after 2nd class midshipmen have made their "2 for 7" commitment. During the dinner, midshipmen will stand and reaffirm their obligation to naval service and the USNA Honor Concept. Representatives and guests of the class fifty years senior will sit amongst the midshipmen and provide an inspirational speaker for the evening.

2nd Class Parent Weekend

All 2nd class parents are invited to a special academy weekend in the fall, usually in September. The weekend is the equivalent to PPW during the 2nd class (junior) year at the academy. Plan to go if possible, as you can attend classes during the day and it will be the last opportunity to see your midshipman's dorm room in Bancroft Hall. Usually there is a home football game and tailgate, lunch at King Hall, special concerts, chapel services and a host of other activities.

This is an opportunity to visit with the parents of your midshipman's friends and also help prepare for Commissioning Week (graduation). You may wish to begin thinking about accommodations for graduation week. WISNAPA's associate members are also a good source of information for lodging since they recently went through the experience. If at all possible, try to secure reservations by the beginning of the 1st class (senior) year. WISNAPA has prepared Commissioning Week advice and links to housing at <http://173.254.28.36/~wisnapao/home/commissioning-week-advice-from-wisnapa-members/>

Class Crest/Ring

During Plebe Year, a class ring/crest committee is formed. Each class designs its own crest, a tradition which began in the 1880s. Crests can be seen on display in the Preble Hall Museum. Class rings, charms, pins, necklaces and tie bars will have the class crest. These items will be ready in time for Mother's Day which your midshipman may purchase as special gifts.



At the end of their 3rd class year, orders are taken for individual class rings. Each ring is essentially the same, with the class crest on one side and the academy seal on the other. Midshipmen personalize their ring by ordering a color stone they like (or can afford), ranging from gold plugs to diamonds. The rings are delivered just before spring break during 2nd class year. After this trial period, the 2nd class are not allowed to wear their rings until the Ring Dance.

Thanksgiving Break

Thanksgiving is their first opportunity since I-day for plebes to come home. Usually they are granted leave on the Wednesday before Thanksgiving, after completing their last military and academic obligation, through the Sunday after Thanksgiving. For 1st class, 2nd class and 3rd class midshipmen, a program called OPINFO is also available. (See Glossary)

If your son/daughter comes home for Thanksgiving, try not to make a big change in traditional family celebrations. They may visit high school friends, sleep at odd times, eat enormous amounts of food or talk endlessly on the phone. They will most likely speak of "going home," meaning Annapolis. Some students do not return home for Thanksgiving

due to the expense (air fares are generally at peak with black-out dates), coming home for Christmas instead. There are many Thanksgiving options in Annapolis. They may choose to spend the day with their sponsor family, attend DC's gala Debutante Ball or perhaps go home with a friend.

Service Selection

Service selection night is a major milestone for 1st class midshipmen. They rank the possible assignments and may participate in service selection interviews during the fall term. In addition, if a midshipman is considering nuclear subs or surface warfare, they will attend a series of interviews in Washington, DC. Usually midshipmen choosing nuclear warfare know their selection prior to the formal service section night, held first semester of their 1st class year. Ninety-five percent of the class usually receive their first or second choice of service assignments.

<i>Typical Service Selection Assignments</i>			
Surface Warfare	283	Information Warfare	2
Submarines	140	Civil Engineering Corps	3
Navy SEALs	28	Navy Pilot	255
EOD	16	Naval Flight Officer (NFO)	89
Intelligence	6	Marine Corps Pilot	70
Supply Corps	5	Marine Corps NFO	3
Medical Students	10	Marine Corps Ground	199



Army/Navy Game

Another opportunity to see your midshipman is the Army/Navy game, held in December. Many WISNAPA parents attend the game and sit together in a special section. Ticket information is available on the WISNAPA [website](#) and can also be purchased during I-Day. Plebes must travel with the brigade, by bus, participate in the brigade march-on, and sit with the brigade during the game. However, after the game, they may meet with family and friends for a few hours before heading back to the academy. Buses leave every hour up until midnight. Your plebe will have instructions on where and when to meet. The game is considered a highlight for many parents with an opportunity to meet and associate with club members during the game. WISNAPA publishes details concerning the game, tickets, seating, and hotel rooms. Friends and relatives are welcome to join the group.

Joining the [Blue and Gold Club](#) (not to be confused with Blue & Gold officers) allows parents to reserve premium seats and buy tickets early.

Christmas Break

Christmas break begins after midshipmen complete their final exams and all military obligations, usually about a week before Christmas, lasting until approximately the first weekend in January. Some midshipmen stay at home and some possibly travel to visit friends. MAC flights (for as little as \$10) from military airports to many locales may be available; getting back on time may be a risk, however. Midshipmen **must** return on time. It won't be a problem as long as midshipmen arrive at BWI or a nearby airport (or have proof of arrival time) at least four hours before leave ends. Weather can be unpredictable and it's advised to be conservative with timing.

Winter break is the end of first semester. Midshipmen can access their grades from home and will know the procedure prior to leaving the academy. Only midshipmen who set up remote accounts can access their grades. All others will have to wait to see their grades when they return to the Yard. Grades can only be accessed by midshipmen. Parents are not privy to grades, as with civilian colleges.

The Dark Ages

Traditionally, the months of January through spring break represent the "Dark Ages." This is a time of shortened daylight, intense studies and little or no encouragement. As the midshipmen return from winter leave, they settle in for the long, cold and depressing months ahead. They should expect a crackdown by upperclassmen, at least for a couple weeks.



For some it's a shock after Christmas, especially when they thought they had the academy routine down. This is the time when many midshipmen will get the "blahs." As parents, be prepared to write more often, send more care packages and generally be extra supportive and encouraging to help your midshipman get past the Dark Ages.

Ship/Training Selection Night

The last big event for 1st class midshipmen is the selection of their ship, for Surface Warfare Officer (SWO) School or selection of training dates. Formally, it was combined with Service Selection Night. During the second semester, usually in February, Firsties select their ship and port or training date.

Plebe Major Selection

During second semester, plebes choose a major. Coursework is determined by the major chosen beginning in the 2nd class (Youngster) year. The academy offers 300 courses per semester with 25 academic majors. All graduating midshipmen, regardless of their major, receive a bachelor of science (BS) degree. Although it is possible to change majors later, it is difficult to do so. Choosing a second major is a possibility but is not appropriate during Plebe Year.

Academic majors are selected in March. Plebes will indicate their first and second choices, both will be considered and at least one should be among the technical majors offered at USNA. In choosing, plebes should consider their performance in courses already taken, as well as SAT/ACT test performance as indicators of potential strengths.

At least 65% of plebes will be required to select technical majors (math, science or engineering). Every effort will be made to give each plebe his or her first choice. Nevertheless, if fewer than 65% select technical majors as their first choice, some plebes will be required to enroll in their second choice of major. Plebes should appraise their interests. 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.

It is recommended that midshipmen choose a major in the academic area they most enjoy. Choosing the wrong major will likely lead to poor grades, stress, distaste for life in general 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 receiving 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 25 fields of study as listed below.

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

Figure 12 - Academic Majors

Those in the top 10% of their class graduate with distinction. Those who have completed special honors programs in one of the six selected majors graduate with honors.

Spring Break

Spring break is generally in March. Many plebes will choose to vacation with other midshipmen in lieu of coming home. For many, this is the first opportunity to "spread their wings" and explore on their own terms. A travel agent is located in the basement of Bancroft Hall with vacation brochures available. Their military status provides special room

rates and discounts to theme parks, hotels, restaurants and movie theaters. Florida is a popular destination as big theme parks have special deals for midshipmen.

Intercessional Break

Your midshipman will finish all regular classroom requirements around May 1. The rest of the month is reserved for the 1st class to prepare for graduation and their first duty station. Usually plebes will get 7-10 days leave before returning for Sea Trials and Commissioning Week activities.

Sea Trials

Sea Trials is the capstone to Plebe Year. It is 14 hours of rigorous physical and mental challenges, as part of Plebe Recognition Week. The daylong action-oriented event is modeled after the Crucible Marine Corps basic training. 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 sticks, an obstacle course and riverine 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. Sea Trials precedes Herndon. Parents and visitors are not allowed to watch parts of Sea Trials.

Herndon

Herndon is known as the unofficial end of Plebe Year. Herndon has traditionally been a very popular event for plebe parents to watch. It's an event the plebes have awaited since I-Day. 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 21-foot gray monument. They attempt to climb the lard-covered obelisk with an objective of being the first to the top.



The Herndon event 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, a gray granite obelisk 21-foot high (48" square at bottom) with a matching gray granite base, 71 inches square, 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 was previously known as 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 mon-

uments on the Yard and placing their hats on top. After 1966, when the graduation ceremonies were moved to the Navy-Marine Corps Memorial Stadium, climbing Herndon 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 (visored hat). To reduce the possibility of injuries during the annual rite of climbing the Herndon Monument, the academy may limit the number of plebes allowed to participate in scaling the obelisk.

The legend developed as the first person 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

Historically, with the completion of Herndon, the plebe year ended with plebes cheering, "Plebes no more!" Today, Plebe Year officially ends after graduation.

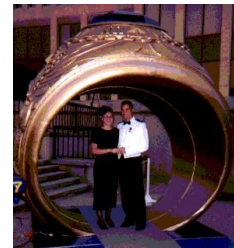
Commissioning Week

Commissioning Week is considered one of the most fun-filled weeks of the year, especially for parents and families. There are parades, ship reviews, special dinners, Blue Angels performances, garden parties sponsored by the superintendent, concerts by various musical groups, Ring Dance and graduation. The week offers various events for family and friends

Ring Dance

One of the more impressive and symbolic events at the academy is the Ring Dance for 2nd class midshipmen. After a special dinner in King Hall with the admiral, the 2nd class midshipmen and their dates walk to the dance.

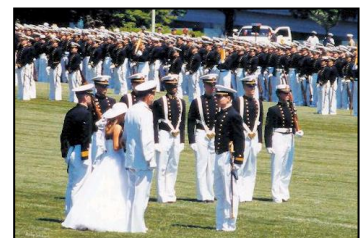
2nd class midshipmen receive class rings earlier in the year but are not allowed to wear them until the Ring Dance. Traditionally, a female date wears her midshipman's ring tied around her neck on a blue and gold ribbon. A male date may wear the ring on a ribbon pinned to his lapel, on his pinkie finger or simply in his pocket. The date dips the ring in a binnacle that symbolizes water from the seven seas. When the couple passes through a giant ring replica, the date places the ring on the midshipman's finger and gives the midshipman a congratulatory kiss. In addition to dancing, there are boat cruises on the Severn River and rides around the Yard in a horse-drawn carriage and, later in the evening, fireworks over the Severn River.



The academy seal on the ring is worn facing outward with the class crest facing inward until graduation. After commissioning, the ring is turned around with the sides reversed.

The Color Company

A Color Company is determined when all companies participate in a point system competition throughout the year until commissioning. Points are accumulated for performance in academics, sports, parades and military activities. The winner becomes the Color Company for the upcoming year. With this honor, there is added responsibility and certain privileges awarded and recognized during Commissioning Week. Results are announced during the Commissioning Week Color Parade. A friend or fiancé of the winning company's commander, designated Color Girl, transfers the flag from the previous color company to the new.



Graduation & Commissioning

The week ends with graduation and commissioning as either a Navy Ensign or Marine 2nd Lieutenant. Graduation is usually held on the Friday ending Commissioning Week. Families receive a schedule of planned events. Firsties are given an allotment of tickets for graduation. Extra tickets are also available, if the ceremony is held at Navy-Marine Memorial Corps Stadium.



On graduation day, relatives and friends gather with the midshipmen at Navy-Marine Corps Memorial Stadium, except in case of inclement weather. It is strongly advised to arrive early. Parking is limited and security may be tight. The president, vice president or secretary of defense gives the commencement speech.

After diplomas are presented and the Oath of Office is administered, the senior midshipman of the new 1st class leads three cheers for "those about to leave us." The graduates, led by the class president, reply with three cheers for "those we leave behind." On the last hooray of this cheer, the graduates toss their midshipmen covers into the air. This "hat toss" originated at the Naval Academy in 1912. Before then, graduates were required to serve two years in the fleet as midshipmen before being commissioned as officers in the navy, thus

needing their midshipmen hats. The Class of 1912, commissioned at graduation, was issued officer caps, and in a spontaneous gesture, tossed the midshipmen hats into the air. This hat toss has since become the symbolic end to four years at the Naval Academy.

According to tradition, the honor of putting on the new Navy ensign or Marine Corps 2nd Lieutenant shoulder devices is shared by mothers and Commissioning Week dates. Additionally, it is the custom of each new officer to give a silver dollar to the first enlisted man to salute them, thus recognizing them as an officer.

Administrative

Moving

Recent graduates: Once the midshipman's military obligations are complete, they may check-out for authorized leave. Each new officer is usually given 30 days basket leave prior to reporting to their first duty station or next school. The military system moves the new officers and all their belongings from USNA to their next location.

Underclassmen: Also during this week, as in a civilian dormitory, at the end of the school year midshipman must pack all of his/her belongings and move out of their room for the summer so rooms can be cleaned and used for other events. While USNA provides some limited storage space for 2nd class midshipmen (who will be Firsties after graduation), most midshipmen will have to move all their clothing, electronics and books off the Yard. Most midshipmen chose to store their things at home, at their sponsor parents' home or rent a storage unit in the area.

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; the other two are reserved for summer school (if necessary) or vacation. Upperclassmen generally 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 respon-



sibilities 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



port, Rhode Island or Boston, Massachusetts.

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, New-

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

Academics

The key to a midshipman's 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 some 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. The 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. 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. Midshipmen are encouraged to seek EI from their instructors, and there is also departmental assistance available through a math lab, chemistry resource room and writing center.

There is a group study program (MGSP) for midshipmen who need help. These sessions are usually available every night Sunday - Thursday. The chemistry department has a resource room with several computers, chemistry software programs, videos, reference materials and tables for study groups, with chemistry department faculty available most periods during the day. Upperclass 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 an 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 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

Military grades consist of the following:

- Room and personnel inspections/drills
- 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 are 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, company first sergeant), who ranks each of the four classes. The company officer ranking determines 60% of the performance grade (70% for a 1st class midshipman). 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 graduated from USNA in 1958 fifth from the bottom of his class; something he openly admits. 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 the U. S. Senate.

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 interest, 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 to name a few. The academy also has its own chapter of NESA, the Boy Scout National Eagle Society. There is also a flyingcClub and an academy-sponsored pro-

gram called VTNA where midshipmen learn to fly, up to solo their 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, 15 competitively selected midshipmen participate in an exchange program with counterparts at the other service academies. They continue their schooling in a different setting, while maintaining Naval Academy loyalty.

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 the 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 frequently take laundry to their sponsor parents' house or to a commercial laundromat.

Living Quarters

Bancroft Hall is the largest dormitory in the world with over five miles of corridors, housing all 4,400 in the brigade. It houses artifacts from the 1700s.



Each room houses two, three or four midshipmen. Every room has a sink and shower with shared toilet (called heads) 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 are to be neat and orderly.

Security

Vehicles with a Department of Defense decal are allowed on academy grounds. On I-Day, parents will be permitted to drive their vehicles "onboard" using the appointee's Permit to Report form along with a government-issued photo identification card (driver's license). Both should be ready upon entering the Naval Academy gates. Parking on the Yard by parents during I-Day will NOT be authorized. Family and friends of midshipmen can park in Annapolis public lots and walk through Gates 1 or 3. The academy frequently allows parking at Navy-Marine Corps Memorial Stadium for special events such as I-Day and parent's weekends with courtesy shuttles to/from the campus.

Death or Serious Illness in the Family

For a death or serious illness in the family, choose one of the following:

- Contact your midshipman's company officer by calling at 410-293-5001.
- Contact the chaplain's center at 410-293-1100 to help you with the details to relay information to your midshipman.

- Contact your local Red Cross Chapter to verify the death/illness and relationship to your midshipman. The Red Cross will contact the academy directly to provide official notice.

The above information allows the academy to begin to issue emergency leave and provide necessary support as needed. Once the request for leave is granted, the midshipman will be issued emergency leave papers. The request and a military ID card should be adequate to obtain a special airline rate.

Note: Since passports are required for entrance to all foreign countries, your son/daughter should obtain a passport before going to the Naval Academy. It is also recommended parents keep a copy of the photo page with the passport number. It's a good idea for parents to also have a passport for oversea travel.

Leave and Privileges

Free time (leave and liberty) is based, in large part, on assigned military responsibilities, performance in academic and military endeavors and class seniority. Each year, additional liberty and privileges are granted. 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 is 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 a military duty/watch (rotated responsibilities) or have difficulty with academics, conduct or military performance. Generally, town and weekend liberty are authorized for midshipmen as follows:

- Plebes have town liberty (22-mile radius from the academy) 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 weekends) 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 USNA 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 sponsor parent or fellow midshipman.

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 parking restrictions. This is necessary due to 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.
- 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.
- No midshipman is allowed to maintain or operate a motorcycle within town limits during liberty.

Services

Almost everything a midshipman needs is available on the academy grounds. There is a bookstore, uniform and tailor shop, cobbler shop, snack bar, barber/beauty shop, post office and recreation rooms. The following services are also provided:

Health Care

It is recommended parents contact their health insurance provider to discuss options of procuring and maintaining private medical insurance to ensure medical coverage in the rare event a midshipman becomes seriously ill or injured and is separated from the Naval Academy prior to graduation and/or commissioning. Be aware that midshipmen only qualify for limited disability benefits, making private insurance more important if a catastrophic injury or illness occurs.

Medical Care

Modern facilities for medical treatment are conveniently located at the Naval Academy. Bancroft Hall is equipped with a medical and dental center that can handle most common health situations. If a midshipman is diagnosed as being too sick to participate in Naval Academy activities, they are confined to their room and will be checked by medical staff once a day. Midshipmen are usually given permission to attend classes during illness, but only if they feel well enough to do so. The medical staff determines when a midshipman is well enough to resume participation in USNA activities. More serious cases are referred to Bethesda Naval Hospital, the Navy's premier medical center.

Besides routine medical treatment, orthopedics/sports medicine, podiatry, physical therapy, gynecology and preventive medicine (flu shots, for example) and optometry services are available. Specialists in dermatology, neurology, cardiology and urology schedule visits to the academy. Consultation and treatment including inpatient care in all major medical and surgical specialties are available at the National Capital Area military treatment facilities. However, most orthopedic procedures and emergency conditions are referred to Anne Arundel Medical Center, a fully accredited civilian facility in Annapolis.

When a midshipman becomes ill or injured, the Navy will provide or pay for reasonable medical expenses incurred as a result of the illness or injury, so long as the midshipman remains physically qualified for commissioning. Care is normally provided in government health care facilities. Payment for care received in civilian medical facilities generally is not authorized, although exceptions may be made for emergencies. In the event long-term inpatient medical care is required, a midshipman typically will be treated at a suitable military or VA hospital.

If a midshipman's medical condition is such that his or her suitability for commissioning is in question, a medical board consisting of Navy physicians will be convened. The board will report its findings and recommendations to the superintendent. If the board finds a midshipman is not physically qualified for commissioning and the superintendent concurs with those findings, the recommendation to dismiss the midshipman from the academy will be forwarded to the secretary of the navy, who will take final action on the recommendation.

If a midshipman is dismissed from the academy before commissioning, he or she is no longer entitled to military medical benefits. The midshipman may apply to the Department of Veterans Affairs (VA) for veteran's benefits, including medical care. A determination as to whether a midshipman qualifies for VA benefits is, however, a matter within the sole discretion of the VA and is not guaranteed. Parents can elect to cover their son/daughter under their local health insurance provider. In rare instances, a midshipman may become seriously ill or injured and separated from the Naval Academy prior to graduation/commissioning. In the highly unlikely event a disqualifying medical condition is discovered (e.g. epilepsy, diabetes mellitus, ulcerative colitis, etc.) resulting in the separation from the Naval Academy, the ability to obtain health insurance will be significantly compromised. For this reason, having private health insurance already in place may be a wise investment in securing future coverage for health care that might not be possible to obtain after a diagnosis has been made.

Dental Care

Comprehensive oral health care is provided by the dental clinic located in Bancroft Hall. The professional staff provides a full range of dental hygiene and general dentistry treatment. The specialties of oral surgery, orthodontics (limited), periodontics and prosthodontics are also available. Midshipmen receive full dental care and routine teeth cleaning, including wisdom teeth removal.

Medical and Dental care while on leave

Midshipmen who receive medical treatment must report to the Medical Records Department (USNA Medical Clinic) within 48 hours after returning to the Naval Academy to initiate the claims payment process.

- Non-Emergencies: Call [Tricare](#) at 1-877-874-2273(North region) to obtain approval prior to receiving any medical treatment.
- Midshipmen will be directed to the closest military treatment facility; however, if a military facility is not located near the facility, a Tricare representative will seek treatment at a civilian medical facility. Upon completion of medical treatment, call Military Medicine at NMC, Annapolis at 410-293-1758 to report the status.
- Reimbursement for care of an elective, non emergency nature is not authorized.
- Emergencies: Proceed to the emergency room of the closest medical facility. Call Tricare at 1-877-874-2273 within 24 hours upon completion of treatment. If hospitalized, immediately notify the command duty officer, 1-443-569-2180, providing the name, class, company, and nature of illness/injury, and the name, address, and phone number of the attending physician and/or hospital. If unable to do so personally, midshipmen shall request their family or hospital authorities to make the notification. Report for an examination by a staff medical officer upon returning to the academy.

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/or 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.

Religion

Chapel attendance is not required, and there are services for all faiths in USNA's chapel on the Yard with chaplains who are available for counseling. This service may be especially important during Plebe Summer and Plebe Year as the chaplains become a lifeline to many midshipmen.

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. Six chaplains, all experienced naval officers, are assigned to the U.S. Naval Academy. These chaplains represent three 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.



Note: Friends and family should not plan to meet plebes at church services. Plebes are not allowed visits during Plebe Summer with the exception of emergencies and specified times during I-Day and Plebe Parents' Weekend.

Dining

The entire brigade eats at one time in a 55,000-square-foot dining area or wardroom, King Hall. Companies sit together and food is served family-style for breakfast and lunch, Monday through Friday and Sunday night dinners. All other meals are served buffet style. Midshipmen are required to eat their meals in King Hall. 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.

Financial Advice

There are regular seminars offering information on savings, loans, insurance programs, investment opportunities and tax returns. Individual financial counseling is available from a Navy supply corps officer who serves as the midshipmen financial advisor. After signing their service commitment papers (known as "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.

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. Some parents also establish a joint credit card account for extra spending privileges. 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.

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, activities fees and yearbook 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, appointees should bring about \$100 in cash to attend a baseball game at Baltimore's Camden Yards in August. Otherwise, plebes only leave the Yard on escorted tours and should not need money before PPW. Expenditures are primarily for personal items purchased at the Midshipmen Store, cleaning supplies for their room/uniforms or money for snacks. Usually \$100 covers most costs.

Insurance

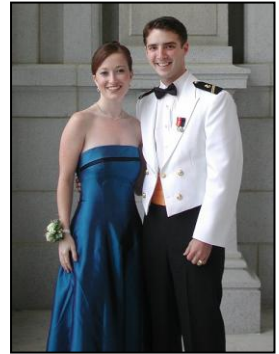
- **Life Insurance** – Midshipmen complete a form for Serviceman's Group Life Insurance (SGLI), opting for any amount up to \$400,000 for a nominal fee. Midshipmen are automatically enrolled and may opt out of the program.
- **Health Insurance** – Midshipmen are fully covered by the military once the 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 Tricare 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 plans.
- **Car/Renters Insurance** – USAA, an insurance agency specially created to serve military officers, is the premier company for a 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 policies may be purchased to cover theft, incidental or moving damage, which is also available through USAA.

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 buying a pizza with other plebes, seeing a movie in town or visiting their sponsor families. 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. Parents should try to be understanding and supportive as their son/daughter moves through these changes.



Appendices

Important Phone Numbers at USNA

USNA Switchboard	(410) 293-1000
Academic Dean and Provost	(410) 293-1583/1587
Alumni Association	(410) 295-4000
Ambulance/Fire Department	(410) 293-3333
Athletic Association Ticket Office	1-800-US-4-NAVY (1-800-874-6289)
Bancroft Hall Main Office	(410) 293-5001
Candidate Guidance Office	(410) 293-4361
Chaplain Center	(410) 293-1100
Commandant of Midshipmen	(410) 293-7005
Drydock Restaurant	(410) 293-2873
Emergency ONLY (officer of the watch)	(410) 293-2701
Ethics/Honor Office	(410) 293-7020
Fire Department	(410) 293-5760/4444
Foundation Athletic & Scholarship Programs	(410) 295-4095
Library, Nimitz	(410) 293-2420
Naval Academy Museum	(410) 293-2108
Pass & ID Office	(410) 293-4018
Public Affairs Office	(410) 293-2292
Public Inquiries	(410) 293-1520
Registrar's Office	(410) 293-6383
Visitor Center Gift Shop	(800) 778-4260
Visitor Center & Tours	(410) 293-8687
Yard Card	(410) 293-0414

Note: It is advised to obtain cell phone numbers of close friends of your midshipman/graduate in case of an emergency and you are unable to contact your son/daughter.

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	Juliet	O	Oscar	T	Tango	Y	Yankee
E	Echo	K	Kilo	P	Papa	U	Uniform	Z	Zulu
F	Foxtrot								

WISNAPA, Inc. Constitution & Bylaws

Article III

Article I

The name of the Organization shall be the Wisconsin Naval Academy Parents' Association, Inc. (WISNAPA, Inc.).

Article II

THE PURPOSE OF THE ORGANIZATION SHALL BE:

To promote a better understanding of the U.S. Naval Academy among members and non-members in the state of Wisconsin.

To establish a strong link of friendship between the parents of all midshipmen, past, present and future, which will result in a mutual helpfulness in all matters of common interest, with a special emphasis on assisting the parents of midshipmen and Appointees, if such assistance is requested or the need is apparent.

To assist the Naval Academy Administration, as requested, and any of the following organizations to promote the good and welfare of all the members.

This organization is separate from any other organization such as: The Wisconsin Blue & Gold Academy Coordinators, Navy League, U.S. Naval Academy Alumni Association and The Milwaukee Naval Recruiting District Assistance Council. We will cooperate with these organizations in promoting the U.S. Naval Academy and the U.S. Navy.

Acquire by gift, fundraising, donations, devise or membership contributions to propagate above purposes and to perform any and all other actions and functions allowed by the laws of the State of Wisconsin to achieve these purposes.

Said corporation is organized exclusively for charitable, religious, educational and scientific purposes, including for such purposes, the making of distributions to organizations that qualify as exempt organizations under Section 501(c)3 of the Internal Revenue Code, or the corresponding section of any future tax code.

REGULAR MEMBERSHIP

Any parent or guardian of any midshipman or alumni of the U.S. Naval Academy, may become a Regular Member of this Association upon application for membership and payment of the current's dues. While it is intended that this association is primarily concerned with the midshipmen from Wisconsin and their parents, no other parent or guardian of any midshipman shall be excluded.

Regular membership shall be by the family unit. Therefore, in a family unit with two parents or guardians, the membership will be a dual membership with each person considered a regular member. Where the parents or guardians are separated or divorced, each parent or guardian will be eligible for membership (a dual membership where a new family unit has been formed), but each of the parents or guardians must apply separately for membership.

ASSOCIATE MEMBERSHIP

All parties in Wisconsin interested in the objectives of this organization and the objectives of the U.S. Naval Academy can become Associate Members. Associate members shall be entitled to all the benefits of WISNAPA, Inc., except for voting and holding elected offices.

EX-OFFICIO MEMBERSHIP

All Naval Academy Information Officers and Naval Academy Alumni Association Liaison Officers assigned to the area for support and advice shall be considered non-voting ex-officio members.

HONORARY MEMBERSHIP

The Board of Governors, with the approval of the WISNAPA, Inc. members, may grant honorary membership status to those individuals who are graduates of the United States Naval Academy, and others in recognition of their service who have exemplified the standards and values of the Academy and the WISNAPA, Inc. organization. The State of Wisconsin Area Coordinator for the Naval Academy Information Officers shall receive honorary membership status. Honorary members shall have voting privileges, but may not hold elected office.

MEMBERS IN GOOD STANDING

A member in good standing shall be a member that

is not delinquent in the payment of any financial obligation to this association

REINSTATEMENT of MEMBERSHIP

Any person who has allowed his/her membership to lapse and then wishes to have the membership reinstated, may do so by completing an Application for Membership and paying the current year's dues.

Article IV

VOTING

Regular membership shall be by the family. The family of each midshipman shall constitute a dual membership and each parent is entitled to one vote. A single parent shall be entitled to a single vote.

Article V

MEMBERSHIP DUES & ASSESSMENTS

Registration for membership in WISNAPA, Inc., will be held in the spring. Payment of membership fees must accompany registration. Membership fees will be decided at the beginning of each fiscal year.

Any changes in the nonrefundable annual dues shall be presented by the board of Governors and approved by the membership before taking effect. The dues structure may vary among the membership types.

STATEMENT OF DUES

A statement of dues shall be sent out by the Treasurer no later than June 1st of each year. Any member who is not current in annual dues and assessments by October 1st will be dropped from the membership list and all other activities.

Article VI

FISCAL YEAR

The fiscal year shall run from June 1 to May 31 of the following year.

Article VII

ORGANIZATION

The affairs of the association shall be managed by the Board of Governors, which will consist of the officers of the Association, the immediate past president, and the Editor of *Yardtales*. All other past presidents of the association will be non-voting members of the Board of

Governors. The officer who is named the Area Coordinator for the Naval Academy Information Officers (Blue & Gold) shall also be a voting member of the Board of Governors.

Article VIII

ELECTED OFFICERS OF THE ASSOCIATION

The elected officers of the Association shall be:

- President
- Vice President/President Elect
- Secretary
- Treasurer

Any person who holds a regular membership in the association may hold any office in the association. If a membership is a dual membership, then each of the dual members will share the responsibilities of the office.

Additional offices may be established or deleted by a majority vote at any regular meeting of the general membership of the association.

President. The President shall preside at all meetings of the general membership of the association and the Board of Governors.

Vice President. The Vice President shall preside at all meetings of the association during the absence of the duly elected President.

Secretary. The Secretary shall generate minutes and maintain a permanent record of all meetings of the Association and the Board of Governors.

Treasurer. The Treasurer shall disperse the funds of the association and shall make a report of same at each Board of Governors' meeting.

The Treasurer shall prepare a report of association funds showing income and expenditures for the year. This report shall be presented to the regular membership. The presentation may be either through the Fall newsletter or at the regular Fall meeting.

The Treasurer shall maintain a list (including the whereabouts) of the physical assets of the association. The Treasurer shall turn over financial records for an annual review done by at least one non-board member.

If the midshipman of any of elected officer of WISNAPA, Inc. should discontinue attendance at the U.S. Naval Academy, either by choice or as directed, that officer may submit a letter of resignation.

Article IX

OFFICERS - ELECTION - TERM OF OFFICE

The election of officers shall be by means of a written ballot. The ballot will be distributed as a part of the newsletter on or at the June Orientation Meeting. If done through the newsletter, all ballots must be received by the Secretary prior to the beginning of the June Orientation Meeting. The Secretary shall keep an accurate record of the votes cast.

The term for each office shall be one year. The year as set forth in this association shall be from the June meeting each year through the June meeting of the following year.

Any vacancy occurring during the year shall be filled by appointment and subsequent approval of the Board of Governors. The President may appoint any members to serve in the vacancy until such time as an election designates the permanent officer to the post.

Any officer who wishes to resign shall submit a letter of resignation to the President and shall relinquish that office by notifying the President. In the absence of the President, that officer must notify at least one member of the Board of Governors. That officer shall deliver to the Board of Governors all records and physical property belonging to WISNAPA, Inc. within a 30 day period.

Article X

OFFICERS – REMOVAL - TERMINATION

Any individual board member may be removed from office by a vote of three-fourths (3/4) of the remaining board members.

Membership shall be terminated automatically when a member ceases to be a member of WISNAPA, Inc. or by a majority vote of the Board of Directors for a reason not in keeping with Article III of the Bylaws.

Article XI

COMMITTEES

Standing Committees are as follows:

- Social
- Newsletter
- Nominating

The Association, upon majority vote of the membership in good standing, may from time to time establish additional permanent committees and may also change the

duties of any committees as appropriate. Ad hoc committees will be established as needed by the Board of Governors. The current President(s) shall be considered members of all committees, standing and ad hoc.

Article XII

SOCIAL COMMITTEE

The Social Committee shall be appointed by the President and shall be charged with the following responsibilities:

- The June Appointees Luncheon/Dinner for newly appointed midshipmen and their families with emphasis on the introduction of new families into WISNAPA, Inc.
 - Assist the current officers with the arrangements and operation of the All-Academy Military Ball.
 - Assist and direct the other social functions as directed by the President and the Board of Governors.
-

Article XIII

NEWSLETTER COMMITTEE

The Newsletter Committee should be made up of at least one family appointed by the President(s).

It is the responsibility of the committee to publish and mail or E-mail a periodic newsletter (at least three per year) to all members in good standing of WISNAPA, Inc. and other designated persons in the Alumni Association and the Naval Academy Information Officers.

The current President and the Area Coordinator for the Naval Academy Information Officer shall be considered as part of this committee.

Article XIV

NOMINATING COMMITTEE

The Vice President shall appoint a committee. The committee shall present a slate of Appointees to the Board of Governors by the Spring Meeting. This slate of Appointees shall also be presented to the general membership by the Spring meeting. Any member in good standing can nominate additional members for office at the Spring meeting.

Article XV

MEETINGS

Regular Meetings: there shall be three (3) regular meetings of the general membership of this association each fiscal year:

- A Fall Meeting
- A Spring Meeting
- A June Meeting

In addition to being a general membership meeting, the June meeting will be an orientation luncheon to which all of the incoming midshipmen and their families will be invited.

A notice will be sent to all members in good standing of all membership meetings. Such notices shall state the purpose, time and location of the meeting.

Board of Governors Meetings: A Board of Governors Meeting shall be held as needed. These meetings are open to general membership.

Special Meetings: Any three (3) officers of the association may call a special meeting of the general membership if, in their opinion, the need for such a meeting arises. The general membership shall be notified of all special meetings.

Parliamentary Authority: The Parliamentary Authority for all meetings will be Robert's Rules of Order.

Vote of Members are invalid when: No vote of the persons present at a regular meeting of the general membership shall be valid unless proper notice has been given to all members. These notices must be received by the general membership a minimum of two (2) weeks before the scheduled meeting.

Quorum: All members present and in good standing at a regular or special meeting of the general membership or at a Board of Governors meeting shall constitute a quorum.

Article XVI

POLICY STATEMENTS

Fundraising goals are based on the budgetary needs of WISNAPA, Inc. All monies from whatever source for the benefit of WISNAPA, Inc. shall be deposited in bank accounts in the name of the corporation and proper books of account shall be kept of all monies or properties received and disbursements made. The withdrawal of funds from the bank accounts of the corpo-

ration shall be voted on and accepted by three-fourths (3/4) of the Board of Directors and authorized by the signature of the treasurer or other board member with signing privileges.

Article VII

AMENDING THE CONSTITUTION & BY-LAWS

Amendments to this Constitution and these By-Laws may be proposed by any officer or member in good standing.

This Constitution and these By-Laws may be amended by a majority vote of the members in good standing, provided that written notice of the proposed amendment is furnished to the voting members. Written notice of the proposed amendment must reach the voting members at least two (2) weeks before a vote is taken. When approved, the amendment will be effective immediately.

Article XVIII

DISSOLUTION

In the event that it becomes necessary to dissolve this organization, the following will apply:

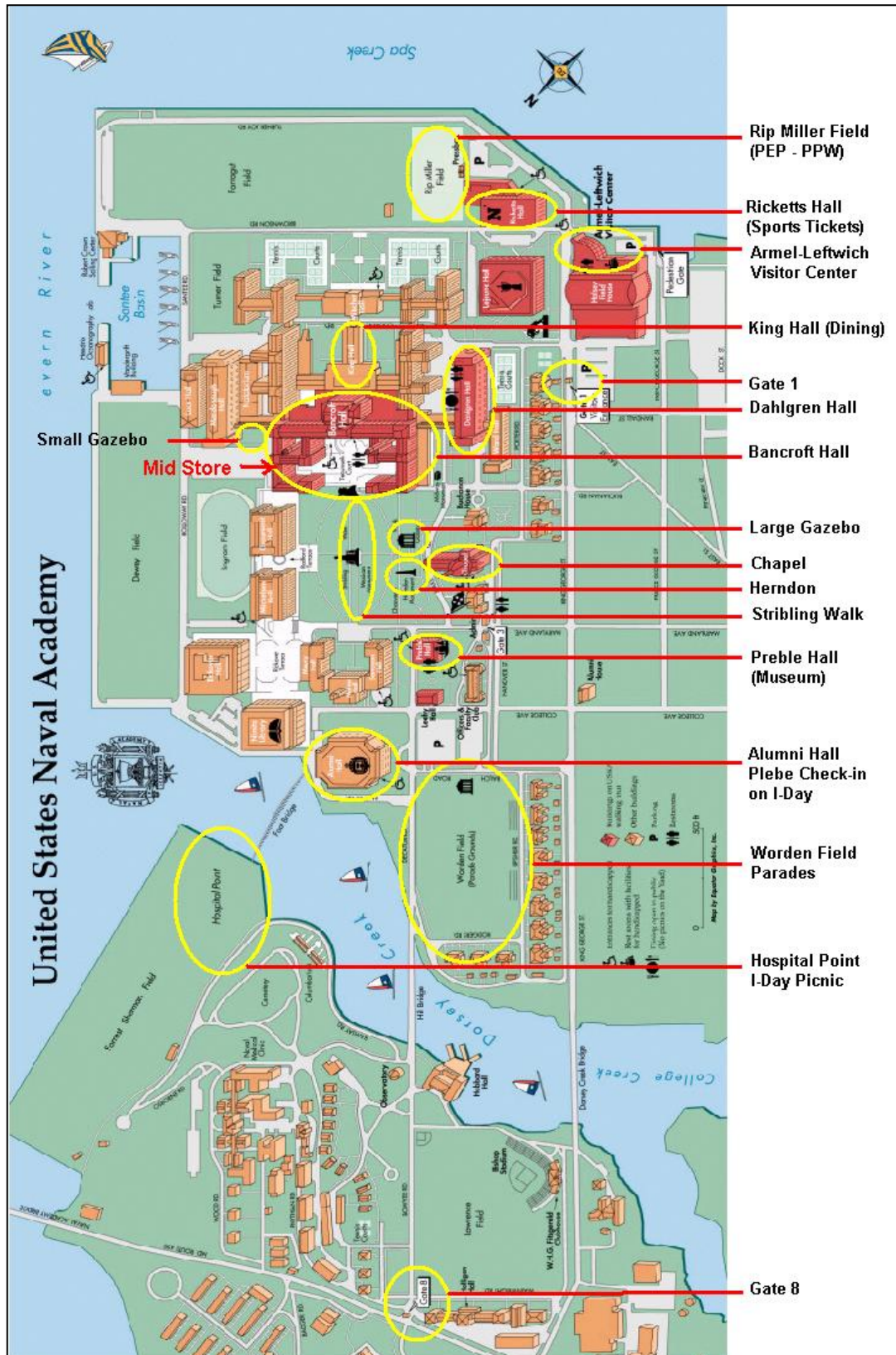
A. Initiation to dissolve must be made by the Board of Governors and submitted to the regular membership, either at a regular meeting or by mail. Each member will be polled as to the action. The Secretary shall keep an accurate record of all members polled and these records shall become part of the action.

B. Complete dissolution of this association shall be approved by at least two-thirds of all voting members. Dissolution of the organization shall be effective ten (10) days after all the ballots are cast and counted.

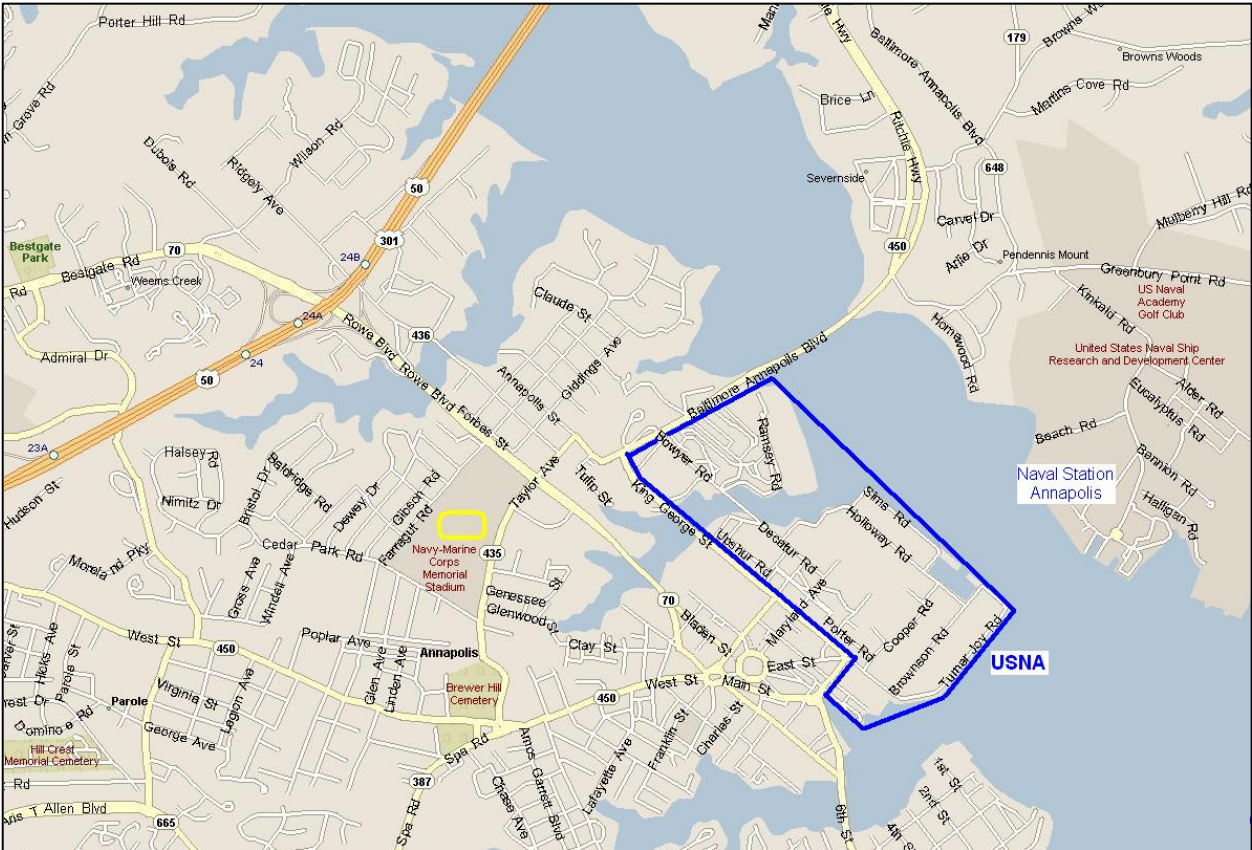
C. After payment of all debts, all remaining funds shall be transferred to the Naval Academy Foundation at Annapolis, Maryland (i.e. National Naval Academy Alumni Association).

The foregoing Bylaws, as directed above, were adopted in the meeting of the board of Governors of WISNAPA, Inc. by a unanimous vote, such meeting held on 2nd day of June 2007.

Map of USNA



Directions to the US Naval Academy



From BWI and points north: From I-95 South, exit onto I-695 East toward Glen Burnie. Take the I-97 South exit (toward Bay Bridge/Annapolis). Continue on I-97 south for 17.3 miles and take the D-665 exit towards Aris T. Allen Blvd/Riva Road. Keep left at the fork, follow signs for Bay Bridge/US-50 East/US-301 East/Annapolis and merge onto US-301 North/US-50 East. Take Exit 24, MD-70/Rowe Boulevard toward Bestgate Road/Annapolis, and bear right (south) at the bottom of the exit ramp. Follow directions **From Route 50** below.

From Route 50: Follow Rowe Boulevard, then turn left on Taylor Avenue, (at the second stop light). Continue on Taylor Avenue two blocks and bear right at the T-intersection onto Annapolis Street/Hwy 450. At the first stop light, turn right onto King George Street. Continue on King George Street through two traffic lights. King George Street will dead end at Gate 1 of the Naval Academy at the intersection of King George and Randall Streets.

From Washington, D. C. and points west: Follow Route 50 East towards Annapolis. Take Exit 24, Rowe Boulevard and bear right (south) at the bottom of the exit ramp. Follow directions **From Route 50** above.

From points south: Take I-95 North to Route 2 North or US Route 301 North to Route 50. Travel east to Annapolis. Take Exit 24, Rowe Boulevard and bear right (south) at the bottom of the exit ramp. Follow directions **From Route 50** above.

From points east: Follow Route 50 West toward Annapolis. Take Exit 24, Rowe Boulevard and bear right (south) at the bottom of the exit ramp. Follow directions **From Route 50** above.

Public Transportation to the Academy from:

BWI - Baltimore Washington International Airport

BWI SuperShuttle:

1-800-BLUE VAN (1-800-258-3826), www.supershuttle.com

After claiming luggage, proceed to one of the two ticket counters, both located on the lower level baggage claim area. One is near baggage claim #1 (Southwest Airlines Terminal – Concourse A) and the other is near baggage claim #10 (Concourse C). Hours of operation are between 6 a.m. and 2 a.m. When counters are closed, call 1-888-826-2700 for information to arrange service.

From USNA: Pickup point is at Gate 1

Fair: \$36 one-way, \$13 each additional guest, \$27 one-way (midshipmen with discount code)

Reservations required 24 hours in advance with payment.

Go - Airport Shuttle:

1-800-776-0323, www.theairportshuttle.com/

After claiming luggage, proceed to door 3 or door 10 (Concourse C). Hours of operation are between 3 a.m. and 1 a.m. Reservations are strongly suggested.

Fair: \$28 one-way per person

Reagan International Airport - Washington D.C.

Go - Airport Shuttle: 1-800-776-0323, www.theairportshuttle.com/

After claiming luggage, proceed to the outer roadway outside baggage claim. Hours of operation are between 3 a.m. and 1 a.m. Reservations are required.

Fair: \$10 per one-way, \$10 each additional guest.

Dulles - Airport Washington D.C.

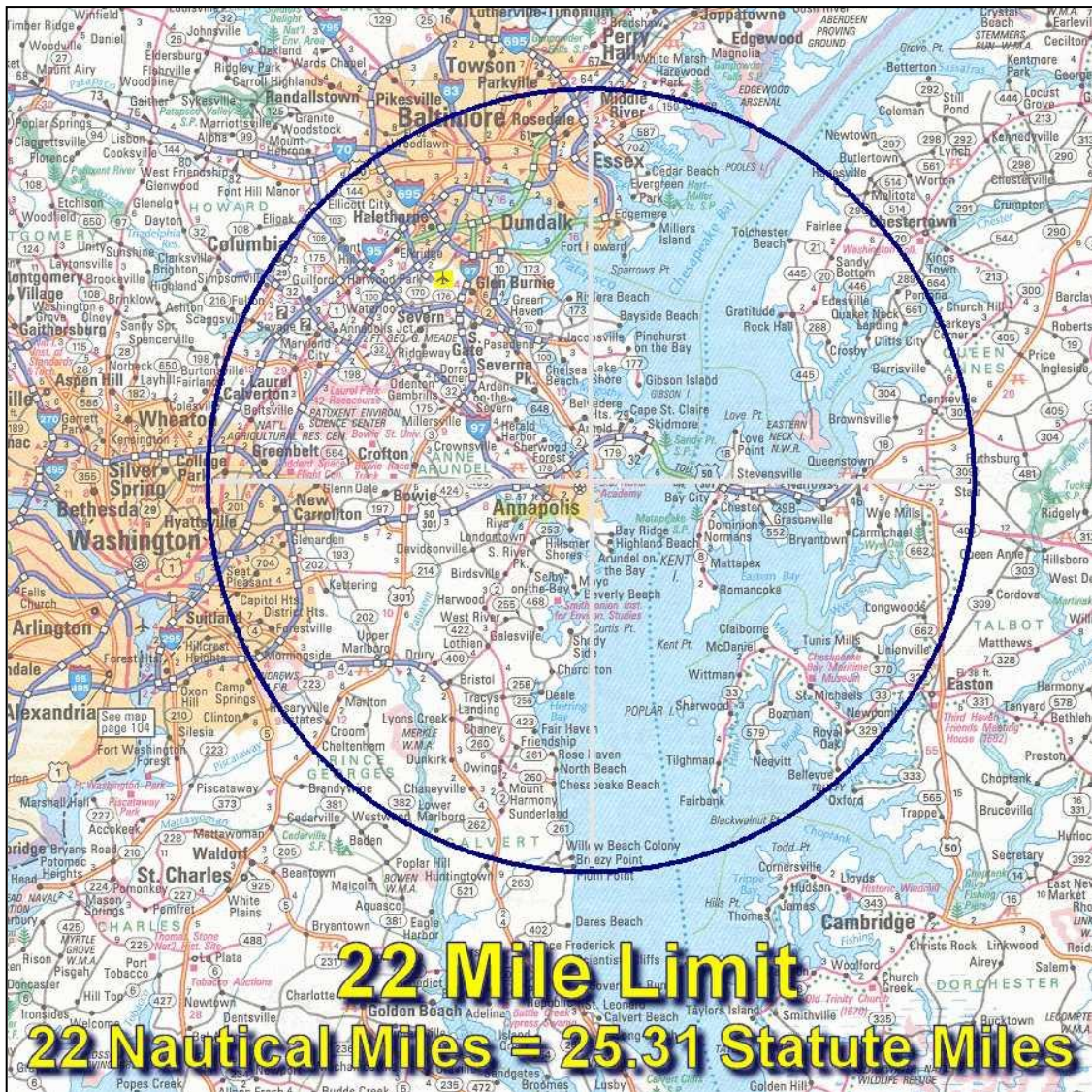
Go - Airport Shuttle:

1-800-776-0323, www.theairportshuttle.com/

After claiming luggage, walk down ramp and outside. Cross over to short term parking lot, between light pole marked 6 & 7. Hours of operation are between 3 a.m. and 1 a.m. Reservations are required.

Fair: \$108 one-way, \$10 each additional guest.

22-Mile Limit



Internet Resources for USNA Parents

WISNAPA.org

Tailored entirely for WISNAPA parents is www.wisnapa.org. This site contains popular links to the academy, handbooks, upcoming events and daily posts pertaining to the Naval Academy or WISNAPA. Also, it provides details concerning club activities, an extensive list of helpful web sites, highlights upcoming events and is updated daily. Members are highly encouraged to use this resource and contributions are welcomed. A password is required to access member information and midshipmen photo pages.

WISNAPA Facebook Page

Hosted by WISNAPA: <https://www.facebook.com/groups/433617813409311/>. A closed group for WISNAPA families to post photos and information about their midshipman, as well as ask questions.

Official Naval Academy site

The official Naval Academy site is www.usna.edu. The index site at the home page directs individuals to the USNA's academic department and student web pages. The public affairs office site, also accessible from the home page, provides recent news from USNA and activity calendars. It is important to note that many USNA sites can only be accessed from USNA computers. Plebes should make arrangements to receive specific directions on accessing these sites before they come home for their first visit.

USNA calendar information is located at <http://www.usna.edu/PAO/calendars.php>, and provides public information about the Naval Academy. Note: schedules are subject to change and should be checked regularly.

The Trident

The Trident website, <http://www.scribd.com/NavalAcademy>, provides some articles about midshipmen life at USNA.

USNA Alumni Association and Foundation

The Naval Academy Alumni Association and Foundation is located at <http://www.usna.com/> and contains general press releases and information on academy events.

USNA Listserv

Hosted by the USNA Alumni Association & Foundation: www.usna-parents.org/. Can join (at no cost), post e-mail messages and receive feedback. They provide a good resource for members to interact with other members to obtain information and answers. *Note:* Sometimes numerous e-mail posts are made on a daily basis. Condensed versions of posts are also available.

USNA Facebook

Hosted by the USNA Alumni Association & Foundation: <http://www.facebook.com/USNavalAcademy>. View photos and read posts about what's happening around the Yard.

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 Indoor/Outdoor Track
Women's Crew	Co-ed Intercollegiate Sailing	Women's Volleyball
Men & Women's Cross Country	Co-ed Offshore Sailing	Men's Water Polo
Men's & Women's Diving	Men & Women's Soccer	Wrestling
Football	Sprint Football	

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		

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

Naval Academy Alumni Association and Foundation

The U.S. Naval Academy Alumni Association and the U.S. Naval Academy Foundation are two independent, not-for-profit corporations sharing a single president and CEO and operating as a fully integrated organization in support of the Naval Academy and its mission. The organization's focus and core are engagement and philanthropy in pursuit of complementary and closely aligned missions.

The association serves and supports naval service and the Naval Academy by

- seeking out, informing, encouraging and assisting qualified young men and women to pursue careers as officers through the Naval Academy
- by initiating and sponsoring activities which perpetuate the history, traditions, memories and growth of the Naval Academy
- bind alumni together in support of the highest ideals of command, citizenship and government.



The complementary mission of the U.S. Naval Academy Foundation is to support, promote and advance the mission of the Naval Academy by working in conjunction with academy leadership to identify strategic and institutional priorities and by raising, managing and disbursing private gift funds that provide a margin of excellence in support of the nation's premier leadership institution.

Vehicular Access and Parking Passes

In early August, parents of midshipmen will automatically receive an ID Card in the mail, which, when presented with a photo ID, can be used to access the academy with a vehicle 24 hours a day/seven days a week during your midshipman's attendance at USNA. The pass expires two weeks after graduation. It is not vehicle specific and may be used with rental cars. Each parent should receive their own card (maximum of two).

These cards are available for midshipmen parents, step-parents and legal guardians only. If you require a new card due to loss, change of address, etc., they may be requested by the midshipman via [email](#) or by the midshipman visiting the [Pass & ID office](#) located in the Visitor Access Center at Gate 1. A temporary pass will be issued immediately if a midshipman applies in person. A new card will be available for pick up by the midshipman or parent with proper photo ID. For parents arriving after hours and requiring access without a card, proceed to Gate 8, present a government issued photo ID and let the sentry know your identity as a midshipman parent. The sentry will check the database and facilitate entry.

The midshipman parent pass will replace the Permit to Report form to gain entry for the remainder of their midshipman's attendance at USNA.

Questions concerning vehicle access to the Naval Academy should be addressed to the Pass & ID office located in the Visitor Access Center, open Monday-Friday, 0600-1530 and closed on weekends and holidays, or call 410-293-

5762 or 410-293-4019. The Admissions Office will NOT be able to help with questions regarding vehicle access to the Naval Academy or be able to duplicate Permit to Report forms.

Security FAQs

Q: What are the normal Naval Academy's gate hours?

A: Gate 1 (vehicular traffic): Open from Sunday-Thursday 0600-2200; Friday-Saturday 0600-0100
Gate 1 (pedestrian traffic): Open Sunday-Thursday 0500-0000; Friday-Saturday 0500-0200

Gate 3 (vehicular traffic): Open from Sunday-Thursday 0600-1900; Friday-Saturday 0600-2200
Gate 1 (pedestrian traffic): Access Monday-Friday 0600-0900; Exit Monday-Friday 1500-1800

Gate 8: Open 24 hours a day for both vehicular and pedestrian traffic.

Note: Visitors will not be granted access prior to sunrise or after sunset unless coming on for a specific event (e.g. basketball game, ECA meeting, chapel service) Holiday hours may vary for Gate 3.

Q: What are the Naval Academy's normal general visiting hours?

A: Sunrise to 5 pm or sunset, whichever is later, daily

Q: How do I get access to the Academy to attend a sporting event or concert after visiting hours?

A: Properly credentialed personnel (military ID or USNA ID badge) may escort you through any gate. Additionally, since this would be considered an official scheduled event, you may walk in through Gate 1 or Gate 3 by showing a government ID and stating the event you are attending. When the stadium courtesy shuttle is operating, you may access the academy via this method. All visitors over the age of 18 must have a valid picture ID (i.e. state issued driver's license, student ID or government issued passport). Visitors under the age of 18 who do not have a valid picture ID must be escorted by an adult.

Q: I do not have a Military or USNA ID card, how do I gain access to the Naval Academy Complex?

A: The general public may walk in through the Visitors Access Center at Gate 1 during general visiting hours. When the stadium courtesy shuttle is operating, you may access the academy via this method. All visitors over the age of 18 must have a valid picture ID (i.e. state issued driver's license, student ID or government issued passport). Visitors under the age of 18 who do not have a valid picture ID must be escorted by an adult.

Q: Do I need a Department of Defense (DoD) ID to walk in?

A: No, as long as you enter during normal visitor hours from sunrise or sunset, whichever is later, or are attending a scheduled special event.

Q: At what age must someone have a picture ID card?

A: Military beneficiaries must have them at age 10; civilians age 18.

Q: What are the Naval Academy's requirements for vehicular entry?

A: Effective July 1, 2013, the requirement for DOD Department of Defense) decals has been eliminated. Anyone with a locally prepared USNA ID card or a DOD credential, including military retirees and dependents will not be required to have a decal or to get a temporary pass to drive onto the installation including USNA.

Effective March 3, 2014, personnel attempting to drive onto the installation with a locally generated ID card (i.e. USNA ID card) must present a second form of government issued identification.

This change does not alleviate the requirement for employees or anyone assigned to the installation for over 60 days to register their vehicle at the Pass & ID office. The purpose of base registration is to issue appropriate parking decals for faculty, staff, residents and midshipmen as well as ensure compliance with local safety, insurance, registration and emission control requirements. Rank insignia will still be issued to O-6 and above so that they can take advantage of special parking privileges.

There is no reason to remove existing decals or to re-register vehicles currently registered on the installation. New employees or existing employees who get new vehicles are required to register them with the Pass & ID office.

There is no charge to non DOD credentialed visitors, or contractor/vendor access procedures. Questions should be directed to the Pass & ID office at 410-290-4019 or email parking.nsaa.fcm@navy.mil

Q: Do all passengers in a properly DoD decal vehicle have to have DoD IDs?

A: No. The driver (or at least one passenger) must have a DOD ID card. All other passengers above the age of 18 must have a picture ID.

Q: I am a general visitor, how do I get a temporary vehicle pass?

A: You are welcome to visit the Naval Academy but your vehicle will not be permitted onboard. You may utilize Annapolis public parking areas and walk in through Gate 1 or Gate 3, or park your vehicle at the stadium and ride the courtesy shuttle when it is operating.

Q: Where can the general public park their vehicles in town?

A: There are several public parking garages in Annapolis. In addition, several streets have metered parking.

Q: I am handicapped and have a handicapped placard. Is there any way I can drive onto the Yard?

A: Yes, you may drive on the academy grounds during normal visiting hours if the handicap placard is in your name.

Q: What do I do if my car has scraped a barrier?

A: If you are involved in any kind of car accident on the U.S. Naval Academy grounds, contact DOD police at 410-293-5760 in order to make a police report.

Q: How do I get goods and materials delivered to the Naval Academy?

A: Delivery requirements can be found at:
<http://www.usna.edu/SecInfoPers/deliveryprocedures.htm>

Q: I have a medical appointment but do not have a DoD Decal on my vehicle, how do I make my appointment?

A: You should make your appointment during general visiting hours. You can come aboard via the courtesy shuttle, when one is operating.

Q: What do I do if my car has scraped a barrier?

A: If you are involved in any kind of car accident on Naval Academy grounds, contact DoD police in order to make a police report.

Q: Are there any regulations I should know about regarding jogging, cycling, walking, and skating aboard the Naval Academy?

A: Exercisers in appropriate attire may pass through Gates 1 and 8 between the hours of sunrise and 1700, or sunset, whichever is later. Jogging is limited to the roads and sidewalks in areas next to the sea wall, Hospital Point, and Decatur Road from Alumni Hall to Gate 8. Bicycles are allowed for employees and residents for commuting and are not to be ridden in the ceremonial areas of the academy. Bikers, joggers, and walkers may not wear audio headsets. Bikers must wear ANSI or Snell approved helmets. Rollerskating, rollerblading and skateboarding are prohibited.

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.

More on Annapolis

Annapolis Information

- The *Capital* is the daily newspaper in Annapolis and is also available online: <http://www.capitalgazette.com/>
- *Inside Annapolis* magazine
The local Annapolis magazine is available online: <http://www.insideannapolis.com/> and includes bimonthly features, a town guide, article archive, dining reviews, town map, and regular sections on arts, education, environment and current events.
- OMEGA World Travel
Located in Bancroft Hall. Toll Free: 1-800-756-6342.

Things to do around Annapolis

- **Historic Annapolis** – several homes are within blocks of USNA and are open for touring including the [William Paca House and Garden](#), the [Hammond-Harwood House](#), and the [Chase-Lloyd House](#). You can also tour historic rooms/exhibits at the [Maryland State House](#). The [Banneker-Douglass Museum](#) covers much of the region's African-American history. The Annapolis & Anne Arundel County Conference & Visitors Bureau lists the [top 10 things to do and see](#) in the Annapolis area.
- **Maritime Annapolis** – several companies offer boat trips from 40 minutes or more leaving from the City Dock. There is a fishing pier at Jonas Green State park (underneath the academy bridge near USNA); check on fishing/crabbing license requirements first. If interested in swimming, either head out to Sandy Point State Park (off Route 50 prior to the Bay Bridge) or swim indoors at your hotel pool or at the Arundel Olympic Swim Center on Riva Road.
- **Agricultural/Horticultural Annapolis** – the county farmer's market operates on Saturday and Sunday mornings at the intersection of Riva Road and Truman Parkway. The [Helen Avalynne Tawes Garden](#) at the Maryland Department of Natural Resources building (intersection of Taylor Avenue and Rowe Boulevard) is free of charge. Horizon Organic Dairy (formerly the USNA Dairy Farm), located outside of Annapolis in Gambrills has an organic corn maze with 3.5 miles of twisting trails.
- **Shopping and dining** – there are many restaurants and shops. Drive along West Street from the Annapolis Mall and Westfield Shoppingtown to Spa Road, Route 2, and Route 3/301 either north or south of Route 50.
- **Gas Stations** – there are very few gas stations near the academy, but several are located in the Annapolis area.

Local Care Package Services

- [The Cookie Factory](#) - Calvary United Methodist Church – 301 Rowe Blvd, Annapolis, MD 21401; 410-268-1776 or 410-268-6035. Homemade are baked and delivered to the Yard in September through April and are \$3.50/dozen, which includes a message from the sender. Profits fund their mission projects.
- [Drydock Restaurant](#) - Located in Dahlgren Hall and open to the public seven days a week from 8 am to 9 pm Monday-Thursday, 8 am to 11 pm Friday and 10 am to 3 pm Sunday, closed on federal holidays. Gift certificates are available
- [Sandi's Flower Shop](#) - Located near St. John's College and adjacent to the Naval Academy Gate 3, (410) 268-0188 to toll free (888)-474-FLWR (888-474-3597). Care Packages are hand delivered to Bancroft Hall.
- [Yum Yum Club](#) - 800-805-2339. Care packages delivered at various times of the year.
- [Graul's Market](#) - Taylor Avenue & Rowe Blvd. offers grocery items, 410-269-5103.
- [Chick & Ruth's Delly](#) - Free delivery to midshipmen and gift certificates available, 410-269-6737.

Lodging

Contact the [Annapolis & Anne Arundel County Conference & Visitors Bureau](#) at (410) 280-0445 for accommodations, restaurants and shopping.

RV Campgrounds

- [Capital KOA Campground](#) - 768 Cecil Ave., Millersville, MD 410-923-2771, reservations 800-562-0278. Open March 1 through November 15.
- [Cherry Hill Park](#) - located in Cherry Hill Park outside of Washington D.C., 800-801-6449, open year round.

Hotels, B&Bs in Annapolis and surrounding area

(Visit www.visitannapolis for other area hotel information)

- [List of hotels in the city of Annapolis](#)
- [List of hotels within a close proximity to Baltimore and Washington, D.C](#)
- [List of hotels in the Annapolis countryside](#)
- [Bed & Breakfasts](#)
- [Lodging by type](#)

Annapolis Area Churches

Annapolis has several churches in the area, [by denomination](#), as well as the [U.S. Naval Academy Chapel](#), 410-293-1101.

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 a variety of bookstores.

- 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 1st class midshipman 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 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 midshipmen.

Barn - A room in Bancroft Hall 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 midshipmen 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 stands for, "Bend over, here it comes again."

BOOW – Acronym for battalion officer of the watch, who is a 1st 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 – 2nd or 1st 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 1st class 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 1st 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 1st and 2nd class midshipmen.

Class – USNA classes in order are 4th class (4/C), plebe or freshman; 3rd class (3/C), Youngster or sophomore; 2nd class (2/C) or junior; and 1st 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 approximately 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 when plebes perform some outrageous 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 impending conduct action if performance does not improve. The more the demerits, the worse offense and the harsher the consequences.

Detailer – 2nd or 1st 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 1st 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.

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.

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 4th 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 reconns throughout the year. After 911, this system of clandestine movement was shut down to midshipmen 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 midshipmen for honor offenses.

Hospital Point – Quasi-peninsula where the medical clinic is located and most 1st class midshipmen park their cars.

Hop - A dance

Hundred Night - On a February night, 100 days from graduation. Plebes used to switch places with 1st class midshipmen 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 (TBS) 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 midshipman (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 closed to the public.

Mini-BUD/S – A three-week summer training course at the basic underwater demolition school in Coronado, California for 1st class midshipmen 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 midshipman to come home the weekend before or after 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.)

OWW – 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 1st 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 4th 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 4th 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 2nd 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	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. For a full list of all midshipmen rates, go to <http://www.usna.org/images/MidshipmanRates.pdf>

Recon – One of the after-hours adventures in which a mishipman 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; 1st and 2nd regiment. (Note: during Plebe Summer, there is only one regiment: the 4th 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 2nd class year when midshipmen 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 2nd 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 2nd or 1st class may walk when going to and from tables in King Hall.

Second Class Parent Weekend – Similar to Plebe Parent Weekend, but at the beginning of the 2nd 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-issued 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 1st 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 midshipman 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.

STEM – Acronym for science, technology, engineering and mathematics.

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

Striper – A 1st class 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.

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 1st class midshipmen to engage in independent study and research during their first class year.

Two for Seven – Service commitment papers 2nd class midshipmen sign committing themselves to complete two years at the academy and serve as naval officers for a minimum of five years after graduation.

2% Club – Nondocumented percentage of midshipmen who retain a 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 midshipman 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 3rd class 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 2nd class parent weekend.

- Z -

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

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GO NAVY! BEAT ARMY!

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