

Important Information

for the

Class of 2024

UPDATED MAY 26, 2020



UNITED STATES NAVAL ACADEMY



Congratulations on your appointment and upcoming induction to the United States Naval Academy! By accepting your appointment, you have embarked on a challenging voyage of discovery alongside an elite group of young men and women who aspire to become the next generation of leaders for our Navy and Marine Corps. On Induction Day, you will commence the initial phase of a tough, demanding, but intensely rewarding four-year course of instruction which is designed to prepare you to one day lead Sailors and Marines during times of peace and times of war.



Plebe Year is designed to accomplish the necessary transition from civilian to the military way of life. It is traditionally tough; this is not by accident, but by design. This is a period of testing. It requires midshipmen to produce under pressure, to stand on their own two feet, to respond instantly and reflexively to orders, and, finally, to meet the highest standards of conduct, honor, character, and morality. Please follow the directions carefully in the following packet to ensure you are prepared to meet the challenges of life at the Naval Academy upon reporting this summer. Of paramount importance, you must be physically fit and ready to meet the demands of our rigorous training program.

Since the founding of the Naval Academy in 1845, its graduates have served their country with distinction. Today, the United States Navy is the most powerful in the world, and it must remain so to ensure our freedom. To remain strong, it must continue to be led by highly skilled and dedicated officers. Four years from now, the Naval Academy Class of 2024 will begin to make its contribution to the professional officer corps of the Navy and Marine Corps. I assure you the Naval Academy stands ready to prepare you for your future responsibilities. All that is required of you is your dedication to the task at hand.

Once again, congratulations. I look forward to seeing you in June!

Sincerely,

S. S. BUCK
Vice Admiral, U.S. Navy
Superintendent

The Permit to Report Package

This electronic Permit to Report Electronic Package contains numerous items of important and useful information, some of which require your immediate attention. This document will guide you through all the items in the package and provide you with detailed instructions on what actions you must take. We recommend you print this document in its entirety and use the check boxes to mark completion. Please ensure you follow all directions closely. This will guarantee that valuable time is not spent correcting mistakes. Most items are to be postmarked by 13 May, 2020. However, if you are unable to meet this deadline, please return the forms as soon as possible after that date. Numbered items correspond to a sub-section of this pamphlet and are also available on this website. Please refer to the link “Permit to Report Package Checklist” to assist in the completion of these important documents for Induction Day (I-Day). The electronic Permit to Report package is divided into five sections:

Section I: Immediate Action Items for Commandant of Midshipmen: tells you what forms you must complete immediately.

- 1. Permit to Report Letter (Received via email from Admissions)
- 2. Medical Forms
 - 2a. Immunization Record and Questionnaire
 - 2b. Patient Registration Form
 - 2c. Spectacle Prescription Information Form
 - 2d. Dental (Informational only: no action required)
- 3. Letter from the Dean of Admissions (Informational only: no action required)
- 4. Letter from the Associate Dean for Academic Affairs and Academic Background Questionnaire
- 5. Midshipmen Pay and NFCU application
- 6. Uniform Measurement Form
- 7. Plebe Sponsor Questionnaire (access online) and corresponding Commandant’s letter
- 8. Personal Swearing-In Ceremony Form
- 9. Proof of Citizenship and Police Record Check (through CIS)
- 10. Tattoos, Brands, Body Piercing (Body Alterations Form through CIS)

Section II: Administrative Preparations: Complete for Induction Day tells you what forms you must complete and bring with you on Induction Day, or what other actions need to be done by you before you report.

- 1. Agreement to Serve Form (Sign and bring 2 copies)
- 2. Service Member’s Group Life Insurance Election and Certificate (letter, instructions, and form)
- 3. Record of Emergency Data (NAVPERS 1070/602) (Instructions and form)
- 4. Notice regarding Maintenance of Private Medical Insurance
- 5. Request and Authorization for Midshipmen Accession Travel Form
- 6. Travel Voucher or Subvoucher- DD Form 1351-2
- 7. Bank Direct Deposit Form
- 8. Standard Form (SF)-86 Questionnaire for National Security Positions cover letter and worksheet

Section III: Miscellaneous Items: discusses several important issues that will better prepare you for Plebe Summer.

- 1. Commandant’s Letter to Candidates and Parents Regarding Drug and Alcohol Abuse and Navy Policy
- 2. ACE Loan Information
- 3. Fill-in-the-Blank News Release Form
- 4. Physical Fitness and Recommended Exercise Routine
- 5. Information on Vehicular Access to the Naval Academy
- 6. Command Religious Program Letter
- 7. Social Media Profile Etiquette
- 8. Marriage and Dependents
- 9. Alumni Association and Foundation Forms

Section IV: Induction Day and Plebe Summer: includes information and recommendations for Induction Day and Plebe Summer, including how to get around, what to bring for Plebe Summer, etc.

Section V: Additional Information: discusses several critical pieces of information to understand prior to reporting for Plebe Summer.

Section I - Immediate Action Items

The items below require prompt and attentive action. Recovering from missing or inaccurate information will detract from Plebe Summer training.

Complete items 2 through 10 listed below and return them to the Academy, submit online, or take required action without delay. If you receive your Permit to Report Letter after the required due dates, please return all items as quickly as possible. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

1. Permit to Report Letter- PLEASE HANG ON TO THE PERMIT TO REPORT LETTER.

Bring it with you when you report to the Academy on Induction Day. This form will gain you access to the Naval Academy grounds. If you choose to decline your appointment, you must go online to your application portal and decline your offer immediately.

2. Medical Forms- Please completely read through the instructions for each form prior to completing.

NOTE: Items 2a, b, c, and d are not required for candidates coming from the Naval Academy Preparatory School.

a. Immunization Record and Questionnaire

Complete all demographic sections on the "IMMUNIZATION RECORD." Thereafter, your physician or other licensed health care provider **MUST** complete the vaccination history section (including the month, day, and year when each vaccination was received) and must also sign the form. Please ensure all of the **REQUIRED** immunizations as noted on that form are received. Please mail one copy and hand carry **two** copies of this form on Induction Day, when you will deliver these copies to the Immunization Station. Do not forget this paperwork in your bags. Without it, we will not be able to determine the immunizations you require on Induction Day and you will experience a significant delay in your processing.

If you have any questions about required vaccines, you can find information (vaccine information sheets) at <http://www.cdc.gov/vaccines>. It is expected that you will review the vaccine information sheets prior to your arrival on I-Day. Although we will not be handing out paper copies of these information sheets, we will be happy to answer any questions that you have on I-Day.

All required vaccines that you have not received prior to I-Day will be given on that day at no cost to the student. Based on past experience, we want to emphasize the following items:

- One dose of Tdap is required after age 11
- One dose of Menactra or Menveo vaccine is required after age 16 and within the past 5 years. This vaccinates against Meningitis A, C, W and Y.
- One dose of Bexsero or Trumenba is required. This vaccinates against Meningitis B

If your provider does not have one of the above vaccines, do not accept a substitute vaccination.

All incoming Midshipmen will receive oral Adenovirus vaccination on I-Day. You will not be able to get this vaccine prior as this vaccine is currently unavailable to the general public. For more information, please review the following link and review the information sheet included with this packet. <https://www.cdc.gov/adenovirus/index.html>

In addition to the required vaccines, we highly recommend the HPV vaccine for all males and females attending USNA. We will start or continue the newest HPV9 vaccine for all men and women unless you specifically refuse on I-Day.

A documented Mantoux Tuberculin Skin Test (PPD) or QuantiFERON®-TB Gold screening for Tuberculosis must have been performed after Jan 1 of this year. For PPD testing, please ensure that the provider documents this reading in millimeters. If the reading is documented without measurement in millimeters, you will be required to repeat the test on I-Day. For Quantiferon Gold testing, please attach the results to this form and bring 2 additional copies with you on I-Day. If you have a positive test, please bring copies of the evaluation done by your provider to include the x-ray report to I-Day. We will have a provider review that evaluation to ensure that it was appropriate and complete.

A urine pregnancy test will be performed for all women prior to starting Induction Day. This must be done before starting the Induction Day process due to the strict requirement of a negative pregnancy test prior to receiving the Adenovirus vaccine. We recommend coming well hydrated to facilitate urine collection.

You MUST return this form to the address listed by 13 May (or within 2 weeks of receiving this package). In addition, you MUST bring TWO copies of the completed form (IMMUNIZATION RECORD FOR UNITED STATES NAVAL ACADEMY APPOINTEES) along with a completed “NHCA IMMUNIZATION GENERAL CONSENT (BMU and BHC)” with you when reporting to the Academy on I-Day. If a healthcare provider has any questions regarding immunizations, the provider can contact our immunization clinic at 410-293-1128. This phone number is for health care providers only. Parents and students should not contact the immunization clinic directly.

In summary, the required forms for immunizations are:

- Immunization Record for United States Naval Academy Appointees (1 mailed, 2 copies for I-Day). Do not leave the two copies in your bag on Induction Day. Your bags will be collected prior to the Immunization Station.
- NHCA Immunization General Consent – bring one copy to the Immunization Station on I-Day.
- If you had a positive PPD or Quantiferon test, bring documentation of additional evaluation and therapy performed.

NOTE: Please do not contact the Admissions Office or Midshipmen Personnel Office with questions about immunizations as they will not be able to answer those questions. All immunizations other than HPV are required.

b. Patient Registration Form

Please complete the enclosed form and send the form to the address found on the checklist. Bring a copy on I-Day.

c. USNA Appointee Spectacle Prescription Information Form

If you do not wear glasses or contact lenses, do NOT fill out or return this form. Only candidates who wear glasses or contact lenses (including part-time use) need to complete this form. The form is required to order military glasses (civilian glasses and contact lenses are not authorized during the summer). Complete all candidate information and frame size sections. Your eye care provider must fill out and sign your glasses prescription information section. Mail the completed form to the address on the Document Checklist by 13 May 2020. In addition, you MUST bring a copy of the completed form with you when reporting to the Academy. If you or your eye care provider has any questions, please contact the Naval Health Clinic Annapolis Optometry Clinic at 410-293-3617. Please send all forms to the addresses listed on the Permit to Report Checklist.

d. Dental

At this point in the application process, you need to be aware that the USNA Office of Admissions assumes that all new Midshipmen will arrive at Annapolis with excellent medical and dental health, ready to immediately initiate an extremely rigorous Plebe Summer and academic Fourth Class year. It is our intention to ensure you complete all requirements during Plebe Summer uninterrupted by medical or dental conditions that require time away from your duties.

USNA has an exceptional Dental Department that will provide all general and specialty dental care required during your four years at the Academy. It is strongly suggested however, that each prospective Midshipman have a complete dental examination performed by his/her family dentist prior to reporting, in order to have any acute dental conditions addressed prior to reporting. Examples of acute dental conditions include any cavities or tooth decay that require restoration and extraction of any wisdom teeth that are indicated for extraction. If extraction of wisdom teeth is performed prior to reporting, it is best that the surgery takes place at least four weeks prior to I-Day to allow time for resolution of any post-operative complications that might occur.

If the prospective Midshipman is undergoing active orthodontic treatment, the Dental Department has an orthodontist available to continue care. A waiver to matriculate into the Academy with braces should have been completed during the application process. If you plan to continue treatment at the Academy, you must have your waiver in hand upon arrival during I-Day. Additionally, you must have a copy of your initial treatment plan and all orthodontic records to bring to your dental exam in the weeks following I-Day. This is required to ensure smooth transfer and continuity of care. If you do not have a waiver, braces must be removed prior to arrival on I-Day.

A dental screening examination will be conducted during Plebe Summer. It is highly recommended that you report to Induction Day dentally healthy. This would include a recent dental check-up including third molar (wisdom tooth) evaluation by a general dentist and/or an oral surgeon. If you have any concerns about your dental status, **be sure to include your full name and candidate number on all correspondence regarding your medical and dental status**, and report all relevant information to nomapps@usna.edu.

3. Letter from the Dean of Admissions

Please read the letter from the Dean of Admissions. This letter is yours to keep.

4. Letter from the Associate Dean for Academic Affairs and Academic Background Questionnaire for the Class of 2024

Read the letter and complete the Academic Background Questionnaire for the Class of 2024 as listed in the enclosed letter from the Associate Dean for Academic Affairs. The Questionnaire can be found in the Academic Background System.

5. Midshipmen Pay and NFCU Application

All Midshipmen will be paid by electronic direct deposit. As such, all Midshipmen are required to maintain a bank account to permit electronic direct deposit of their pay every month. Each candidate will receive an application form from the Navy Federal Credit Union (NFCU) through a separate email from admissions. NFCU has a full service branch located on the Naval Academy grounds which is very convenient for the Midshipmen. If you choose to open an NFCU account, please complete the application process provided by admissions. Additionally all candidates must fill out the direct deposit form later in this packet.

6. Uniform Measurements Form

Log into <https://go.navyonline.com/usnaplebe> and complete the sizing information questionnaire. You will need your candidate ID number to access the survey and it must be completed within two weeks of receiving the Permit to Report Letter.

7. Plebe Sponsor Questionnaire

Please access the Naval Academy Candidate Information System (your online application portal for Admissions) approximately 2-3 weeks prior to I-Day to submit this questionnaire online. The Plebe Sponsor Questionnaire must be completed regardless of whether you wish to participate in the program or not.

This questionnaire will be used to match each Plebe with a sponsor family of similar interests. If you know of someone who you would like to have as your sponsor and who lives within 30 miles of the U.S. Naval Academy, please provide that information on the Plebe Sponsor Questionnaire. More information about the Plebe Sponsor Program can be found in Section IV under Parent Information and in the enclosed letter from the Commandant. More information about the Plebe Sponsor Program can be found in Section IV under Parent Information, in the enclosed letter from the Commandant, or by calling the Sponsor Program Office at 410-293-7031.

8. Personal Swearing-In Ceremony Form

In order to comply with current health and safety requirements in response to the COVID-19 pandemic, Induction Day will be closed to all guests, including parents, family and friends, the media, and members of the public (including individuals with Yard access). As such, there will be no personal swearing-in ceremonies this year on Induction Day for the Class of 2024.

9. Proof of Citizenship and Police Record Check

When you received your Fully Qualified Offer of Appointment from the Superintendent, you were asked to submit both proof of citizenship and a police record check. If you have not already done so, please ensure that the information is postmarked to Nominations and Appointments as soon as possible.

Any one of the following can serve as proof of citizenship. Only originals, original copies from the issuing authority, notarized copies, or a certified true copy will be accepted. If a passport is going to be used, please send a notarized copy rather than the original.

- United States Birth Certificate
- United States Passport (if issued within the last two years)
- Certificate of Naturalization
- Certificate of Citizenship
- Consular Report of Birth Abroad

All candidates accepting their appointment to the Naval Academy are required to obtain a routine police record check from their local police department prior to reporting to the Academy on I-Day. To ensure a thorough police record check, you should determine all jurisdictions in which you have lived during the last five years, including your city or town police department, sheriff or constable's office, school law enforcement office, and the jurisdiction where you work or go to school, if it is different from where you reside. The police record check is for all violations of the law, including minor traffic and non-traffic violations. If you were charged with a misdemeanor or felony, a copy of the court record is required.

If your law enforcement office has a policy preventing the release of this information, ask them to provide a statement of their policy in lieu of the police record check. You must also submit a signed statement indicating whether or not you have any violations of the law.

If you have any questions regarding proof of citizenship (what type of documentation is required in your particular case or to confirm receipt) or the police record check (unable to complete it prior to I-Day or assistance needed in obtaining the information requested), please contact nominations@usna.edu. Please send your proof of citizenship and police record check to:

U.S. Naval Academy
Office of Admissions
Attn: Nominations and Appointments
52 King George Street
Annapolis, Maryland 21402

10. Tattoos, Brands, Body Piercing

Pre-existing body alterations shall meet ALL requirements on the Body Alteration Form in the candidate information system. Navy regulations prohibit tattoos that are prejudicial to good order, discipline, morale, or are of a nature that brings discredit upon the Naval Service. For example, tattoos that are obscene, sexually explicit, or that advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination or gang affiliation, supremacist or extremist groups, or drug use are strictly prohibited. **If you have any tattoos or skin amendments, fill out the Body Alteration form in the candidate information system.**

ALL pre-existing body alterations must be reviewed by the Body Alteration Review Board for compliance with the Naval Academy policy. Body alterations will be (1) deemed to be within Naval Academy regulations, (2) deemed to be outside Naval Academy regulations but granted a waiver for admission, or (3) deemed to be outside Naval Academy regulations and ordered to be removed/covered up to be granted admission. Removals and cover ups are done at the candidate's expense.

Included on your application portal acceptance document was a statement of understanding regarding body alterations, which you should have completed and returned. If you did not return the form, mail it to the below address:

**U.S. Naval Academy
Office of Admissions
Attn: Nominations and Appointments
52 King George St.
Annapolis, MD 21402**

Once the statement of understanding regarding body alterations is received, the USNA Body Alteration Review Board will convene in May 2020 to screen all statements of understanding regarding body alteration(s). Following the Body Alteration Review Board, USNA Admissions will inform the affected candidates of the Commandant's decision regarding the acceptability of their particular body alteration(s). Admissions will clearly delineate any requirements the appointee must meet (e.g. remove part or all of a particular tattoo) prior to Induction Day or reporting to NAPS.

The Naval Academy permits members of the Brigade of Midshipmen or members of the Naval Academy Preparatory School to acquire body alterations while at the Naval Academy and at the Naval Academy Preparatory School that comply with Naval Academy body alteration regulations.

Violating these body alteration policies or application requirements may result in disqualification from consideration for an appointment. Any candidate who arrives on I-Day or INDOC with a tattoo that is out of regulation may be subject to undergo body alteration treatment or removal. Failure to agree to removal or alteration terms will result in disenrollment.

Section II - Administrative Preparations: Complete for Induction Day

Items in this section require action to be completed prior to reporting on Induction Day. Bring all completed forms with you on Induction Day. Bring them in a folder or manila envelope. Do not lose them.

1. Agreement to Serve Forms

Three copies of the Agreement to Serve **MUST** be printed and completed by each entering Midshipman. Sign, date, and **bring two (2) copies of the Agreement to Serve with you on Induction Day**. You should retain a third in a safe kept location. The agreement contains the statutory military service obligations which you incur by attending the Naval Academy. It also explains provisions under which you may be required to reimburse the government for the cost of education you received should you voluntarily, or because of misconduct, fail to meet these service obligations. Finally, it gives current Navy policies concerning the administrative handling of Midshipmen who fail to complete the Academy's course of instruction through resignation or separation for other causes.

Your signed Agreement to Serve constitutes an important personal commitment. You should read it carefully and be sure you understand it and its implications before signing.

If you are under the age of 18, either one of your parents or legal guardian must also sign your agreement indicating understanding of its terms and consent to your action.

The statutory obligations you assume upon entering the Naval Academy are clearly stated in the agreement.

2. Service Member's Group Life Insurance (SGLI) Form

Complete the Service Member's Group Life Insurance form and **bring with you on Induction Day**. As a Midshipman attached to USNA, you will be automatically enrolled in SGLI unless you do not desire coverage. You are still required to complete the SGLI form if you do not desire coverage. Even if you are currently an enlisted Sailor or Marine, you will be required to complete a new form as a Midshipman.

Please take a few minutes and discuss with your family the amount of insurance needed and who to list as the beneficiary(ies). You are automatically insured for \$400,000 upon entry at a cost of \$29.00 per month. You may elect a lesser amount of coverage in increments of \$50,000. If you do not desire the SGLI coverage, you will still complete the form but indicate that you do not want insurance. Should you elect coverage, the appropriate amount will be automatically deducted from your pay.

3. Record of Emergency Data Form

Complete the Record of Emergency Data Form and **bring with you on Induction Day**. This form becomes a permanent portion of your military service record and can be updated at any time. This will be used for emergency contact information and beneficiary notification.

4. Notice Regarding Maintenance of Private Medical Insurance

Sign the notice and **bring with you on Induction Day**. It is critical that you understand your entitlements to medical care should you become ill or injured. The notice regarding maintenance of private medical insurance will help you to better understand this. Please read in its entirety and sign the form acknowledging your understanding. This subject is also covered in greater detail in Section V under "Medical Care for Seriously Ill or Injured Midshipmen."

5. Request and Authorization for Midshipmen Accession Travel Form (for civilian candidates only; military will be issued orders) -- All incoming civilian Midshipmen must complete this form.

Complete this form and bring with you (as well as supporting documentation) on Induction Day. Fill out this form completely and supply any documentation that is needed for reimbursement. If you travel by air and the U.S. Government **did not** purchase your ticket, you must submit a copy of the ticket/itinerary showing the dollar amount you paid. We cannot reimburse frequent flier miles or any other credited flights. You will only be reimbursed up to the government rate allowed.

Please fill out Blocks 1-8, following the instructions on the form, and sign Block 11. **You must contact the Government Contracted Commercial Travel Office (CTO) at 1-800-235-9184 for any type of airline travel elected.**

If you elect to have the contracted Commercial Travel Office (CTO) arrange your travel (Block 7 a.), you will be e-mailed an itinerary and e-ticket by approximately 10 June 2020. **Ensure that the CTO has your correct email address.** Please keep in mind that CTO-arranged travel cannot be used for family or friends. If you have questions, please contact the CTO at 1-800-235-9184. The Office of Admissions will not be able to assist with travel.

6. Travel Voucher or Subvoucher- DD Form 1351-2

Complete this form and bring with you on Induction Day. Complete the following: blocks **2, 4, 8** (put the last four of your SSN), **15** (use example itinerary attached for reference), **18** (if any, see below), **20a, 22** (put last four of SSN). Receipts showing proof of purchase must accompany any flight reimbursement requests.

For block 18, travel expenses

DO INCLUDE:

- Taxi/Uber fare (if claim 'CA' for transportation)
- Tolls

DO NOT INCLUDE:

- Hotel receipts
- Gas receipts
- Food receipts

7. Bank Direct Deposit Form

Complete this form and bring with you on Induction Day. This form is necessary to process your paycheck throughout your time as a Midshipman. If you do not currently have a bank account, you will shortly receive guidance on how to sign up for Navy Federal Credit Union and you can use that account information once available. If you are having difficulty signing up for Navy Federal Credit Union, there will still need to be some bank information provided in order to process your paycheck.

Directions: Complete A (name only), C, D, E, and section 3.

For any questions regarding the Midshipmen Travel Accession Form, Travel Voucher, or the Direct Deposit Slip, please contact USNA Disbursing, Mr. Dan Monteith, at 410-293-3307.

8. Standard Form (SF)-86 Questionnaire

Complete the Standard Form-86 to the best of your ability **and bring with you on Induction Day.** This form is required to process you for a SECRET clearance. You will need to provide specific information on the SF-86 worksheet that will be returned to you following Plebe Summer to assist you in completing an online, computerized SF-86. Make sure you answer all the questions accurately so that you do not delay your clearance. If you have any questions concerning this form, please contact Personnel Security at 410-293-5682/5681/5680 .

Note: Dual citizenship is not in and of itself, disqualifying for eligibility purposes of obtaining a SECRET clearance. You will not have to renounce your non-US citizenship; however, you will no longer be allowed to travel on non-US passports. By doing so, you could/will lose your clearance. Additionally, you do NOT need to turn over any non-US passports.

Section III - Miscellaneous Items in this section discuss several important issues that will better prepare you for Plebe Summer.

1. Commandant's Letter to Candidates and Parents Regarding Drug and Alcohol Abuse and Navy Policy

The Navy and USNA have a strict policy regarding drug use and also take responsible alcohol use very seriously. This letter serves as information regarding the Naval Academy's policy. Please read in its entirety and ensure you understand and comply with all directions.

2. Additional Clothing and Equipment (ACE) Loan

All reporting Plebes will receive an interest-free government loan to help with initial expenses. Refer to the enclosed document entitled "ADVANCE FOR CLOTHING AND EQUIPMENT (ACE) LOAN INFORMATION CLASS OF 2024" and the "Budget Book" at the link provided on the Plebe Summer website for information specific to the financial obligation of all incoming Plebes and the processing of scholarships. No entrance fee is required. General pay-related questions can be referred to the Midshipmen Disbursing Office, 410-293-3301.

3. Fill-in-the-Blank News Release

The Fill-in-the-Blank News Release form is used to notify your local news outlets of your induction into the Naval Academy. Disclosure of this information is entirely voluntary. This form does NOT need to be returned to the Naval Academy. You may complete and submit the form to the local news outlet of your choice. This form is available on the Plebe Summer website as well as the link on the PTR.

4. Physical Fitness and Recommended Exercise Routine

Physical education is an important part of the program at the Naval Academy. To ensure that you are physically prepared for Plebe Summer, you are encouraged to start a program designed to help develop cardiovascular endurance and upper body and core strength. We have provided you with a sample program and a workout chart. **Print the workout table and post it in your living area or on your fridge! Have your family help keep you on track!**

Listed below are a few examples of some of the physical requirements of Plebe Summer to help you prepare for the types of activities in which you will be participating:

- 90 minutes, five days per week of strenuous physical calisthenics to increase cardio-respiratory fitness, muscular strength, and endurance, flexibility and confidence.
- Runs up to 4.5 miles at a 7-8-minute per mile pace, interval, and sprint training.
- Obstacle and endurance courses that test balancing, leaping, climbing, and team building skills.
- Hand-to-Hand training that incorporates martial arts, boxing, and wrestling.
- Climbing Wall training that involves upper body muscular strength and endurance, team building, and acclimatization to heights.

Do not leave all of your preparation to the last minute, as you may end up sidelined with a preventable injury during Plebe Summer. It is imperative that you begin the recommended exercise routine, or one similar to it, NOW! Some common injuries historically seen during Plebe Summer, such as shin splints and minor foot, leg, and back injuries related to being out of shape, can be prevented by your preparation beforehand.

Upon arrival, a Physical Readiness Test (PRT) will be administered to determine whether a Midshipman meets the minimum standards of physical fitness for Plebe physical training. Failure to pass this test will result in assignment to a remedial program. At the end of Plebe Summer and during each semester, each Midshipman is required to pass the USNA PRT. The test consists of two minutes of push-ups conducted on 2 second cadence, a timed isometric plank-hold position, followed by a timed 1.5 mile run. Passing the PRT every semester is a requirement for service at the Naval Academy. Failure to pass the PRT may result in separation from the Naval Academy.

For your information, the maximum (and minimum) scores for the PRT are as follows:

- Female: Push-ups: 45 (20), Plank: 4:20 (1:45), 1.5 mile run: 9:35 (12:40)
- Male: Push-ups: 60 (35), Plank: 4:20 (1:45), 1.5 mile run: 8:15 (10:30)

Upon reporting for Plebe Summer, you should be able to swim a minimum of 100 yards utilizing any stroke and tread water for 15 minutes. Failure to complete these tasks will result in assignment to the swim remedial program. Show up in shape, bring comfortable shoes, and most importantly...

Stick with the program!

5. Information on Vehicular Access to the Naval Academy

Please refer to the letter from Naval Support Activity Annapolis (NSAA) for information on vehicular access to USNA.

6. Command Religious Program

The Command Religious Program offers a wide variety of worship services, religious education programs, pastoral counseling, and other activities that are available for your moral, spiritual, and religious enrichment throughout your four years as a Midshipman. Nine chaplains - all experienced Naval Officers - are assigned to the Naval Academy. These chaplains represent five Protestant denominations, the Roman Catholic Church, and the Jewish faith. The chaplains' mission is to care for everyone by providing ministry to members of their own faith groups, facilitating the free exercise of religion for other faith groups, and providing confidential counseling for all Midshipmen.

Worship services and other devotional activities are an integral component of the Plebe Summer routine for Midshipmen, including three Protestant worship services and two Catholic Masses on Sundays. There are also specific opportunities for worship and fellowship among Jewish Midshipmen and members of the Church of Jesus Christ of Latter-Day Saints, Seventh Day Adventists, and adherents of the Orthodox, Hindu, and Buddhist faith groups. Lay leaders conduct prayer services for adherents of Islam. Please note that the unique training environment of Plebe Summer requires that parents do not visit Plebes during Plebe Summer worship services with the exception of Plebe Parents' Weekend. Candidates are allowed to bring a copy of their chosen Holy Scripture (e.g. Bible, Quran, etc.), but please do not bring devotional material. Your Naval Academy chaplains welcome you to Annapolis and look forward to assisting you in your moral and spiritual development.

7. Social Media Profile Etiquette

We live in a connected world and this can be for our benefit and, sometimes, to our detriment. Please read the guidance provided in the social media profile etiquette document and update your social footprints in accordance with the included guidelines. Keep in mind that on Induction Day, and every day after, your social media presence shall be in keeping of the standards and expectations of the Naval Academy.

8. Marriage and Dependents

Midshipmen regulations and DoD Instruction 1322.22 prohibit Midshipmen from being married, having dependents, or having dependent responsibilities. Showing up on Induction Day with dependents may result in disqualification. You will sign an agreement when arriving for Plebe Summer.

9. Alumni Association and Foundation Forms

Please view the linked Parent Brochure and fill out the form. This form will be used for membership in to the Alumni Association following graduation. This form should be brought with you on I Day. Please direct any questions to the Naval Academy Alumni Association.

Section IV - Induction Day and Plebe Summer

With ongoing health concerns relating to the COVID-19 virus, the Naval Academy has decided to shift Induction Day for the Class of 2024. The class will now in-process over the course of a four-day period from 28 June – 2 July. You should expect to receive a new Permit to Report Letter via email before the end of May with a new report date and time.

Lodging

If you plan to arrive in the Annapolis area prior to I-Day, you should make your own arrangements for lodging. Unfortunately, no reimbursements can be made for the use of commercial lodging facilities. For information on lodging in the Annapolis area call the Annapolis and Anne Arundel County Visitors Bureau at 410-268-0445, or go to www.visitannapolis.org.

If you wish, **candidates only may elect to spend the night prior to their check in day in Bancroft Hall, the Midshipmen's dormitory. In that case, report to Mitscher Hall for dormitory accommodations. Once you check in to Mitscher Hall, you will not be allowed to leave the Yard. You are encouraged to eat prior to arriving at USNA or bring food onto the Yard.**

Bus Service from BWI Airport

A complimentary bus service will be provided from Baltimore-Washington International Thurgood Marshall Airport (BWI) to the Naval Academy. The bus runs from 7AM – 11PM. This service is only for candidates who are traveling by themselves. We regret that we are unable to accommodate family members or friends on these buses.

Upon arrival at BWI, you are directed to check with the United States Naval Academy Information Desk (Customer Service Desk) located near the International Terminal Baggage Claim area of the airport. Signs will be placed at each of the main escalators directing you to the Customer Service Desk. The Customer Service Desk times vary; **however, Naval Academy representation will be there from 7AM – 11PM on June 29th – July 2nd.** They will advise you of the next bus and where to meet it. This bus service is free of charge for all candidates.

Midshipmen and Ensigns or Second Lieutenants will be standing by to assist and ensure your safe arrival to the United States Naval Academy in Annapolis, Maryland. In case of emergency, call the Officer of the Watch at the Main Office in Bancroft Hall at 410-293-5001.

Those candidates who arrive before the Information Desk is set up or after it has closed should use the public transportation available (either taxi, shuttle, or rideshare) for transit to Annapolis. The cost is approximately \$40 and is refundable through your travel claim. Please bring all receipts with you; if you choose to arrange your own transportation, it is recommended to schedule arrival flights to BWI Airport to take advantage of this bus service being 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, shuttle, or rideshare (approximate cost \$50, refundable through your travel claim).

What to Wear

Annapolis is hot and humid during the summer. We recommend that you report to the Naval Academy in lightweight slacks, a short sleeve shirt or blouse, athletic shoes, and well hydrated. Women should not wear skirts. If you are reporting from NAPS or from enlisted service, report in the Uniform of the Day. NAPS candidates will change into NAPS PE gear for the actual processing. Regulation Navy and Marine Corps PT gear will be authorized for all candidates reporting from the Fleet. You will be issued a summer working uniform and tennis shoes during I-Day.

What to Bring

Candidates should report with only minimal clothing in addition to the prescribed underclothing. All candidates will be issued nearly everything that they will need for the duration of the summer, but candidates will be allowed to bring and utilize the following clothing as long as each meets Naval Academy uniform criteria:

- White jockey-style brief underwear (18 briefs will be issued).
- White crew neck fitted cotton undershirts (9 undershirts will be issued). Undershirts will be worn under uniforms and need to be tight fitting.
- White V-neck fitted cotton undershirts (15 undershirts will be issued). Undershirts will be worn under uniforms and need to be tight fitting.
- White crew athletic socks (22 pairs of socks will be issued on I-Day). Tube socks need to reach just below mid-calf. Ankle socks will not be authorized for wear.
- Black or Navy Compression "Spandex" Shorts (6 shorts will be issued). Shorts shall be worn underneath issued running shorts. While the issue will be enough for baseline laundry and workout schedule, it is advised to bring extra compression shorts in case of extraordinary circumstances.
- White sports bras (11 sports bras will be issued to females). While the issue will be enough for baseline laundry and workout schedule, it is advised to bring extra sports bras in case of extraordinary circumstances.
- White or nude brassiere (NO regular bras will be issued to females on I-Day. Candidates are recommended to bring two)

- Plebes will have few opportunities to wear these over the summer; however it is recommended that regular bras be worn during uniform fittings.
- Running shoes (**See Note 1 below**).
- Toiletries- Plebes will have at least one visit to the Midshipmen Store over the summer to purchase necessary items.
 - razors and shaving cream (electrical grooming equipment is NOT authorized)
 - toothbrush and toothpaste
 - shampoo and liquid soap
 - hygiene products
- Females: A single, one-gallon Ziploc bag containing hair products required to maintain hair within the regulations outlined below. Of note, there will be limited time for styling during Plebe Summer and candidates should plan accordingly.
- Enough money to last six weeks. Spending opportunities are limited to a few occasions over the summer. Recommend around \$100.
- An inexpensive scientific calculator for placement exams. Exams are taken the first few days of Plebe Summer.
- Athletic shoes for any sports in which you will participate (i.e. soccer cleats, basketball shoes, etc.).
- Athletic equipment for any sports in which you desire to participate (i.e. lacrosse stick, tennis racket, baseball glove). Do not bring heavy or bulky equipment such as weights, bicycles, or golf clubs.
- Cellular Phone (**See Note 2 below**).
- Pictures, postcards, or other similar personal items, although these items must fit on a 2' x 2' corkboard.

***NOTE 1 (RUNNING SHOES):** All candidates will be issued running shoes on I-Day; however, candidates **SHALL** bring their own “broken-in” running shoes. Candidates will be authorized to wear these running shoes during physical training evolutions in order to cut down on medical injuries such as shin splints and blisters. Recommend consulting an athletic store that specializes in running to advise you on what running shoe is best for your foot type.

***NOTE 2 (CELLULAR PHONES):** You are permitted to bring a cellular phone to facilitate calling home during specified times over the summer. When not being used, your cellular phone will be stored in a secure location (you will not be allowed to keep it in your room during Plebe Summer). If you don't bring a cell phone, you will be provided with access to one to make these calls.

Things you may not bring include:

- Stereo equipment
- Clock radios
- Lamps
- Over-the-counter medication
- Civilian clothing other than what you are wearing on I-Day and the items listed above (**See Note 3 below**)
- Cosmetics and jewelry is not permitted during Plebe Summer. The only exception is a religious medallion necklace whose chain is long enough to prevent it from showing with a crew neck t-shirt on while in uniform.
- Wrist watches will NOT be authorized for use over Plebe Summer (**See Note 4 below**)

CAUTION: Candidates are highly discouraged from bringing high value items to Plebe Summer.

***NOTE 3 (Civilian Clothes):** Fourth Class Midshipmen are not authorized to have civilian clothes at the Naval Academy, and the clothing that you report in for I-Day will be returned to you over Plebe Parents' Weekend in order to return home with your parents.

***NOTE 4 (Cosmetics, Jewelry, and Watches):** all candidates are authorized to bring these items with them on I-Day. If you choose to bring them with you on I-Day, they will be inventoried along with your civilian clothing and stored for you over the summer in a secure location. It is recommended that you bring all of these items in a collapsible overnight bag labeled with your name.

Grooming Standards

Men's Hair and Beards. Midshipmen are required to keep their hair neatly trimmed. Mustaches and beards are not permitted. **All males are required to show up on I-Day with a satisfactory haircut. This will be a shaved head with a #1 guard in length (1/8 inch).**

Women's Hair. Female Plebes are NO longer required to have a haircut that is above their chin. Hair length, when worn down in uniform, may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. Be

mindful that those with long hair, including braids/locks, shall be neatly fastened, pinned, or secured to the head. Hair bulk (minus the bun) as measured from the scalp will not exceed 2 inches. The bulk of the bun shall not exceed 3 inches when measured from the scalp and the diameter of the bun will not exceed or extend beyond the width of the back of the head. Loose ends must be tucked in and secured. Plebes will be authorized to use two small barrettes and small rubber bands, or small thin fabric elastic bands, similar to their natural hair color over the summer. While this list shall not be considered all inclusive, the following hairstyles are not authorized: pigtails, braids that are widely spaced and/or protrude from the head, styles with shaved portions of the scalp (other than the neckline), designs that are cut, braided or parted into the hair, lopsided and extremely asymmetrical hairstyles, as well as hair dyed using unnatural colors. USNA recognizes the unique quality and texture of curled, wavy, and straight hair. If there are any questions prior to I-Day please email inquire@usna.edu or call 410-293-1858. A pictorial of Navy female hair standards is shown in the following link: https://www.navy.mil/ah_online/um/femalehair.html.

In addition to the regulations specified above, it is important that you understand the limitation of the schedule for hair maintenance over Plebe Summer. USNA is unable to allocate time in the schedule to maintain complicated hairstyles. Plebes will be doing a large amount of physical activities (i.e. swimming, obstacle courses, running, circuit training). Please make every effort to arrive with a hairstyle that can be managed in minimal time that will present a neat and professional military appearance. Failure to do so may result in reprimand and change of style (i.e. hair can be cut to chin length, braids removed, etc.) to be in standards.

Alcohol and Drug Screening

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. You will be required to submit a urine specimen for drug testing and to 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 are authorized.

Medical Examination

On Induction Day you will undergo a brief medical examination to ensure that you are still physically qualified for admission. You must pass this examination to be inducted. In most cases, this will be a routine screening examination to confirm no problems have developed since you had your candidate (DoDMERB) medical examination. If you have undergone surgery or had a serious illness or injury since that exam, or if your health is in question for any reason, you should expect to be examined more thoroughly.

Be aware that on the day you report for admission, you must be within the weight and body fat standards applied at your candidate medical examination or you will risk disqualification and not be permitted to enter the Class of 2024. Consult the height and weight standards in the online catalog to be sure you remain well within the requirements.

Optometry

To safeguard the health and career potential of our incoming Midshipmen, the following rules shall be enforced: Do not undergo corrective vision surgery (e.g. PRK, LASEK, LASIK, ICL) as this may be disqualifying and may not be waived at entry. During Plebe Summer:

- No contact lenses are authorized during Plebe Summer.
- No civilian glasses will be permitted.
- Military issued glasses and spectacle straps will be provided on I-Day based upon your submission of the Spectacle Prescription Information form enclosed (mail back to the address on the Document Checklist by 13 May)
- **However, you should bring two pairs of your most recently prescribed glasses, a supply of contact lenses (if you wear them) for use after the summer, and paper copies of your most recent glasses/contact lens prescriptions.**
- No eccentric or faddish glasses are permitted.
- Be advised that tinted or lenses that become tinted with sunlight are not permitted during military parades, military training, and inspections; these should not be your primary glasses.

Color Vision Screening

On I-Day you will be tested to see if you meet admission standards AND commissioning standards for all warfare specialties.

- If you do not meet admission standards, a waiver must be requested (if not already granted) on I-Day as a limited number are given per class year.
- For commissioning standards, the number of plates identified will determine service selection if already meeting admission standards.

Medications

If you are taking medication prescribed by a physician, you must bring it with you on I-Day. The medication must be in a labeled container and you must bring 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. You will be evaluated and, if the medication is felt to be appropriate, the condition will be documented in your health record and you will be authorized to continue using the medication. For incoming candidates who are taking oral contraceptive pills, please bring 1-6 months' worth of those medications. For all other medications, please bring approximately 1 months' worth of medication. Medications are a covered benefit for all military members, including Midshipmen. As such, needed medications will be prescribed to you during your tenure at USNA (including Plebe Summer), in alignment with the TRICARE formulary (<https://www.express-scripts.com/static/formularySearch/2.9.5/#/formularySearch/drugSearch>). DO NOT bring over the counter (OTC) medications (e.g. Motrin, Tylenol, Tums, cold tablets), food supplements, or vitamins. If you have any questions or concerns regarding your health status or medications, please contact the Medical Technician, admissionsmedical@usna.edu.

HIV Testing

Blood samples drawn on I-Day will be tested for antibodies to the Human Immunodeficiency Virus (HIV), the agent responsible for the 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 confidentiality will be observed in any such case.

Plebe Summer

Plebe Summer's orientation program is fast-paced and begins the four years of military training you will receive at Annapolis in preparation for your commissioning as an officer. Upon arrival, you will begin your military indoctrination at USNA. You will march and wear a uniform your very first day.

Your military training throughout the summer will be under the close supervision of selected First and Second Class Midshipmen (seniors/juniors), commissioned officers, and senior enlisted service members. The basic military training unit is a squad. Each squad is made up of about 10 Plebes. You will be assigned to a squad, and since the development of teamwork is a vital aspect of your training program, you will be expected to participate fully in all activities of your military unit.

Plebe Summer is a very intense environment. Stress is a deliberate part of the program. You will march, swim, sail, be trained, and tested in physical fitness, fire both a pistol and a rifle, compete in athletics, and go to classes, all as a member of your military unit.

You will experience both success and failure. It is not uncommon for some individuals to question themselves when placed in a stressful environment. Your successes will be rewarded with commendations, and your failures will result in constructive criticism and guidance. Through it all, you must maintain a healthy perspective and learn from your experiences. If you work hard and maintain a sense of humor, Plebe Summer will be a rewarding experience you will never forget or regret.

If you make the decision to leave, you can expect to be interviewed by several commissioned officers to make sure your decision is a sound one and not based on emotion. They will be well-equipped to discuss the Naval Academy after Plebe Summer and the difficulty of adjusting to military life. If you still desire to resign, your letter of resignation will be forwarded to the Officer-in-Charge of the Fourth Class Regiment, and it should take approximately seven to ten working days to process separation from that point.

A final note regarding Plebe Summer: Your abrupt entry into a new way of life, featuring the mental stress and physical exertion of a military environment, may lead to temporary physiological changes. For example, eating habits and bodily functions will probably change. Once you have adjusted to your new way of life, mental and physical reactions should return to normal. Our medical personnel are available to assist you with this and any other questions or problems you may have while at the Academy.

Plebe Summer Completion Criteria

At the conclusion of Plebe Summer, Plebes are required to have met a clearly delineated, rigorous, but fair standard, in both the professional and physical mission, in order to ensure they are prepared to join the Brigade of Midshipmen. Plebes who fail to demonstrate satisfactory performance during Plebe Summer will be held accountable and may be recommended for separation from the Naval Academy.

Reef Points

The annual handbook of the Brigade of Midshipmen will be issued to you on Induction Day. During the course of Plebe Summer, you will be required to commit portions of it to memory and be familiar with all of its contents. **When reporting for I-Day,**

Plebes will be expected to know VERBATIM the Mission of the United States Naval Academy, the administrative chain of command, and the first three General Orders of a Sentry.

The Mission of the Naval Academy

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

Your Administrative Chain of Command:

Commander in Chief: President Donald Trump

Secretary of Defense: The Honorable Mark T. Esper

Secretary of Navy: The Honorable James E. McPherson (Acting)

Chief of Naval Operations: Admiral Michael M. Gilday, USN

Superintendent of USNA: Vice Admiral Sean Buck, USN

Commandant of Midshipmen: Captain Thomas R. Buchanan, USN

First Three General Orders of a Sentry:

First: To take charge of this post and all government property in view.

Second: To walk my post in a military manner, keeping always alert and observing everything that takes place within sight or hearing.

Third: To report all violations of orders I am instructed to enforce.

Honor at the United States Naval Academy

As you prepare to enter the Naval Academy, it is imperative that you understand one of the most important aspects of our culture: the Honor Concept. The Honor Concept is included below and it is your responsibility to know and understand it prior to arriving on Induction Day.

HONOR CONCEPT

Midshipmen are persons of integrity: They stand for that which is right.

They tell the truth and ensure that the 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.

The Naval Academy Commitment

The Naval Academy makes a commitment when you accept an appointment as a Midshipman. You are assured of the opportunity for a solid, first-rate college education that is nationally respected. You also are presented the opportunity to grow personally—learning integrity, leadership, and the heights of your own abilities. Finally, you are promised comprehensive professional training that will prepare you well for challenging opportunities later as a Navy or Marine Corps officer.

There is still another part of the Naval Academy commitment that reinforces everything else. The admissions process is designed to accept only those applicants who can meet the academic and military challenges at the Academy. Therefore, every Midshipman is guaranteed the opportunity and support necessary to succeed. Members of the Naval Academy's faculty and staff are committed to this principle. The personal counseling network, small class sizes (typically of 20 or fewer students), protected study periods, availability of extra academic instruction until 11 p.m. daily, modern educational facilities, and the sponsor program all reflect that commitment. The fact that more than 80 percent of those entering the Academy successfully complete the four-year program is proof positive of that commitment.

In return for the Naval Academy's commitment, you are asked to make a commitment. You must accept the challenge of a rigorous program integrating academic studies, military training, physical education, and athletics. You also take an Oath of Office accepting appointment as a Midshipman in the United States Navy, the first step toward becoming a commissioned Navy or Marine Corps officer.

The purpose of the Naval Academy is to prepare Midshipmen to become professional officers in the United States Navy and the United States Marine Corps. You 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. A naval career is an exciting one. During the fall semester of their senior year at the Academy, Midshipmen receive their service assignment into various naval warfare communities. Assignment is based on performance, individual preference, and needs of the Navy. Most Midshipmen are assigned to either serve as Surface Warfare Officers, Navy Pilots or Flight Officers, Submarine Officers, or Marines. A few Midshipmen are assigned to Special Warfare (Navy SEALs) and Special Operations (Explosive Ordnance Disposal) as well.

After graduation, most newly commissioned officers report directly to their professional school and then to the Fleet or Fleet Marine Force. The lessons learned after four years at the Naval Academy are put to immediate use.

Contacting Midshipmen in an Emergency

In the event of an emergency, your parents or guardian should notify the Officer of the Watch at the Main Office in Bancroft Hall by calling 410-293-2701/2702. The Officer of the Watch will ensure that appropriate actions are taken.

Telephone messages of non-emergency but urgent nature may be relayed through the Midshipmen watch standers at the Main Office, 410-293-5001/5002.

Mailing Address for Midshipmen

Plebes are able to receive mail during Plebe Summer. The proper format is:

MIDN John L. Doe
USNA Class of 2024
X Company, X Platoon
Annapolis, MD 21412

Plebes will learn their Company and Platoon designators on I-Day. After Plebe Summer, Midshipmen will receive a P.O. Box number for use in receiving mail. The only zip code midshipmen can receive mail to is 21412.

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, the sending of junk foods to a Plebe is highly discouraged. Please provide the following guidelines to anyone who will be sending care packages:

- Please limit the size of the shipping container to no larger than a shoe box. All food should be shipped in an airtight container.
- All items should be single serving and non-perishable. There are no refrigerators available in Bancroft Hall for food storage. No medications or vitamins are allowed.
- Junk food is highly discouraged during Plebe Summer.
- The regimen of Plebe Summer is a controlled training environment and requires adherence to a healthy diet. • Due to health concerns and storage limitations, excess junk food that cannot be stored or consumed immediately will be disposed of.
- Some suggestions for things to include in care packages:
 - Individually wrapped granola bars or energy bars
 - Powdered sports drink mixes, **NO CAFFEINE**
 - Letters from home

Email

You will be assigned an email address upon the completion of Plebe Summer. This email address will remain the same during your four years here. During Plebe Summer training, you will not have access to a computer to send or receive emails.

Parent Activities on I-Day

In order to comply with current health and safety requirements in response to the COVID-19 pandemic, Induction Day will be closed to all guests, including parents, family and friends, the media, and members of the public (including individuals with Yard access).

Plebe Summer Website

During Plebe Summer, your parents will be able to follow along with the training of the Class of 2024 as they participate in various activities throughout the summer. Please notify your family and friends of the following website:

<http://www.usna.edu/PlebeSummer/index.php>.

Plebe Summer Instagram

USNA will regularly use the Plebe Summer 2024 Instagram page to send out information before Induction Day, workouts to help prepare you for the physical mission, and updates for your family during Plebe Summer. Please follow the Instagram page and check it often! Handle: **USNA.PlebeSummer.ClassOf2024**

Plebe Parents' Weekend

Your immediate family should plan to visit with you during our four-day Plebe Parents' Weekend, 6-9 August 2020. The weekend's special program of events offers your parents a unique opportunity to have a close look at the Annapolis environment and to see for themselves how well you are developing as a Midshipman. This will be the first time since I-Day that Plebes will be allowed to have visitors.

A detailed schedule of events and related information concerning Plebe Parents' Weekend will be forwarded by the Superintendent to your parents in mid-July. Some 5,000 family members and friends of the Class of 2024 are expected to be in attendance. The Plebe Parents' Weekend Schedule can be found on the Naval Academy Web page at: <http://www.usna.edu/PlebeSummer> after 1 June 2020.

Section V - Additional Information

Social Security

If you do not already have a Social Security card, you must obtain one promptly. All candidates reporting to the Naval Academy for admission as Midshipmen must have in their possession a Social Security card so that wages may be credited to their accounts.

Candidates receiving Social Security benefits will no longer be eligible for these payments after entering the Academy. The Social Security Administration advises that Midshipmen are not so entitled because they are employees of the United States while they are attending a U.S. service academy. Therefore, if you are receiving this benefit, you must inform the appropriate Social Security Office of your decision to enter the Naval Academy and give them the date of induction.

Travel Expenses

Ensure you bring the "Midshipman Accession Travel Form" with you at check-in on I-Day, along with all associated receipts for travel expenses, including tickets or copies of e-tickets, from your home to the Naval Academy, to support your travel claim for reimbursement.

If you arrange and pay for your travel, you will be reimbursed for your travel expenses from your home to the Naval Academy following induction up to the authorized government cost. Per Public Law 104-134, all federal government payments must be paid by Electronic Funds Transfer (EFT). For air or rail travel, reimbursement will be limited to the lesser of the actual cost or the cost of a government ticket. Use of frequent flyer miles is not an authorized reimbursable expense. If you choose to travel by privately owned vehicle (POV), you will be reimbursed for mileage and per diem in accordance with the Joint Federal Travel Regulations.

Tourist Passport Information: Join the Navy & see the world!

The Midshipmen summer training program offers the opportunity to travel to foreign ports during summer training cruises. Overseas ports of call include Australia, Singapore, Japan, Korea, Italy, Spain, and many others. A tourist passport is the preferred document for overseas travel and increases a Midshipman's opportunity to be assigned to overseas cruises and to travel abroad during summer training and leave periods. Additionally, a tourist passport will be beneficial after graduation while serving in the fleet. Overseas training is an effective and rewarding experience that contributes to a Midshipman's professional development and geo-political awareness.

The United States Naval Academy Summer Training Office has encouraged all reporting candidates to obtain or apply for a civilian passport prior to reporting to the Academy on Induction Day.

A civilian passport may be applied for at many U.S. Postal offices and designated passport locations. You will need two passport pictures. These photos can be obtained at various locations. The cost is usually \$10 to \$15 for the pictures and \$110 for the passport fee. A civilian passport is good for 10 years from the issue date. Additional information can be found on the web at http://travel.state.gov/passport/passport_1738.html, in the yellow pages under "Passport and Visa Services," and/or at your local post office.

Health Status

If you have had any change in your health since your DoDMERB examination, you must notify us. Areas of particular concern are any and all surgeries, orthopedic injuries (broken bones or joint injuries), head injuries, hospitalization, vision changes, loss of consciousness, and any condition which might preclude your full participation in our rigorous athletic program. Email any changes in your health to nomapps@usna.edu.

Medical Care for Seriously Ill or Injured Midshipmen

When a Midshipman becomes ill or injured, the Navy will provide or pay for qualified medical expenses incurred as a result of the illness or injury, similar to benefits provided to all active duty members of the U.S. Armed Forces, 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 questionable, 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 that the Midshipman be disenrolled from the Academy will be forwarded to the Secretary of the Navy. The Secretary of the Navy will take final action on the recommendation.

NOTICE: We strongly recommend that you contact your local health insurance provider to discuss your and your parents' options of procuring and maintaining private medical insurance to ensure medical coverage in the rare case you become seriously ill or injured and are separated from the Naval Academy prior to graduation/commissioning. Please discuss this matter with your parents and contact your local health insurance provider to discuss options for coverage. Generally, such coverage is inexpensive (or can be maintained at no cost through the parent's employer) and can prevent serious financial problems. In the highly unlikely event you develop or are discovered to have a disqualifying medical condition (e.g. epilepsy, diabetes mellitus, ulcerative colitis, serious injury) requiring separation from the Naval Academy, your ability to

obtain health insurance will be significantly compromised. Also, be aware that Midshipmen only qualify for limited disability benefits, making private insurance more important if a catastrophic injury or illness occurs. For this reason, if for no other, having private health insurance already in place will be a wise investment in securing future coverage for health care that might not be possible to obtain after a diagnosis has been made.

Parent Information

In order to comply with current health and safety requirements in response to the COVID-19 pandemic, Induction Day will be closed to all guests, including parents, family and friends, the media, and members of the public (including individuals with Yard access).

Plebe Sponsor Program

The Plebe Sponsor Program provides members of the U.S. Naval Academy's entering class an opportunity to develop and benefit from informal exchanges with civilian and military members in Annapolis and its adjacent communities. This program provides Midshipmen a home away from home during their first year at the Academy. Plebes typically visit with their sponsors on Saturdays when they have liberty. To encourage a give-and-take relationship, Plebes may invite their sponsors to sporting events and other activities at the Academy throughout the year. There is also an annual sponsor appreciation weekend, typically in early winter, which allows the Midshipmen to show their appreciation to their sponsors.

The degree and length of involvement between sponsor and Midshipman is determined strictly by the relationship developed. In many cases, the Plebe-sponsor involvement leads to a friendship that lasts long after the Midshipman has graduated. The matching process is based on the Plebe's preferences of special interests, home state, etc. as recorded on the Plebe Sponsor Questionnaire. On the questionnaire, there is also the opportunity for a Plebe to request a specific sponsor by listing the individual's name, address, telephone number, and/or e-mail.

The sponsor must meet all eligibility criteria and must also request the Plebe on a sponsor application. Active Duty and retired military (E-6 and above or O-3 and above) and civilians will be considered for assignment as sponsors. All sponsors must be over the age of 28 to be assigned. Sponsors must live within a 30-mile radius of the Academy and agree to attend a mandatory briefing that is held during the summer. If you have a friend or family member who meets the eligibility criteria and would like to request an application to be your sponsor, have them contact the Plebe Sponsor Coordinator with their name and address at sponsor@usna.edu. Applications must be filled out and returned no later than 25 June 2020. In order to match Plebes with their sponsors, this deadline must be met. Those who do not have a specific by-name request for a sponsor family will be matched based on interests and preferences. Plebes and their families should find this first year at the Academy exciting. Please direct questions about the Plebe Sponsor Program to the Plebe Sponsor Coordinator at sponsor@usna.edu.

USNA Musical Department

The Musical Activities Department is the primary source of Fine Arts education for the Brigade of Midshipmen. Throughout the Academy's entire history, music has played a crucial role in the lives and development of Midshipmen who have found academic enrichment, leadership opportunities, inspiration, and camaraderie in the varied offerings. As ambassadors for the Naval Academy, Midshipmen perform for a wide variety of audiences, domestic and abroad, during their evolution to become future leaders in the Armed Forces and beyond. In addition to being exposed to military and world leaders, Midshipmen gain strength and confidence by performing for both senior officers and their classmates. Members are continually taught to strive to work together as an ensemble to create something that is greater than themselves, embracing the finest qualities the Naval Academy strives to engender in its future leaders.

Plebe Summer opportunities include participation in the Drum & Bugle Corps which provides musical support for the Plebe Regiment throughout the entire summer, and the Chapel Choirs which provide musical support at Sunday morning worship services. **Candidates will be provided the opportunity to audition at the start of Plebe Summer. Advance video auditions for the Drum & Bugle Corps are available immediately by contacting music@usna.edu or visiting www.usna.edu/music.*

