



WELCOME ABOARD!

Naval Academy Parents Club of Mississippi

**United States Naval Academy
Midshipman Parents' Guide**

January 2019

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Preface

The goal of this publication is to make the transition from civilian to Naval Academy life as smooth as possible for both Midshipmen and parents. Although the information is not all encompassing, we trust you will find it beneficial. Moreover, we have also included knowledge gleaned from other families' encounters and experiences. The members of the USNA Parents' Club of Mississippi want to help in any way possible. Please feel free to contact any Board Member. A list of current officers and e-mail address can be found on our website:

<http://mississippi.usnaparents.net/>

Each incoming class experiences change in Academy procedures. Your Permit-to-Report booklet will be your guide to preparing for I-Day (Induction Day). Always refer to your USNA correspondence for official policy and procedures.

GO NAVY!! BEAT ARMY!!

Pre I-Day Tips

- There are many Facebook Pages and Websites where both information (**be sure to check the "Files" on the Facebook Groups) and camaraderie can be found:

Facebook:

USNA MID MOMS!!! (and DADS!)
USNA Parent Community
USNA 20** Parents' (*insert class year*)
USNA 20** (*insert class year*)BLB
Parents
USNA Parents Club of Mississippi

Websites:

<https://www.usna.edu>
<https://www.usna.com>
<http://www.usnabsd.com>
<http://www.academyinsider.com>
<http://mississippi.usnaparents.net/>

- Consider arriving in Annapolis the day prior to I-Day to acclimate yourself to the area and to be ready to report at the assigned time. Make hotel reservations as soon as possible.
- Review your car insurance options and inquire about reduced rates for students without a car. If you are a USAA member, you should receive instructions regarding car insurance for your Mid. Plebes are not allowed to drive except when home on Leave (different than Liberty- explained later). Midshipmen are not allowed to operate a motorcycle during the entire four years they are at USNA.
- Check with your dentist. If your Appointee's wisdom teeth should come out, do it early so they are fully recovered prior to I-Day.
- Apply for a passport. Your Midshipman will not need it right away, but doing it now will be much easier than after I-Day.
- Get a copy of their eyeglass or contact prescription if applicable.
- Make sure you have an official birth certificate and social security card. An official copy of both is not a bad idea.

- Consideration must also be given to health insurance. Although all Mids are covered by the Navy, there is the possibility of separation. Not all health insurance plans allow for additions of family members at any time of the year; many parents simply keep their Mids covered under their family plans. If you have any questions about the best way to handle this, speak with your health insurance administrator.
- A female may want to get a regulation haircut before reporting (see the Permit-to-Report Booklet). If your daughter's hair is very long, she may want to consider donating her cut tresses to a worthy organization such as “Locks of Love” www.locksoflove.org before she enters the Academy. Many salons are aware of this organization. Those in charge of female haircuts at the Academy do a good job, but your female Plebe will be less stressed and more confident if she had a trusted hairstylist at home give her a cut that she feels good about and has been able to work with at home before arriving on I-Day.
- Join the USNA Alumni Association! <https://www.usna.com> they have a fantastic photo program during Plebe Summer and you will enjoy “Waldo Hunting” when you cannot contact your Plebe.

The Purpose of Plebe Summer (PS)

The purpose of plebe summer is to prepare civilians and military servicemen to be productive and competent midshipmen at the United States Naval Academy. Commissioned officers of the Navy and Marine Corps, assisted by First Class (Seniors) and Second Class (Juniors) Midshipmen are responsible for planning and supervising this transition. During plebe summer each plebe is expected to acquire the basic military skills, professional knowledge, and character qualities required by Academy standards. Plebes must overcome many demanding challenges and thereby develop increased physical stamina, mental alertness, and self-confidence. Plebe summer is a time for personal, rapid growth and the beginning of lifelong friendships. It is both competitive and tough; but it also is an exciting and rewarding experience. Keep in mind they say your time at the Naval Academy can be broke down into three equal parts plebe summer, plebe year and the remaining third is the rest of your stay at the Naval Academy.



Sunrise PEP



Swearing-in Ceremony

Induction Day (I-Day)

For Appointees

During the day you will have your civilian privileges stripped away and be told that you will have to earn future privileges. DO NOT agonize over I-Day activities. Parents of present and past Midshipmen have heard numerous times that anticipation is worse than reality. Although it is not an easy transition, it is within your capabilities, and, believe it or not, purposeful. Mentally, live in each moment and don't dwell on the past or fret about the future. You and your new shipmates will learn to thrive and survive together.

During the Oath of Office Ceremony, you will be taking a vow to uphold and defend the Constitution of the United States. At this point, despite being hot and tired, don't be troubled if you feel overwhelmed or uncertain. Your parents and other loved ones are very proud of you. While it is true that they do not know exactly what you are experiencing, they are there to support you, loving you all the way. Your Parent's Club also supports you.

Following the Induction Ceremony, enjoy your brief reunion with your parents on Stribling Walk before you reform with your shipmates to enter Bancroft Hall (Mother B). Small signs, each with an alphabet letter, will be posted along Stribling Walk to help you find your parents. Go to the sign with the first letter of your last name to find your parents.

Sometimes a Plebe does not “make it”. It is not a disgrace; sometimes what we think we want to be is not who we really want to be. As you begin the process of self-realization, you may become more confident that you are on the right path while others become less so. Eventually, if you are there for the

right reasons, then you'll come to realize that it is all worthwhile. The most common suggestion for a Plebe doubting their decision to stay at the USNA is- slow down; don't make rash decisions and don't make decisions by yourself.

Here is some advice on surviving Plebe Summer (PS) from one of the former Facebook moderators and mother of four Officers, Elaine Brye:

The key to success in Plebe Summer is in the mind. Midshipmen have survived serious injuries and made it through; there are those that receive no letters or care packages but still thrive. This mental toughness is so important.

My first thought is that your plebes have been preparing all of their lives for this. They must want a challenge or they would never have begun the application process. But here are some specifics that might help. Feel free to pass this on to your Plebe.

#1 Expect to be wrong-plebes are always wrong

#2 Expect to not get it right the first time...or the second

#3 Expect to be uncomfortable. You will be hot sticky, dirty, smelly. You will look terrible and you won't care.

#4 Listen and follow directions. Do what you are told when you are told to do it-I know that we parents have been trying to teach you that since you were born but the Cadre really mean it.

#5 Don't compare it to the fleet, NAPS, JROTC or your grandpa's Navy. This is the Naval Academy-it is a unique paradigm and they do things their way.

#6 Write down your personal goal-why are you at the Naval Academy? To fly, lead Marines, sail the seven seas? Make a copy of it to take with you-give one to your parents to mail to you halfway through Plebe Summer. KEEP YOUR EYE ON THE PRIZE!

#7 When things get bad pretend you are having an out of body experience-I used to do that flying with three small children cross country.

#8 Don't take anything personally

#9 Embrace the concept of loss of control-you will have none; you will just react. Prepare to react well.

#10 Read about the experiences of the Vietnam War POWs. You will not be tortured: you will have food and medical care. Think about what it took to go through that experience-use this summer training to begin to sharpen the steely resolve within to handle whatever your country needs you to handle.

#11 And finally, consider the Detailers in front of you-they each have survived Plebe Summer. If they can do it you can too.

For Parents

Parents not experienced with military life may be surprised by the activities of Induction Day (I-Day). On I-Day, when your son or daughter enters the Navy, he or she reports to Alumni Hall according to the orders received in the Permit-to-Report package. DO NOT let your child be late for I-Day processing. DO make sure your child has had a good breakfast (it is going to be a long day) and do make sure you have time for proper and private good-byes. You will not see your child again until the Oath of Office ceremony in Tecumseh Court (Alumni Hall in inclement weather). Do not do anything to draw attention to your Plebe if you are lucky enough to run into his or her squad being processed.

The processing of Appointees in Alumni Hall takes approximately 3 hours- haircuts, shots, uniform issues and lots of paperwork. If you position yourself outside the Mid Store, you will be able to watch the Plebes who have finished processing arrive to their new home in Bancroft Hall. They will arrive newly shorn in their Plebe uniform (“White Works”) and carrying seabags containing 70 lbs or so of newly issued gear.

During the day, the Alumni Association will host an Alumni Association/USNA Foundation Welcome Aboard picnic and expo on Sherman field at Hospital Point (Dahlgren Hall in inclement weather) where a relaxed atmosphere will allow you to interact with other parents and learn about the role of the Alumni Association. In addition, there will be representatives of regional Parents Clubs, banks (Navy Federal and USAA) and other organizations on-hand to help answer your questions. Expo Times and Picnic costs can be found in the I Day Packet.

Nothing can prepare you for I-Day except a pleasant I-Day eve, an attempt at a good night's sleep, a delicious and relaxed breakfast, and ample time to arrive at the Academy.

Parents and Appointees should try to take everything in stride. The changes that take place in your child between that last good-bye and your reunion after the Oath of Office Ceremony that evening are awesome and emotion evoking to say the least. On I-Day you become the newest members of the Navy family and as a parent you get this unexplained feeling of not losing your child but gaining hundreds of new sons and daughters. The class of 2020 parents’ motto is Your Mid is My Mid you will understand why on I-day.

NOTE: If you have to choose between I-Day and Parent Weekend for whatever reason, pick Parent Weekend to attend. You will have more time with your Midshipman and be able to give them a much needed brake. Don’t feel bad if you can’t attend I-Day. There will be parents clubs around to give your Midshipman a phone to call home and a snack.

Access to the Yard:

In general, Driving onto the “Yard” (Naval Academy grounds) is restricted unless you can present a picture ID and a valid MPP (Midshipmen Parent Pass). The MPP and a photo ID will allow you to gain access to the Yard for the next four years. Additional information about the MPP can be found in the I Day packet. Lost MPP’s can be replaced at the Pass and ID office inside Gate 1.

On I-Day, all parents will be allowed to drive onto the Yard with their son or daughter’s Permit to Report letter in order to drop off their midshipman appointee. However, no vehicles will be permitted to park on the Yard. Information on gate schedules for I-day can be found in the Permit-to-Report Booklet/ I day Packet. Family and friends may accompany the appointee to the drop-off point as long as all vehicle occupants over the age of 16 have photo ID. Other key dates when parking restrictions may be in force are Plebe Parent Weekend (PPW) in August and during Commissioning Week in May. Additional information regarding valid Photo IDs can be found at:

<https://www.usna.edu/quicklinks/parents.php>

Due to congestion and increased security measures at the entrances to the Academy, it is recommended those reporting to the Naval Academy for admission and those traveling with them use the shuttle from

Navy Marine Corps Memorial Stadium

Bus Service (Induction Day Only)

All family and friends are encouraged to park at Navy-Marine Corps Memorial Stadium and take the free shuttle buses to Alumni Hall. There is a nominal charge to park at the Navy-Marine Corps Memorial Stadium.

Bus service hours for I-Day can be found in the I Day Packet. The shuttle ride is 10-15 minutes but wait times can be long so plan to board the shuttle at least one hour before report time. Walk time from the stadium to Alumni Hall is approximately 1 mile via Gate 8. Families tend to arrive early and gather outside Alumni Hall for last good-byes and pictures. You should not report in too early (5-10 min is ok), but DO NOT be late.

Long lines of Appointees waiting to enter Alumni Hall are typical. If you do not already know your soon-to-be-Plebe's Company, Platoon, and Alpha number (6-digit starting with class year- 23XXXX), then while waiting, look for Officers circulating with clipboards, or set up in a tent, they can provide you this information; or ask your Plebe when you see them after the Oath. This is the information needed to begin mailing packages to your Plebe.

I-Day Checklist

This list was created from a review of the Permit-to-Report Booklet as an example of what is needed on I-Day. In general, your Plebe needs nothing to very little. A cheap, throw-away string backpack is best for I-Day. The pack will be taken away. Anything that your Plebe “can’t do without (Bibles, running shoes) should be near the top, and ideally, bagged together. The Detailers will give them about 20 seconds to get everything out of their bag before it is confiscated and placed in storage, packing correctly will keep this stress free.

Clothing:

- ✓ Running Shoes (broken in). Wear them.
- ✓ Females: You will not be issued regular bras. Bring one regular bra (white or nude) for uniform fitting. Although you will be issued sport bras and underwear, you may find other options more comfortable. Have your parents mail these (additional sports bras or underwear) in their first package. These must be white with no logos. Other things to bring: feminine products, brush, hair ties, barrettes (not bobby pins) in small quantities. These items can also be mailed by your parents in their first package mailing.
- ✓ Remember anything you bring has to be carried along with a FULL seabag everywhere you go. Don't assume you need things. Have your parents send what you need later in care packages. Males can generally walk in with just the clothes on their back and paperwork.

Paperwork:

It's a good idea to have your Appointee carry a copy of everything that had been mailed prior to I-Day (and keep another copy at home too). If you do this be sure to separate the backup information from the I-Day information so your son or daughter can quickly and easily move through the Induction process. Have your Appointee hand carry all the I-Day paperwork (2 copies):

- ✓ Permit to Report Letter: Allows vehicle entry onto the Yard and your Plebe to enter Alumni Hall for induction. Be sure to complete the travel reimbursement information on the back.
- ✓ A signed, direct deposit slip for your bank of choice to set-up electronic deposit of pay (if you did not pre-register at the Navy Federal Credit Union (NFCU)).
- ✓ (2) Copies of medical form 6230/7.
- ✓ Adult & Pediatric Immunization Questionnaire.
- ✓ Copy of USNA Appointee Spectacle Prescription Information Form. Wear your civilian glasses (not contact lenses) and have a case. You will be issued glasses that must be worn during PS only.
- ✓ Command Religious Program Questionnaire.
- ✓ NCAA Certificate of Transfer Eligibility Form.
- ✓ Government issued picture ID.
- ✓ SSN card.
- ✓ \$100 max.

****Be sure to review the current year Permit-to-Report Booklet for update****

Equipment:

- ✓ Calculator with charger/extra batteries (in a Ziploc bag with name). This will be used for testing as the Plebes try to validate out of classes in the coming AC year.
- ✓ Cellphone with charger (in a Ziploc bag with name). This will be used for the three scheduled calls during Plebe Summer.

I-Day Tips

- Appointees should dress nicely but comfortably on I-Day. Avoid wearing anything that is irreplaceable (sometimes I-Day clothing ends up lost) or will bring undue attention. Wear a good pair of well broken-in running shoes.
- Parents and siblings should be dressed in nice, casual clothing. USNA spirit wear is always a good choice! Annapolis is typically very hot and humid in the summer. Comfortable shoes are a necessity as there will be a lot of walking.
- Bring your camera with extra batteries and memory cards.
- Be sure to visit the Midshipmen Store, located under Bancroft Hall, on I-Day where merchandise includes Class specific items (don't fret that this may be your only opportunity to buy these items; class specific items will be available for the next four years). You will receive temporary MidStore access cards in the Permit-to-Report and Plebe Parent Weekend packages. In August, during Plebe Parent Weekend, you will pick-up your permanent store pass. The lines will be long so enjoy meeting and greeting the other Plebe parents while in line. Memorabilia, clothing and books are also available in the Visitor Center (10% discount) and Museum Store.
- Many families report that I-Day is NOT a day to bring extended family, friends, boy/girl friends; it is a long and emotion filled. As parents, this is not a college drop-off; you are turning your "child" over to the military and from this point forward they are considered emancipated. Plebe Parent Weekend (PPW) is usually more relaxed and a time to celebrate. A larger group including extended family, friends and/or boy/girlfriends might be a welcome addition. Make this decision based on the Plebe's personality and desires.

- For the Induction Ceremony, plan to arrive at Tecumseh Court two hours early if you want to get good seats in the shade. “Saving” seats is discouraged. Have cold drinks and favorite foods and snacks to share with your Plebe after the Ceremony. Many will not have eaten all day. Be careful to bring food that isn't messy and remember to bring a stain stick just-in-case. A blanket or chair to keep your Plebe from getting grass stains on his uniform is also a good idea.
- The ceremony is short, but emotional. A second swearing-in by a close friend or family member is optional. This will take place in Bancroft's Smoke Hall (through the main entrance and immediately down the stairwell) immediately following. Otherwise, Plebes and parents reunite after the ceremony on Stribling Walk at small signs with the first letter of the Plebe's last name.
- Your Plebe's reaction to the day's demands can vary from a light-hearted “It was nothing” to a worried concern that he/she can't “make it”. Remember to be encouraging and upbeat. You will have about 30 minutes together. Those cold drinks and snacks will be greatly appreciated. Please keep an eye out for Plebes without parents who may need a snack, hug or to use your phone to call home.
- Good-byes are always difficult. Although easier said-than-done, parents should make every effort to be brave and hold back their tears. If you are a crier, remind your Plebe your tears are ones of “pride and joy”. Follow your Plebes lead – keep it upbeat and humorous or provide a needed pep talk. Make sure your Plebe reports back to his company at least 5 minutes early. Watch the newly inducted Plebes march into Bancroft Hall - you will NEVER forget that moment!
- Enjoy the day! Remember that members of the Parents' Club are only a phone call away if you feel anxious or just want to chat with someone who will understand. The USNA is a special place and very different from a civilian college. The club members have all been in your shoes and we want to help make the transition easier for you and your Plebe.



Plebe Summer Parade

Plebe Summer (PS)

The six weeks of Plebe summer are a demanding, fast-paced orientation, which begins four years of preparation that leads to commissioning as a Navy or Marine Corp officer. During Plebe summer your Mid will learn basic skills in seamanship, navigation, infantry drill and sailing but the tone is a bit like Marine boot camp. They learn a lot and spend a lot of time performing physical tasks. They yell a lot, they become hoarse, and they may become run down and sick. The leadership will be paying attention to their mental and physical health and will quickly react to head off any serious problems.

During this time, the Plebes develop into Midshipmen: mentally, physically and emotionally. They are divided into companies/ platoons/ squads. If past practice is continued, the platoon number will indicate which company your Plebe will be in for the AC year (academic year). See chart below. When these rigorous six weeks are over the Plebes join the rest of the Brigade of Midshipmen for the start of the academic year this is called Brigade Reform.

Below is a chart that cross-references Plebe Summer Company/Platoon to the Plebe's actual Company for the AC year:

Starboard Battalion			Port Battalion		
SUMMER COMPANY	SUMMER PLATOON	AC YEAR COMPANY	SUMMER COMPANY	SUMMER PLATOON	AC YEAR COMPANY
A - Alpha	1	1	I - India	17	17
	2	2		18	18
B - Bravo	3	3	There is no J (Juliet) Company		
	4	4	K - Kilo	19	19
C - Charlie	5	5		20	20
	D - Delta	6	6	L - Lima	21
7		7	22		22
E - Echo	8	8	M - Mike	23	23
	9	9		24	24
F - Foxtrot	10	10	N - November	25	25
	11	11		26	26
G - Golf	12	12	O - Oscar	27	27
	13	13		28	28
H - Hotel	14	14	P - Papa	29	29
	15	15		30	30
	16	16			

T – Tango Company is a holding company for processing plebes who want to leave the USNA during plebe summer.

Sponsor Program

Sponsors are families, or sometimes individuals, from the surrounding communities willing to give plebes a home away from home. Sponsors are assigned by the academy to plebes who are interested. It can be a very rewarding program and provides a break from life on the Yard. Plebes appreciate having an opportunity to leave the Yard occasionally and stay in a home in which a radio, television, phone and food are readily available. Many times sponsors are generous and become treasured friends. Even if you don't think a sponsor family is necessary, it is advisable to sign up for the program. If you don't "hit it off" with your sponsor family, you can terminate the relationship. The majority of plebes, however, find sponsor families a nice respite from the rigors of Plebe Year. If you know someone who lives within 30 miles of the academy who you would like as your sponsor, provide the information on the plebe sponsor questionnaire. Sponsors are assigned at the end of plebe summer if your plebe has requested one.

For Plebes

Plebe summer is designed to test you emotionally and physically and will teach you to react quickly under stressful conditions. You will quite literally be put into situations where you cannot win! Being smart and trying hard will sometimes not be enough because the Academy wants to see how you deal with failure. Thus, your Detailers create conditions where failure is inevitable. You will find out that you are tougher than you thought you were. Don't take things personally. Stay focused. Loss of personal focus can be detrimental during Plebe Summer leading to confusion, self-doubt and frustration. Managing stress is critical for a clear understanding of what is required, how to do it and why tasks are done. You were selected by the academy admissions board for a reason. Prove you can accomplish the tasks at hand.

Plebe Summer is led by the Firsties (seniors) assigned as Detailers. The Detailers live with you and are responsible for your training. Plebes will experience two groups of Detailers: First Set and Second Set as the upper class rotate to provide leadership opportunities to a larger group. Detailers have to be up before you and usually finish hours after the Plebes are done and they basically do everything you do. You should start collecting good leadership ideas during Plebe summer. Before you know it, it will be you who has the honor of forging the next strong link in the chain.

The Plebe day ends with the Blue & Gold period which is a time of reflection and correction which concludes with the singing of the Naval Academy alma mater "Blue & Gold".

Talk with Chaplains on Sunday during your free time. The Chaplains are there to support the Plebes and they do this job extremely well. They will never reveal anything a Plebe discusses and are great to talk to if you're having a hard week.

For Parents

Mail During Plebe Summer

Select package contents with the knowledge that package delivery can be delayed for significant amounts of time. Expect the Detailers to inspect the package. Anything private, or anything that would draw attention to the Plebe, should be sealed in a separate envelope. Smaller, more frequent packages will draw less attention than large boxes (one of the many jobs of the Detailers is to find time to pick and deliver all the mail- large packages will be noticed). Usually each company will have some Plebes that receive little or no mail, so consider adding in a little extra for your Plebe to share. If you wish to send a care package to a Plebe is receiving none, contact the Chaplain's Office.

The general consensus is that you should mail your Plebe a package before leaving Annapolis after I-Day because it is important to let your Plebe know you're thinking of him/her. The reality of the system is that mail always backs up. There is no problem waiting until you return home to mail your first package. Send all packages through the US postal service. UPS/FedEx packages go to a different address that may not be checked frequently, and forcing the Detailers to detour from the normal mail route could bring unwanted attention to your Plebe.

Prepare in advance for your first “care package”. Mail volume is tremendous at the beginning of PS. It is normal for the first mail delivery to take up to ten (10) days. Ship the first 2 care packages in a small Tupperware type container (shoe box size) to keep the contents safe (mice) and organized. Plebes do not have refrigeration and storage space is limited. Two shoe box sized Tupperware containers are about the limit of what a Plebe can store.

Item ideas for the Care Package:

- Self-addressed, stamped envelopes to make it easy for your Plebe to communicate with you and other key family/friends. Some Parents make up “Checklist letters” so their busy Plebe can quickly check off what the need and how they're doing.
- A small American flag on a stand that your son or daughter can display on their desk. Without a flag, a gathering of Plebes can be declared a “Mutiny”.
- Shout Wipes, Tide-to-Go or Bleach Sticks to quickly remove stains from uniforms.
- Mouse Traps (box type).
- Favorite hygiene items; Lip balm
- Air Fresheners/Lysol/Febreze: the odor made by 1000+ sweaty, barely clean bodies is bad!
- Healthy snacks (no caffeine, minimal sugar – nuts, bars, jerky). Be sure the bars contain no hemp. Cough/throat drops and mints.
- Gatorade mix or other electrolyte powders.
- Moleskin/blister band aids/Gold Bond foot powder is useful they will be running A LOT!
- Something cheerful- pictures, cartoons, drawings, cards, etc. Some companies don't allow pictures. If they do, pictures of family and friends help the Plebes remember that they have supporters.
- DO NOT send contraband. They don't need it and they WILL get in trouble.
 - Medicine and caffeinated products are generally forbidden.
 - Chocolate/candy is often confiscated (particularly early in plebe summer also depends on the company).
 - Flashlights and watches are forbidden during plebe summer.

Write as often as possible, but do not expect long replies (or sometimes any) because the Plebes will have very little free time. Letters shouldn't be too long and should be kept positive. Plebes enjoy and are encouraged to hear hometown/family news and know that you are pulling for them. Have family and friends write too; it helps make your Plebe feel less isolated. A good idea is to print mailing labels and give them to family and friends at your Plebe's high school graduation party. It is also a good idea to number each letter on the outside of the envelope so your Plebe can read them in order if the mail begins to stack up.

If you are lucky enough to receive mail from your Plebe, don't be surprised if they vent to you. Your Plebe might love it one week and hate it the next. By the time you receive their notes, the “crisis” is typically already past and your Plebe is on to something else.

Your Permit-to-Report booklet will inform you how to properly address mail to your Plebe, but the following is typical:

MIDN 4/C John Q. Public
Company E, Platoon 10
Annapolis, MD 21412

**note: The address will change for AC year

Phone Calls

For the six weeks from I-Day to Parents' Weekend, parents are not allowed to make personal contact with their son or daughter. Three scheduled phone calls will be your only contact outside of writing. You may want to consider having a list of questions ready before the phone calls. Be aware that the phone calls often start late and that your Plebe may not be completely alone when they call. In general, let your Plebe control the flow of the call. Plebes are allowed to take their cell phone on I-Day. They will turn it in and it will be returned to them to make these scheduled phone calls. Make sure the phone is fully charged on I-Day. Should the phone not have a charge, an alternate phone will be provided for the plebe to call. ALWAYS answer your phone on call days even if you do not recognize the inbound phone number. There is no opportunity for you to return the call at your convenience. If your Plebe needs someone with whom to talk there will be Chaplain's Hour that will allow Plebes to spend time with a Chaplain if desired.



Plebe summer scheduled phone call

It is **unwise** to call USNA to check on your child. If anything happens to your child, USNA will call to inform you. You have to realize that your child is in the Navy now and you no longer can make decisions for them. If you have a family emergency (i.e. a death in the immediate family) and need to contact your Plebe, you can call the main office number found on the USNA website. Ask that the Officer-in-Charge inform the Chaplain. The Chaplains will talk with your Plebe privately to inform him or her of the emergency and will stay with your Plebe as long as needed. Emergency leave can be granted when necessary; even during Plebe summer.

For non-emergency issues and concerns, contact the Chaplain's office. Calling the Chaplain is not an imposition; it is the Chaplain's job to provide spiritual and emotional support to the Midshipmen.

Plebe Parents' Weekend (PPW)

PPW is a time that all will anxiously anticipate. You should make hotel reservations NOW! Keep in mind that many hotels and restaurants will offer discount prices for I-Day, but not PPW. Ask about rates because they have been known to double at some hotels between I-Day and PPW.

If your Plebe wants a haircut/manicure/massage, be sure to make an appointment ahead of time.

One “must do” is the visit to your Plebe's room in Bancroft Hall. PPW and 2nd Class Parents' Weekend are the only times that parents can see their child's room.

Don't be surprised if your Mid wants to spend most of the time in the hotel room in PE gear because otherwise he/she will be required to be in Summer Whites when in public (they cannot wear civilian clothing “civvies” even in your hotel room). You may want to take games along to play in the room, have pizza delivered or watch a movie in the room. Follow your Plebe's lead/requests! They will be looking for a change of scenery; some may want to sleep, others may talk non-stop. It is a sure bet that your Plebe will want to get off the Yard as soon as possible.

Your Plebe may not want lots of visitors on Friday because he/she may want to relax. Invite family and friends based on your their desires. PPW activities include several interesting activities on the Yard, but don't pressure your Plebe to participate. Many Plebes want to get away from the Detailers and get off the Yard as quickly as possible. Don't be surprised if your Plebe is anxious when returning to Bancroft Hall at the end of each night. Don't be too concerned with the apprehension shown; it slowly diminishes as AC year brings new friends, confidence and as the promise of the Herndon monument climb approaches (Plebe No More!).

Remember that it is usually hot and humid in Annapolis, and may even rain. Dress is quite casual, including shorts, for most events except church service. Comfortable shoes are a must. The information booklet that you receive from USNA details the many activities that will take place during Parents' Weekend. Highlight the activities that you consider important, and then let your Plebe decide what he/she would like to do.

Academic Year

Brigade Organization

The Brigade is comprised of 4000 Midshipmen who are organized into 2 regiments. There are 3 Battalions in each Regiment (6 Total) and 5 Companies in each Battalion (30 Total).

Midshipmen life centers on the company. Each company will have about 135 Mids spread fairly evenly across the four classes. There are 4 Platoons in each Company and each Platoon is comprised of 3 or 4 squads of 10-12 Mids.

Plebe/ Fourth Class (4/C)Year

At the end of PPW, the Plebes begin to anticipate the Reform of the Brigade when the Youngsters (sophomores) and Upperclass return to the Yard from wide-flung Training Blocks (summer assignments) and leave, but PS continues for another week or so. The Detailers often say, “Just wait 'til the Brigade returns!” to scare the Plebes, but Mids report that the anticipation of Hello (pronounced Hell-O) Night was worse than the reality.

Once the Brigade reforms, the Academic Year (AC year) starts and the pressure subsides somewhat as attention turns to schoolwork. “Plebe Training” continues through the first year and culminates with the Herndon Climb at the beginning of Commissioning (graduation) Week. Weekday morning workouts vary by company, but Plebes generally don't escape Saturday morning training and they are expected to prepare for the Physical Readiness Test (PRT). “Come-arounds” are assigned with upperclassmen as a one-on-one check of progress. Squad Leaders require Plebes to perform Chow Calls, Wake Up Calls, report news and current events and prepare for weekly ProKnow (professional knowledge) quizzes. Meals usually include a question and answer period. Room inspections, attention to uniform and equipment, sport obligations and standing watches in the Main Office or Company Area detract from study time. Mistakes lead to Uniform Races, Rack Races, various exercise drills and the loss of privileges. Add all of this to the number of courses they take each semester and you'll see why we are so proud of our Mids!

Plebes survive by keeping a low-profile and doing what is requested without questioning. They are expected to work hard and keep their eyes and ears open.

Plebes generally have Town Liberty on Saturday afternoon. During this time, they may visit sponsors, entertain on the Yard or leave the Academy grounds but stay within the tri-city (Annapolis/Baltimore/Washington) area. However, each company can change travel distances or report times. On Sunday, Plebes have Yard Liberty and must stay on the Academy grounds.

Plebes must be in uniform at all times, including Liberty. Travel to and from Leave must be done in uniform.



Herndon Climb

Youngsters/ Third Class (3/C)Year

At the Herndon monument climb the Plebes become Plebes-No-More, but they stay 4/C until the First Class are commissioned at the end of the week. At Commissioning, as the 1/C receive their commission as a Navy Ensign or a Marine 2nd Lieutenant, each class of Midshipmen move up one level. Plebes leave the ceremony as 3/C Midshipmen. In the old days, the new 3/C Mids quickly embarked on waiting ships and left Annapolis for their summer training and officially became Youngsters when the Chapel dome was sighted upon their return at the end of the summer. Now they become Youngsters upon their return from their summer cruise.

With Youngster year comes a return of some of the privileges of civilian life: a set number of weekend leaves are available for visiting away from the Academy, radios and stereos are permitted in rooms and other privileges. However, with privileges come responsibility- Youngster Year sees the beginning stages of leadership training emerge. Each Youngster is assigned a Plebe to work with one-on-one.

Second Class (2/C) Year

The oft-heard Naval Academy phrase “Your easiest day was yesterday” is the truest for the 2/C Mids. Leadership techniques are honed on the Plebes during “come arounds” and “shape ups” and successful Plebes are a direct reflection on the leadership abilities of the Second Class. Midshipmen who decide to stay at the Naval Academy for the last two years make an official commitment by signing the “2 for 7”, meaning two more years of education in exchange for a total of seven years of service (including the two of school).

Just as Plebe parents have PPW, 2/C parents are invited to USNA in the fall for Second Class Parents' Weekend. Parents may be able to attend classes on Friday with their Midshipmen, inspect the Mid's room (this is the only other time after PPW that you will see their room) and eat in King Hall on Friday. Occasionally, companies may sponsor some sort of social activity for the 2/C families.

With 2/C year comes the 2/C loan. Your Mid may have many questions regarding how to spend and/or invest this large sum of money. Be prepared to help since your Mid will have a great deal on his/her agenda and will not have the time to become a financial expert. Reportedly, this can be a daunting and frustrating experience.

A major event of second-class year is ordering a class ring at a cost of \$600 to \$3500+ (depending on the gold karat and the addition of jewels). The 2/C Mids look forward to the Ring Dance which is held Saturday night leading into Commissioning Week. The Ring Dance also involves a large outlay of money. This is the occasion where Midshipmen receive the right to wear their rings. There are activities before the Ring Dance and much revelry afterwards. One of the highlights of the evening is the dipping of the rings into a basin of the “Waters of the Seven Seas.”

Firstie/ First Class (1/C) Year

First Class year is full of new responsibilities and will likely include a leadership position such as a Detailer for the Plebes over PS and/or a Squad Leader during the AC year. It may include positions at the Company, Regiment, Battalion or Brigade level. Firsties who hold positions above Squad Leader are known as “Strippers” because they will have additional stripes on their uniform sleeves.

A rule infraction that would result in a stern reprimand Plebe Summer may result in the dismissal of a 1/C, for Firsties are expected to know better and less is tolerated. The mental and professional abilities of Firsties are scrutinized closely.

Of course, the highlight of Firstie year is the long awaited graduation and commissioning. A full week of activities precedes commissioning. Many families rent a house and engage in a week-long celebration. Search for rental properties often commences two years out; there will be much information and links available on the Social Media platforms.

Communications

E-mail:

Plebes receive a computer at the beginning of the AC year. Each will have a personal e-mail address. The format is m (Midshipmen) YY(graduation year) XXXX (ID #):

m23XXXX@usna.edu (note: 23XXXX is called their Alpha number)

Send mail sparingly to the Mids official email as they will be receiving many instructions and other information that they need to respond to at this address. Many Mids have non-USNA accounts for communication with family and friends. Parents SHOULD NOT divulge the USNA e-mail address.

Mail during AC year:

Care packages during the AC year do not have the same limitations as existed during Plebe summer as there is no Detailer watching your Plebe open his package. Feel free to send brownies, cookies, and over-the-counter medicine.

Sometime around PPW your Plebe will receive a P.O. Box number that will be used to receive mail for the next four years.

For mail:

MIDN 4/C John Q. Public
P.O. Box xxxxxx
Annapolis, MD 21412

For Packages:

MIDN 4/C John Q. Public
1 Wilson Rd. #(insert PO Box)
Annapolis, MD 21412

Phone:

Texting is great, but keep in mind that your Mid will respond when appropriate for them. Don't be surprised if your Plebe suddenly hangs up on you during a phone conversation. Understand that most likely your Plebe was suddenly addressed by a demanding upperclassman and did not have time to explain.

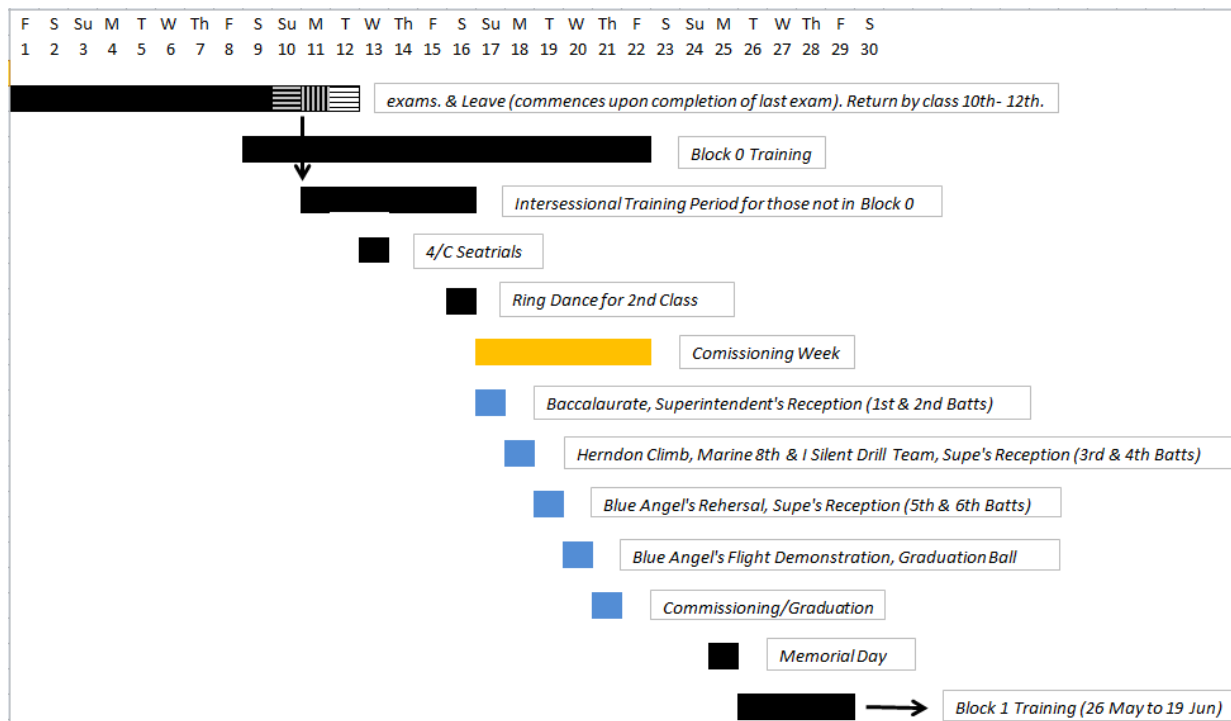
Overall, let your Mid set the tone of correspondence. Whether it is daily, weekly, by phone or by email, they will let you know what they need. Also, let your Mid know that just because you sent them a text or leave a voice message that there is no requirement for them to respond. Often they won't have time, so don't take it personally. They will appreciate your efforts to contact them because it nice to know that they are being thought of by you.

Commissioning Week & Summer Training

The hectic month of May changes little year-to-year, but to the unfamiliar, it can be confusing. Here is a typical schedule. Your Plebe may be granted Liberty from completion of last exam until their scheduled return to the Yard for Intersessional Training (a variety of briefs). As seen below, Plebes assigned to Block 0 Training (typically Fall Varsity athletes) will forgo the Herndon Climb.

Spooning is the act of allowing familiarity between Plebes and Upperclass Company Mates. The timing and level of familiarity may vary, but addressing each other on a first name basis is the most commonly understood aspect of “Spooning”. Herndon Climb ends any remaining “Plebe Training” and spooning becomes universal.

Plebes stay on the Yard, usually with generous town Liberty, until they leave for Block 1.



The summer is broken into three Blocks of training that last approximately 4 weeks each. An academically SAT (satisfactory) Plebe will receive one of the Blocks as his Summer Leave (vacation). The other two (2) blocks will be spent in Leadership and Military Training. With 3,000 Mids travelling the world on a wide variety of training activities, it is understandable that frequent schedule changes are possible. The watch word for parents is “Semper Gumby” (Always Flexible); let your new 3/C Midshipman exercise the hard-won skills they learned during their Plebe year to handle the challenges.



Bancroft Hall the largest dormitory in the world.

Athletics, Clubs and the Arts

Just as the Naval Academy promotes the professional and intellectual development of Midshipmen, so also must it fulfill its responsibility for each Midshipmen's physical development. This is met through a sports program that is one of the broadest in the nation.

Information about USNA Varsity sports, scores, tickets and more is available through the official USNA Sports website; NavySports.com. The Academy offers a variety of both Men's, Women's and Co-Ed Varsity sports, Club Sports and Intramurals.

Football Games

Besides giving you chances to see your Plebe, the games are entertaining, and watching the Brigade march in formation to the stadium is very memorable. You might be able to see your Plebe at halftime; but again, rules vary by company. All Midshipmen are required to "March On" unless they have a valid military obligation, sporting event, or are ill/injured. You can watch the Brigade march out of Gate 8 to the stadium, or, watch them enter the stadium from your seat.

Parents and friends often line the route. Throwing food and candy is now prohibited. Please refrain from doing so as Mids are unable to pick up and it can result in stains on the uniform. After the game, the Mids can tailgate with you or at many of the awesome company or Parent Club sponsored tailgates. Plebes, regardless of age, nor Midshipman under the age of 21 can consume alcohol. Violations are taken very seriously.

Plan to wear Navy blue and gold, the official colors, to all games.

The all-time best football experience is the Army-Navy game at the end of the season. The location of this game is announced several years in advance and can be found at the Navy athletic website. Getting tickets is often a concern, but be assured parents will have opportunities. Contact Navy Athletics in June or follow the one of the USNA Facebook Groups; opportunities for tickets will be posted. Reserve hotel rooms early. **Warning—a Plebe may have to request a "Chit" to stay overnight, even if Navy wins, and the Brigade is awarded Overnight Liberty.



Plebes do pushups after every score

In addition to Club sports, there a wide ranging number of service, language and special interest Clubs. Mids have an opportunity to talk with those involved at a special event in the fall.

The Musical Activities Department is the primary source of Fine Arts education for the Brigade of Midshipmen. For 155 of the Academy's 171 year history, Musical Activities have played a crucial role in the lives and development of midshipmen who have found academic enrichment, leadership opportunities, inspiration, motivation, and camaraderie in its varied offerings. There are a number of concerts and performances throughout the year. Two high demand events are the All Saints Concert (commonly known as the Halloween Concert) in late October and Handel's Messiah in December. It is definitely worth the effort to see one or both of these during your Mid's time at the Academy. The All Saints Concert sells out almost immediately so make sure your Mid gets tickets before they go on sale to the Public.

The Bosun's List

529 & other Scholarship funds

Midshipmen may apply outside funding that is intended to subsidize educational expenses to the repayment of their ACE loans and future uniform and textbook issues. The estimated average of a Midshipman's gear issue and purchases, over the four years is approximately \$17,500 (check the USNA.edu website for the current amount). Authorized funds include personal checks, public and private scholarships, and college savings plans such as state 529 plans. All checks should be accompanied by letters stating the intended application of the funds and any limitations to their usage. **Any scholarship funds exceeding the costs of the ACE Loan and future issued items will be returned to the funds' source.** Funds should not be sent prior to the start of their first academic year. This allows for pay accounts to be built and eliminates the need to hold undeposited checks.

All outside funding intended to subsidize educational expenses should be made payable to the Midshipmen Disbursing Office and mailed to the following address:

United States Naval Academy
Midshipmen Disbursing Office
101 Buchanan Road, Room 4002
Annapolis, MD 21402

In addition to the money which can be used to offset the cost of the ACE Loan, additional withdrawals can be made from your Midshipman's 529 Plan with no penalty (there is exclusion for withdrawals while attending a military academy). If the withdrawal exceeds the principal investment, they will owe taxes on the earnings. Consult a CPA or Tax Advisor for additional information.

Cars

4/C (Plebes) and 3/C (Youngsters) are not permitted vehicles, but may drive when on Leave. No Midshipmen may drive a motorcycle. 2/C and 1/C Mids may have a vehicle and drive it while on Leave and Liberty. Only 1/C Mids may park on the Yard. 2/C Mids rent spaces throughout Annapolis. Parking at Navy-Marine Corp stadium is popular (cars have to be moved before home football games) as are several hotels located on West Street.

Local Eateries

There are many great restaurants in the area. Annapolis offers a wide variety of cuisine as well as price points. Yelp, Open Table and your fellow Club members are all great resources on what is a perennial favorite and what is "hot". **Foodie Annapolis** is also a great Facebook Page to follow.

Naval Academy Club

The Naval Academy Club is located on the grounds of the U.S. Naval Academy and combines military history and prestige with fine dining and customer service. The Club restaurant, The Alley, offers lunch service Monday through Friday to all patrons. However, it is a Members Club for all other dining and events. Parents of Midshipman are eligible to join. More information can be found at <http://www.usnabsd.com/naval-academy-dining/naval-academy-club/>

Philanthropic Opportunities

Parents are often surprised (and confused) when they receive a number of different calls from different organizations seeking charitable contributions. Although federal tax money does provide the "tuition scholarship" your Midshipman enjoys, a number of other programs, events are supported through donation. More information can be found at the following sites:

USNA Foundation <https://usna.com/WaysToGive> - Private gifts provide a margin of excellence for the Naval Academy – resources that elevate the Academy's curriculum and facilities beyond adequacy, to excellence. The Naval Academy Foundation works in conjunction with the Superintendent and his leadership staff to support the highest priority strategic initiatives. You can also donate to the foundation through the Amazon Smile Program <http://smile.amazon.com/> Once there, search on United States Naval Academy Foundation. Amazon will donate a portion of all charges at no cost to you.

Navy Sports Fund for Athletic Excellence <http://www.navysports.com/supportnavy/fund-for-athletic-excellence.html> - The Fund for Athletic Excellence fuels the Naval Academy's Physical mission, ensuring that the NAAA has the resources to provide its coaches and athletic programs with the tools

they need to succeed. Contributions to the Fund for Athletic Excellence are utilized by the NAAA in four primary areas: Outstanding Leadership (coaches and student athletes), Operational Support, General Physical Mission Support and Facilities Enhancement.

Blue N* Gold <http://www.navysports.com/supportnavy/navy-blue-gold.html> - The Blue-N*-Gold provides the supplemental resources necessary to assist our coaches and Midshipmen to realistically pursue the highest level of success. Less than 10% of the operating budget is provided by the academy via government funding. Therefore, the Blue-N*-Gold memberships are critical to provide our teams with the supplemental dollars necessary to close the "resource gap" between the Naval Academy teams and our Division I competition.

Photos

There a number of photo services which take photos of Mids in uniform. The Academy has contracted with Legacy Studios and others to produce photos which are used in Lucky Bag (year book), official communications and athletic programs. Other photographers, including Thornton Studios (443.699.3000) can also be hired to take formal uniform shots.

Power of Attorney

Your son or daughter, once inducted into USNA, becomes “emancipated” from you legally. Your Mid is now independently employed, no longer a tax dependent (after Plebe year), and is legally considered to have reached majority.

Even if he/she is not approaching deployment, it's a good idea for you to hold power of attorney capability for your child. In the event of injury or illness, you would have the authority to make necessary medical and financial decisions on their behalf. Because there are three types of power of attorney: durable, limited, and health care, you need legal assistance drawing up a form that will be recognized in all 50 States. To arrange for a POA, contact your local attorney or check the online site www.zoomlegal.com .

Special Deliveries

There are a number of restaurants which will deliver food to Gate 1 for the Midshipman. There also some local businesses who will deliver groceries/baskets (Graul's supermarket). The Yum Yum Club (Facebook – Yum Yum Club/Yumyumclub.com) and NABSD can send Snacker-Boxes through DryDock an Academy restaurant. (<https://www.usnabsd.com/naval-academy-dining/drydock/snackerbox-ordering>)

Taxes and Pay

Your Plebe is officially on active federal duty in the military. Mids are paid monthly. The cost of all the equipment, issued school books and uniforms received is deducted from their pay. Each year they will keep more of their pay. Midshipman pay is just over \$1000/month (approximately 1/3 of an Ensign base pay). Plebes (Freshman) will receive \$125/month, Youngsters (Sophomores)\$225/mo and 2/C (Juniors)\$325/mo and 1/C (Seniors) \$500/mo. They will have Mississippi taxes withheld from their pay.

Midspeak

This is not an all-inclusive list but it is a good start.

AC Year ~ Academic or school year

Alpha Number ~ 6-digit starting with class year- 23XXXX; Alpha number is the basis of the Mid's USNA email address: m23XXXX@usna.edu

Mother B ~ Bancroft Hall; Dormitory complex that houses all Midshipmen

Bill the Goat – USNA mascot.

Blue and Gold ~ A time at the end of each day for reflection; It is also the title of the USNA Alma mater song

Bravo-Zulu or BZ ~ Navy shorthand for job well done

Bulkhead ~ A wall

Chit ~ A permission slip; Good grades and good behavior help get chits signed

Chop ~ plebes are required to run around Bancroft when inside

Chow Call ~ occurs at 10 and 5 minute intervals before inside formations (12 and 7 for outside); consists of daily menus, events on the yard, Officer of The Watch (OOW), etc; intended to wake up or remind upper class of formation; rating will usually occur at “chow call stations”

Color Company ~ The highest ranking company in the Brigade. Ranking is based on academics, military knowledge and physical fitness. Two color companies are awarded each year at the Color Parade during commissioning week. The Color Company's guide on (flag) is Navy Blue vs the Gold colored guide on of the other companies. The Color Company is given the honor to represent the Brigade on special occasions.

A color company is also named during PPW as special recognition for noticed hard work, effort and enthusiasm.

Come-Around ~ 0630 each morning, Plebes report to the door of an upper class to be rated

Cover ~ Uniform hat

Dant ~ USNA Commandant of Midshipmen

Deck ~ Floor

Detailers ~ The cadre of First Class (seniors) who lead and train the Plebes; Plebe Summer (PS) will see

two sets of Detailers. The traditional view is the first set “Breaks the Plebes down” and the second set “Builds the Plebes up”.

Dixie Cup ~ The iconic round hat worn by Plebes during PS. Just before PPW, Plebes are issued Summer Whites with covers and the Dixie cup is happily retired as a sign that the Plebes have survived the rigors of PS.

DTA ~ Down Town Annapolis

Frying/ Getting Fried ~ This is what happens to a Mid who commits an offense or an infraction of the rules; it can mean the loss of liberty or privilege. A Mid who is late is almost always fried.

Gouge ~ a hint; knowledge intended to give one an advantage

Hatch ~ a door

Head ~ a bathroom

Hell-O Night ~ When the Brigade reforms a couple of days before start of the AC year, each company has activities planned for the Plebes to meet the upperclassman.

Herndon/Herndon Monument Climb ~ Held during commissioning week in May; Plebes count down the days from I-Day to Herndon. Herndon signals the end of being a Plebe. The 21 Foot obelisk is greased and a Plebe “Dixie Cup” cover is placed on the top. The Plebes climb the monument to replace the Dixie Cup with an Officer Cover. Once the task is completed, the entire class become Midshipmen 4/C- Plebes No More!

Intersessional ~ A time period when Mids have reported to the Yard, but are not fully engaged in academics. Before the AC year starts in August, and upon return from Christmas leave, the Mids attend many briefings during the Intersessional. At the end of the AC year, Mids are often granted Intersessional leave for several days prior to the start of the end of year activities: Sea Trials, Herndon Climb, Commissioning Week.

Leave ~ Mids are allowed to leave and travel at will. Uniform and driving restrictions are usually more liberal.

Liberty ~ Mids are given freedom; but with restrictions. Three levels of Liberty- Yard, Town and Weekend (overnight):

- Yard liberty is typically available for Plebes on Sunday.
- Town liberty is typically available for Plebes on Saturday afternoon. “Town” is defined as the Annapolis/Baltimore/Washington area (definition subject to change).
- Weekend liberty permits you to take an overnight away from the Academy during the weekend, returning before the Sunday evening meal. Chit required for Plebes.

Lucky Bag ~ The Naval Academy yearbook; arrives annually in the late fall. Every Midshipman gets a copy every year (cost deducted from their pay). Firsties get half-page pictures with biographies.

Midshipmen Parents' Pass (MPP) ~ a wallet-sized card that allows Mid parents to drive onto the Yard for the four years that your Mid will be in attendance. No parking pass/sticker is required after you enter the Yard; just be sure to park in an authorized parking spot. There are ways to extend your privilege to access the Yard, Midstore and even the Officer's Club to beyond your Mids time at the academy but they will require donations.

Midstore Card ~ Allows Mid parents to shop in the Mid store for the four years that your Mid will be in attendance. You will receive temporary Midstore cards in your Permit-to-Report and PPW packages.

NFCU ~ Navy Federal Credit Union; There is branch of this bank in Bancroft Hall.

Physical Education Program (PEP) ~ Plebes will refer to this as the "Plebe Extermination Program" it is designed to enhance the fitness level of the newly inducted plebes.

Plebe Parent Weekend (PPW) ~ The weekend at the end of PS when families come to Annapolis to celebrate with their Plebe his/her surviving PS. Activities run from Thursday to Sunday. Don't be surprised if your Plebe doesn't want to socialize; let them set the tone. Christmas music is traditionally blaring from Bancroft Hall when you drop your Plebe off on Sunday evening. Traffic can be bad, so plan ahead to ensure you get your Plebe back in time each night.

Plebe Summer (PS) ~ Six weeks of intense indoctrination. PS actually continues after PPW until the Brigade reforms.

ProKnow ~ Mid-speak for professional development. Plebes study the Navy, Marine Corp organization, weapon systems, etc. Weekly quizzes are held within the company and the Plebe's ProKnow rating is part of their evaluation and ranking.

PRT ~ Physical Readiness Test; test consisting of pushups, sit-ups and a 1.5 mile run, taken once per semester

Rack ~ bed; Plebes are only allowed to be in the rack from 2230-0630 (10:30 PM to 6:30 AM), NOT ALLOWED TO SLEEP DURING THE DAY

Rate ~ noun: an item that must be memorized; verb: the act of being asked for that item ("I was rated")

Scuttlebutt ~ a rumor; also a water fountain

Seatrials ~ Physical event for the Plebes at the end of the AC year that is intended to cement the class bonds in a final challenge of endurance and teamwork; seatrials is modeled after the basic training capstones of the Marine Corp and Navy. Like the Marine Crucible and the Navy Battle Stations, the Plebes will rotate through a variety of physical and skill tests.

Sound Off ~ speaking louder than conversational tone for "chow calls" and "squaring corners"

Squaring Corners ~ when chopping, Plebes must stay in the center of the passageway (P-way) and turn

at 90 degree angles when turning corners, sounding off with either “Go Navy” or “Beat Army”

Striper ~ 1/C Midshipmen in leadership positions wear additional stripes ranging up to the 6-Striper or Brigade Commander. The leadership positions are for one semester.

Supe ~ USNA Superintendent of Midshipmen

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.

Tables ~ Midshipmen eat family style and this is where the Plebes sit with their squad

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

UNSAT ~ Unsatisfactory in academics, PRT or conduct; most usually used when referring to academic status (1 F, 2 Ds or a Cumulative Quality Point Rating (CQPR) less than 2.0)

USAA ~ Financial Services Company/Bank with an office outside Gate 1

Wardroom ~ place where Plebes are rarely allowed; contains a TV, couches, speakers, stereo, refrigerator and microwave; lounge for upperclass

White Works ~ The traditional sailor uniform, including the iconic Dixie cup cover, worn by the Plebes only during PS.

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.

X-Week ~ Exam week; occurs at the six and twelve week point of the semester; tests begin at 0655

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

The Yard ~ the Naval Academy grounds