



United States Naval
Academy Parents Club of
Central Florida



Class of 2022

Plebe Summer Parent Survival Guide Pt. 1

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We hope that this publication helps you and your appointee be better prepared for the next few weeks as they start their military careers. This publication is a compilation of several available publications, including one created by our very own Theresa and Tim Willings. Not all information is included, but our goal is to provide a snapshot to refer to while preparing for Induction Day and beyond. If you have any questions, feel free to contact any Club or Board member. We will be glad to help and guide you through the process, as we all have been there and know how overwhelming it can be. And as always...

Go NAVY, Beat ARMY!

--- Joanna Volpert and Mary Colton,
2018-19 Co-Presidents



Mission of the United States 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.”



Dear Class of 2022 Plebe Parents, on behalf of the *United States Naval Academy Parents Club of Central Florida (USNAPCCFL)*:

Congratulations + Welcome Aboard!

This booklet is the *Plebe Summer Parent Survival Guide* is to help you navigate the next few months *Midshipman* acclimates to life at the *United States Naval Academy (USNA)*. The guide is to help answer some frequently asked questions, give you some insight into USNA specific language and practices, to share information about the Annapolis area, and identify some of the individuals in the club who may be able to answer specific questions you still have. We hope it will be a helpful reference guide, especially during your *Midshipman's* first summer at the Academy – their *Plebe Summer*. Later in the summer, we will provide you with information about the next four years.

INDUCTION DAY (I-Day)

With an appointment to *USNA*, and *Induction Day (I-Day)* close at hand, it is an exciting time for you, your *Midshipman* and family. It's the beginning of a new chapter in your son's or daughter's life. As a parent, it can be an anxious time. Your *Midshipman* will be leaving home – not just for college – but for a much more demanding four years at one of the nation's military service academies. *Induction Day (I-Day)* begins your *Midshipman's* introduction to the Academy and punctuates the start of their *US Navy* or *US Marine Corps* career.

PLEBE SUMMER...

Inductees into this year's class come to the *Academy* with a history of superlative performance: academically in the classroom; athletically on the field of play; and as leaders in their communities. Your *Midshipman* will find themselves in the company of young men and women committed to high standards of honor, integrity and excellence. During their *Plebe Summer*, your *Midshipman* will be asked to test their commitment, and to measure the limits of what they believe they are capable of. It is both difficult and demanding; but it affords your *Midshipman* the opportunity to examine their resolve to devote the next four years to study at the *Academy*. It will be a time during which your *Midshipman* will build relationships with their classmates that will see them collectively through their *Plebe Summer* and ultimately their *Academy* experience.

WHAT TO EXPECT AS A PARENT...

As a parent, having a *Midshipman* at the *Academy* will be very different from the experiences of other parents whose children attend a civilian college or university. During their first (*Plebe*) year and for much of their time at the *Academy*, *Midshipman* have significant extracurricular demands placed on their free time and are limited in the amount of personal time they have away from the *Academy*. These restrictions are typically a requirement to be on campus (*The Yard*) during the day and in residence (*Bancroft Hall*) overnight when term is in session; limited authorization to be off-campus (*off The Yard*) during the week (*Liberty*); and very specific times to be away from the *Yard* between terms and summer training blocks (*Leave*). Restricted access/communication with the world outside of *USNA* (no cell phones, no music, no television, and no electronics) and other limitations on personal freedom are typical of the *Plebe Summer* experience, and are an introduction to the discipline expected of your *Midshipman* when they take their future place in the *US Navy* or *US Marine Corps*.

A JOURNEY TO BE SHARED...

The ride on which you and your *Midshipman* are about to embark promises not only big challenges but also huge rewards. And, this journey is meant to be shared, not only with your family, but also with your new extended family (members of the *USNA Parents' Club of Central Florida*). Our club members want to share the experiences of their *Midshipman* currently studying at the *Academy*, or, having recently graduated, are serving as *Officers* in the *US Navy* or *US Marine Corps*. Being part of the club will give you the opportunity to learn more about the opportunities ahead for your *Midshipman* and to share their experiences (and yours) with a community of other *USNA* parents. You will be joining an engaged group of parents and alumni who are genuinely interested in seeing your *Midshipman* succeed – and will be there to support you over the next four years while your *Midshipman* attends the *Academy* – and into the future when they serve. We provide a network of supportive parents and junior officers, close to home, who have experienced the frustrations and triumphs of our own *Midshipman's* experience – and we're here to assist you.

We welcome your entire family into our *USNA* family. We share your pride, excitement and enthusiasm. We wish your *Midshipman* the best of success. We are here to help you support your *Midshipman* in this endeavor.

--- Theresa & Tim Willings

Former Co-Presidents USNAPCCFL, 2014-2015

Parents of MIDN/1C Ethan Willings, 10th CO, Class of 2015



Mission Statement of the Parents Club of Central Florida

The U.S. Naval Academy Parents' Club is a non-profit organization open to all persons interested in the Naval Academy, with primary membership composed of parents of current and former midshipmen, who have the common goal of furthering the objectives of the club, which are:

- * To help parents of Midshipmen become better informed about the Naval Academy, about life at the Academy, and career opportunities after graduation.
- * To provide opportunities for parents of Midshipmen to share ideas on how to cope with the victories, frustrations, and defeats while at the Academy.
- * As a group, to recognize the accomplishments of the midshipmen and to communicate the support of parents and friends to the midshipmen and to the community.



Central Florida APPOINTEES

United States Naval Academy Class of 2022

<u>First</u>	<u>Last</u>	<u>Hometown</u>
<i>Kelly</i>	<i>Alksninis</i>	<i>Celebration</i>
<i>Garrison</i>	<i>Brooks</i>	<i>Eustis</i>
<i>Thomas</i>	<i>Fletcher</i>	<i>Orlando</i>
<i>Ryan</i>	<i>Le</i>	<i>Ocoee</i>
<i>Khadijah</i>	<i>McClean</i>	<i>Kissimmee</i>
<i>Dean</i>	<i>Muilenburg</i>	<i>Tampa</i>
<i>Olivier</i>	<i>Princen-Balu</i>	<i>Sebastian</i>
<i>Molly</i>	<i>Redito</i>	<i>Melbourne</i>
<i>Gabrielle</i>	<i>Shacoski</i>	<i>Oviedo</i>
<i>Gabriel</i>	<i>Stevens</i>	<i>NAPS 2018/Cocoa</i>
<i>Corey</i>	<i>Street</i>	<i>Apopka</i>
<i>Jack</i>	<i>Streeter</i>	<i>Oviedo</i>
<i>Gregory</i>	<i>Summer</i>	<i>NAPS 2018/Ocoee</i>
<i>Joshua</i>	<i>Uyeda</i>	<i>Orlando</i>
<i>Kristina</i>	<i>Zieglar</i>	<i>Port Orange</i>

Naval Academy Preparatory School (NAPS) Class of 2019

<i>Christian</i>	<i>Bennett</i>	<i>Port Orange</i>
<i>Spencer</i>	<i>Greaves</i>	<i>Vero Beach</i>
<i>Jasen</i>	<i>West</i>	<i>Orlando</i>



Plebe Summer Purpose

"The purpose of plebe summer is to prepare carefully screened 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 members of the classes of 2019 and 2020 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 maintain confidence. Plebe summer is a time for rapid personal growth. It is both competitive and tough; but it is an exciting and rewarding experience which can be enjoyed and cherished for years to come."



Club Officers for 2018 - 2019

Co-Presidents	Joanna Volpert 12993 Entrada Drive Orlando, FL 32837	407-432-1002 joanna.volpert@gmail.com volperts@aol.com Josh '19 - 2 nd Company
	Mary Colton 2174 Huron Trail Maitland, FL 32751	407-222-7388 maryecolton@aol.com JP '19- 14th Company
Vice Presidents	Jen Bell 1118 Densmore Dr. Winter Park, FL 32792	407-716-8269 rbell18@cfl.rr.com Maddy '21 - 2 nd Company
	Debbie Garrott 3416 Royal Ascot Run Gotha, FL 34734	407-414-2400 garrott83@bellsouth.net Mikaela '19-23 rd Company
Co-Secretaries	Maureen Douglas 760 Mohican Trail Maitland, FL 32751	407-247-1037 maureendouglas444@gmail.com AJ '21 - 15 th Company
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Treasurer	Bruce Garrott 3416 Royal Ascot Run Gotha, FL 34734	321-229-2533 bruce.garrott@coastal-fla.com Mikaela '19 - 23 rd Company
Past President Emeritus	Joe Carter 9482 Shortleaf Ct Apopka, FL 32703	407-468-8013 jcarter16@att.net Hiram '18 - 13 th Company
Webmaster	Ginger Carter 9482 Shortleaf Ct Apopka, FL 32703	321-370-7150 ginger-carter@att.net Hiram '18 - 13 th Company

NAVAL ACADEMY PARENTING IS A ROLLER COASTER
RIDE. PLEASE REMAIN SEATED UNTIL COMMISSIONING
HAS COME TO A COMPLETE AND FINAL STOP !!



We're Here to Help!

The years at the Naval Academy can be both rewarding and stressful. If at any time during your son's or daughter's stay in Annapolis, you have questions, concerns or just need a shoulder to lean on, please contact us or any of the Members or Officers of the **Parents Club of Central Florida**. We may not have an immediate answer, but we can point you in the right direction to help with any situation that may arise. **Attending our meetings during the year and sharing experiences with other parents of midshipmen, will provide you with invaluable piece of mind and help you and your family give your Mid the support they'll need.**



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:

**United States Naval Academy Parents
Club of Central Florida**

**Facebook - USNA Parent Club of
Central Florida**

USNA MID MOMS!!! (and DADS!)

USNA Parent Community

USNA class of 2022 - Parents

Websites:

www.usnapccfl.com/

Join our Facebook group to check out
pictures and get quick information.

www.usna.edu

www.usna.edu/plebesummer

www.usna.com

www.usnabsd.com

- Even if the drive seems short, consider arriving in Annapolis the day prior to I-Day to avoid a very early morning and possible traffic problems. 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 will 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.
- 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.



Survival Hints for Plebes

Plebe is short for Plebeian, from the Latin meaning *"a member of the ancient Roman lower class or common people"* and lowly it is. But, with determination and self-discipline, and the help of your fellow classmates, you will meet the challenges of being a lowly Plebe - one day at a time.

If you're not already in excellent physical condition, start getting that way now! Plebe summer will be very demanding and the hot, humid days of running and physical exercise will take its toll. You should be running three-mile stretches and steadily increasing that distance to get prepared for distance running this summer. In addition to getting in shape physically, you should acclimate your body to your new time schedule, 0530 - 2230 hrs (5:30 a.m. - 10:30 p.m.) well in advance of I-Day. You will not be allowed to lie down on your bed at any time during the day until taps at night, so make sure that you are in great shape so you can survive all that marching, running, and chopping without a nap!

Get a regulation haircut before reporting in on I-Day. It won't prevent you from getting a haircut that day, and every week thereafter during your Plebe year, but at least you won't be such a shock to you and your parents on Parents Weekend.

It is strongly recommended that you get an extra pair of running shoes that should be broken in before I-Day. The civvies that you wear to I-Day will not be worn until Plebe Parent Weekend. Over the years, the Academy has tightened up regulations and you'll have no need for your civvies.

The Academy issues "ALL" of the clothing necessities you will need, and you will receive a list of what you must bring. Anything you bring that has NOT been authorized will go into storage for the summer in the bag with the civilian clothes you arrived in. Give anything to your parents that could get ruined in that bag over the summer. You may bring some of your favorite pictures; Plebes do rate pictures, and can be displayed under the clear plastic blotter on their desks. Keep your wallet on your body, not in your bag. If it goes into storage and you need it, you must ask your 1/C for permission to go searching for it. DON'T let that happen to you!

If you discover things you need and are permitted to have, ask your parents to mail them to you after you have made it through Induction Day. Some Mids have developed rashes from a combination of the chemicals in the fabric of the new uniforms and the humid conditions that exist in Annapolis, so bring medicated powder. For most, once the uniforms are laundered, this is no longer a problem. Athlete's foot is another common ailment you may experience requiring medicated powder over the summer. Additionally, if you are susceptible to blisters, NuSkin can be helpful.

Sunscreen is also recommended since you will be outdoors most of the day.



Calculators are required, suggestions for the specific type are shown in the material provided by the Academy. Computers are issued to each new Plebe before the start of the academic year, however, printers are not. There is one available in the company print area.

Consider the summer a survival challenge. You will not be the first one to have undergone the trying time, nor will you be the last. Take whatever harassment may be issued one moment at a time, don't take it personally, knowing that everything has a purpose. You may not see that purpose during Plebe summer, but by the time you are a Youngster you will appreciate the "hidden motives".

Organize your time wisely. Never allow 15 minutes to go by without doing something constructive. If there is nothing pressing immediately - clean your room. You can never get it clean enough to pass inspection without some hits anyway.

You will be issued an alarm clock. You might want to have your parents mail you one with a louder alarm. Your upper class will see that you get up, but you will not want to go out into the hall to see what time it is. A reliable, shock-absorbing, waterproof wristwatch is good to have also.

If you are not an expert at some sport, now may be the time to try something that you may have never had the opportunity to participate in before, i.e. rugby, lacrosse, squash, or crew. You will also get an opportunity to enter the boxing ring in competition, though probably not until your second year.

Thoroughly digest the regulations governing the USNA and pay particular attention to the Plebe Indoctrination System. It is vital that you study and know your rates when asked.

Stamps and writing materials will be issued. Send your address back home to family and friends as soon as possible. Mail can be the highlight of your day and if no one has your address, you can't get any! Your Plebe address will last only through the summer and will change once the academic year commences; the PO Box will remain the same.

A small amount of money is always nice to have. Incidentals such as grooming and cleaning supplies will need to be purchased. A major credit card for the unexpected is good back up.

Cell phones are not allowed during Plebe Summer. It will be stored with your belongings and will be provided for the 3 phone calls home. Make sure to store it in a Ziplock bag with the charger. Once Plebe Summer is over, you will be able to use it according to regulations.

E-mail is a great way to stay in touch with family and friends. Have friends and family send you their email address to maintain the lines of communication. Of course, you can't email until the end of the summer, so get your friends to write you via "snail-mail"!

Learn to pay attention to small details and everything else will follow. For example, always look at yourself quickly in the mirror before you leave your room, and glance back at the room to see if it is "shipshape" and "squared away".

You will be learning countless things this summer. Some of it, maybe most of it, will seem trivial and meaningless. You will be memorizing hundreds of names, addresses, sayings, songs, cadences and monuments. Recognize that there is going to be a tremendous amount of mental stress and that you are learning to perform under pressure. They want to see how you think and react quickly under pressure. You'll have your turn to be the trainer in a couple of years, and that is challenging too. Keep in mind that as a Midshipman, you are in training as a future naval officer. You must learn to think clearly under pressure

and react quickly; the lives of many men and women may depend on your ability to do so. You also need to practice proper study and learning habits to survive the first academic

semester. Expect stiff competition from everyone. Get accustomed to being "average"! Everyone there is just like you, they were outstanding in their high school, they

are every bit as motivated and talented as you are. Be friendly and helpful, you are making the best friends you will have for the rest of your life. *You NEED each other to survive this experience!* And remember there is no "I" in **TEAM**.

Keep your sense of humor, being careful not to let it show at inappropriate times; a wise remark could end up "frying" your whole squad. Remember that the ultimate purpose for this type of training is to develop leadership skills so that you can become an effective part of the Navy team.

Expect to spend most of your weekends studying. Get extra instruction (EI) when needed, the staff is required to provide it, and your upper class is also available to help.





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:

Some parents will have their 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 (bubble-wrap and in a Ziploc bag). This will be used for testing as the Plebes try to validate out of classes in the coming AC year.
- ✓ Cellphone with charger (bubble-wrap and in a Ziploc). This will be used for the three scheduled calls during Plebe Summer.



I-Day Tips

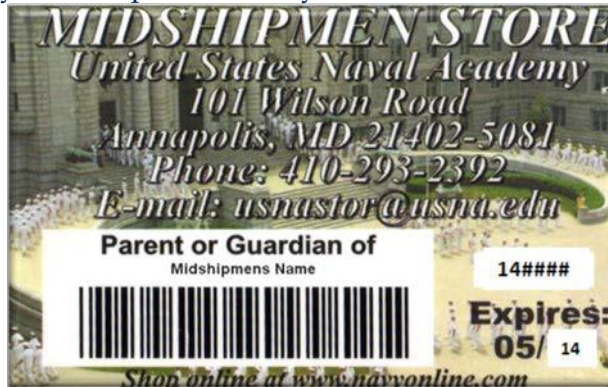
- Appointees should dress nicely but comfortably on I-Day. Avoid wearing anything that is irreplaceable (sometimes I-Day clothing ends up lost) or will bring undue attention. Wear a good pair of well broken-in running shoes.
- Parents and siblings should be dressed in nice, casual clothing. USNA spirit 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.
- Enter USNA using gate 1. All members of your party over 16 years old must have a valid State issued picture ID.
- Driving onto the "Yard" (Naval Academy grounds) is restricted without a picture ID and a valid MPP (Midshipmen Parent Pass). The MPP allows 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. Although, you can drop off your appointee by car, parking is not permitted at the Academy. You are encouraged to park at the Navy Memorial Stadium and shuttle in. Due to long lines, make sure you allow at least 1 hour before report time to board the bus.
- 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 (20% 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 or a hug.
- 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, tell 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. 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 more bearable for you and your Plebe.



Induction Day - Survival Hints for Parents

Go, if you can! Parents are welcomed at the Academy on this occasion and there is plenty for you to learn about and do. In fact, you will be embraced as parents of incoming midshipmen. You will be awed by the vast assortment of USNA merchandise in the **Mid Store** (which is only open to parents on these "BIG" weekends). Bring your credit card or checkbook, I'll bet you can't leave without at least one T-shirt. Remember that every item you purchase is helping increase the Midshipman's Welfare Fund. You can do a "supermarket sweep" without "buyer's remorse"!

Go early to get a T-shirt with the entire Plebe class of 2022 listed on the back; the supply runs out quickly. Again, be sure to go early! Popular items and sportswear disappear fast! All purchases are tax-free. And remember, it's cheaper than tuition! You will receive a temporary card to shop at the Mid Store without having your Mid with you. The permanent card will be issued before Plebe Parents Weekend and is good for 4 years. Beware – you WILL be turned away at the register if you don't have one of these cards or your Mid present with you.



Consider going to the picnic hosted by the Alumni Association at Hospital Point. You will be "briefed" by the Superintendent and his staff, a meeting that will leave you feeling GOOD about leaving your son or daughter under the command of these impressive role models. If it is at all humanly possible, be there for this day!

Be sure to allow enough time in your travel arrangements to arrive at your assigned time at Alumni Hall. If your candidate must travel alone to Annapolis, he or she may want to

share a hotel room with other candidates from Florida. Candidates will be reimbursed for their travel costs according to regulations, so be sure to obtain receipts. If you are traveling by car, you will be asked to record your mileage on a form and will be reimbursed at a per mile rate. (Check the odometer before you leave the driveway!)

Candidates will report to Alumni Hall at



Various assigned times during the morning (beginning at 0600 hrs. and every half-hour until around 0900 hrs.). The line will be horrendously long and will snake around the paths and back up towards T-Court. Enjoy the standing in line with your Mid. These are your last "leisure moments" together before Alumni Hall swallows them up. They have been divided into companies and platoons by the computer before arriving. The candidates are divided into squads led by upperclassmen (first and second class) that take them through dozens of stations. Alumni Hall resembles a mass production factory on I-Day. The first stop in Alumni Hall is for an initial uniform issue; the candidates are issued several hundred dollars' worth of uniforms. Other stops include medical and dental areas for shots and examinations, and the barbershop for shaved heads for the guys or a short plebe haircut for the girls. Plebes will get about one haircut a week henceforth. Civilians walk in the front door and future Midshipmen march out the back where they board buses and are transported to Bancroft Hall. The candidates are dressed in Plebe uniform, with water bottle strapped on, and a "Dixie cup" on their head.





Then the candidates are bused company areas, assigned rooms, and (if time permits) have their first lunch in King Hall. It is in their company area that they have the pleasure of meeting the first and second class that will lead them through the first half of the summer (upper-class spend the other portion of their summer on cruise or in other training activities). Halfway through Plebe summer a whole new staff of "trainers" will arrive to replace those that started the summer; sometimes a relief to the Plebes, sometimes a scarier experience. During the first day, a lot of time is devoted to the folding and refolding of clothes, and marching - a lot of marching!



Don't rush back to hotel after you have dropped your Plebe at Alumni Hall. If you wander the campus you may get a glimpse of them being trained at some task. It is fun to try and spot your Plebe, once they all have the same uniform and that "haircut", they all look alike! You may have thought you spotted your son or daughter several times before you actually see them. And with all the activity, inside and outside of Alumni Hall and Bancroft Hall, and the frenetic pace with which the new class is moved about the campus - don't be alarmed if it isn't until after the swearing in ceremony that you first spot your Plebe.

Should you have the good fortune to see your Plebe during the course of the day - Do Not be alarmed if they march no more than 18 inches from you and Do Not even acknowledge your presence. Were they to do so - the consequences might not be good fortune for them. And try to ignore the face that looks like they are ready to burst into tears. That is part of the training for marching. Each year that goes by that face will break a little more, until by the time they are Firsties they are grinning ear to ear at you!

Get to T-Court early (45 - 60 minutes) for the swearing in ceremony so you can not only find a seat, but so you can get close enough to recognize your Mid (remember, they all look alike the farther you are away).

Following the ceremony, new Plebes have about 20 minutes to say goodbye to their families before returning to Mother B. It's a good idea to take a few snacks and drinks for your Mid. It's the last junk food they'll have for a while and it'll be appreciated.

With so much to do, so much to learn, and so many upper-class to please, it is almost overwhelming. Most Plebes collapse into bed at night thinking, "What am I doing here?" That continues to be a question that arises off and on the way to graduation. Every Midshipman has wondered that at one time or another. One thing that keeps them going is that they ALL have these thoughts. Company mates support each other and often become best friends for life.

Surviving the Academy experience is not an individual accomplishment. Midshipmen work together as a team to overcome their individual weaknesses. What one person cannot deal with alone, a group of roommates or company mates can work out together.





Oath of Office



Graphic by Bill Geary, August, 2003

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





Plebe Summer



Plebe Summer is the first military training evolution for most members of the incoming class. It is a time intensive training period and is rigorous both physically and mentally. It begins with Induction Day (I-Day) when Plebes take the Oath of Office and begin the transition from civilian or enlisted life to officer candidate status. Plebes receive indoctrination and training in proper military discipline, courtesy, requirements and traits of special trust, confidence, teamwork, and personal accountability. They are also provided basic training in seamanship, marksmanship, military drill, watch-standing, and customs and traditions of the Naval Service. Plebe Summer ends with the reform of the Brigade at the beginning of the academic school year.

PHYSICAL EDUCATION PROGRAM

The Physical Education Program (PEP) is a progressive six-week exercise regime designed to enhance the fitness level of the newly inducted plebes. PEP is an integral part of the fourth class development process. It is a CONTROLLED, SUPERVISED exercise program, which supports USNA's mission of physical development of midshipmen. Upon completion of PEP, the plebes will have:

- Experienced safe and enjoyable exercise habits and developed a sense of physical pride.
- Experienced unit/class unity, spirit, and pride as a result of joint participation.
- Be able to successfully complete the PRT to Naval Academy standards.

Effecting a lifestyle change is most important because this will significantly reduce the probability of a midshipman failing to meet the Naval Academy's Physical Education (PE) requirements and increase his or her future effectiveness as an officer.

CLOSE ORDER DRILL

Originated to provide simple formations from which various combat formations could readily be assumed and used to teach discipline, responsibility, accountability, and teamwork as well as building unit cohesion, multiple Close Order Drill (COD) sessions provide an opportunity to handle individual weapons, instill discipline through precision and automatic response to orders as well as increasing the leader's confidence through exercising command of drilling troops. Movements from the USNA drill manual will be learned and demonstrated during formal parades and Platoon Drill Competition.

WEAPONS TRAINING

Each and every Plebe in the Class of 2022 will undergo rigorous military indoctrination training this summer. Some of the most rewarding will be their hands on training and qualifications in the operation and firing of both the Berretta M9 service pistol and the military's M-16A3 service rifle.





The Plebes will learn in depth the safety rules and requirements for the weapons range; memorize and understand the firearms components, safety features, and firing options; and after hands-on, one-on-one training, they will attempt to qualify on both weapons with live fire exercises. Plebes achieving a score of Marksman or Sharpshooter will be awarded the Navy's Pistol and/or Rifle Ribbon while those achieving Expert scores will be awarded the Navy's Expert Pistol and/or Expert Rifle Medal with corresponding ribbon. Self-discipline, hand-eye precision and pride in one's self are just a few of the attributes the Plebes will take away from their Plebe Weapons Training experience.



A DAY IN THE LIFE OF A PLEBE... Typical schedule

0515 Get up and put on running shorts and shirt for PEP
(Physical Education Program)
0530 Reveille, fall out into the
passageway 0540 Formation for PEP
after making rack 0600 PEP for 1 hour
0700 Shower, get dressed, memorize Navy rates, days
menus, and several newspaper articles
0745 Morning formation and
breakfast 0845 First training
evolution of the day
1145 Recite Navy rates for Squad Leader upon demand
1210 Noon meal formation and lunch
1300 Begin afternoon training evolutions
1600 Begin intramural/varsity sports
practice 1800 Evening meal formation and
dinner 1900 Begin evening training
evolution
2110 Personal time
2145 Blue & Gold
2200 TAPS (lights
out)

CHARACTER/HONOR EDUCATION

Fourteen hours of training during Plebe Summer sets the foundation for character development as a midshipman. Eight honor lessons are presented on topics such as moral courage, integrity and loyalty, the meaning of honor, and the basic mechanics of the honor system. Six human relations classes address issues such as discrimination, conflict resolution, stress management, alcohol abuse and sexual assault prevention.

HELPFUL HINTS FOR FIRST TIME PLEBE PARENTS

The most important thing you can do for your Plebe during Plebe Summer – and the rest of their four years at USNA – is send MAIL, MAIL, MAIL! Pictures of the family, including the family pet, are always welcome. Get relatives and friends to write to your Mid; warn them not to expect mail back! Plebes are too tired to write at the end of the day and they are not permitted phone calls until a few weeks have passed. They might feel like writing a letter but don't have the time to purchase required supplies. So, you should give your Plebe a supply of self-addressed, stamped post cards or envelopes, stationery and a supply of stamps. You should go to your neighborhood Hallmark store and buy stacks of funny, encouraging cards. When you get them home, stamp and address all the envelopes. You will probably get busy yourself and not have time to write every day, but write regularly. A quick note on one of your preaddressed cards can brighten your Plebe's day... remember there is nothing lonelier than an empty mailbox!





THE CHANGING OF THE GUARD

Halfway into the summer your Plebe will have two important changes occur. Detailers (upperclassmen who are in charge of training the Plebes) work in two 3-week blocks and will change midway through the summer. At the end of the first three weeks, not only will your Plebe get a whole new training staff, they may also change roommates. This can be traumatic, or the best thing that has happened since they arrived! Plebes are given a chance for a "new start" with these changes.

CARE PACKAGES

You may have heard that one of the most important things you must do to support your Plebe during the summer is to send care packages. This continues to be true. However, Detailers have asked that we stress the importance of NOT sending junk food and other items not in keeping with the Spartan environment they are trying to create for Plebe Summer Training. Several of the reasons for discouraging junk food are:

Your midshipman is entering a profession of arms. Being a warrior is about self-sacrifice, self-discipline, self-reliance and independence. Asking them to forego a few luxuries from home is but a small taste of the demands that will be placed on

him or her yet it still provides a sense of self-denial that will facilitate their professional, military and moral development.

One of the aims of Plebe Summer is for the incoming midshipman to make the transition from civilian/enlisted status to officer candidate status. Doing without some of the niceties they've been used to for much of their lives **up to this point** will help them focus on the issues at hand.

Additional reason for not sending junk food is that they want the plebes to eat balanced meals under the training atmosphere provided in King Hall. Having a food waiting for them in their rooms may entice some plebes to forego nutrition in search of a less pressured environment, thereby not being able to adequately maintain their energy reserves. I can assure you, the plebes will be given ample opportunity to consume all the food they need or want.

Finally, the small sacrifices we are asking for will give the plebes a better appreciation for parents, loved ones and the comforts of home. I believe this will, in a small way, contribute to a better awareness of why we may ask them to go in harm's way some day in the future.





Plebe Summer Companies

The Alpha Company "Letter" is the Alphabetic Company Letter used for Plebe Summer ONLY! It's a little confusing that the first Alpha(betic) Company is Company Alpha for Company A the first letter in the Alphabet. There are 15 Alpha(betic) Companies in Plebe Summer with approx. 80 mids/Alpha(betic) Company i.e. 1200 mids Each Alpha(betic) Company is made up of 2 Platoons i.e. 40 mids and there are 4 squads i.e. approx. 10 mids/squad. NOTE: Company J for Juliet is skipped.

Co Letters	Co/PI Numbers	Co. in the Fall	Co Letters	Co/PI Numbers	Co. in the Fall
Alpha (A)	A1 A2	1, 2	India (I)	I17 I18	17,18
Bravo (B)	B3 B4	3, 4	Juliet (J)	----	----
Charlie (C)	C5 C6	5, 6	Kilo (K)	K19 K20	19,20
Delta (D)	D7 D8	7, 8	Lima (L)	L21 L22	21,22
Echo (E)	E9 E10	9,10	Mike (M)	M23 M24	23,24
Foxtrot (F)	F11 F12	11,12	November (N)	N25 N26	25,26
Golf (G)	G13 G14	13,14	Oscar (O)	O27 O28	27,28
Hotel (H)	H15 H16	15,16	Papa (P)	P29 P30	29,30

Tango Tango Company; it's on the way OUT



Communicating with Your Mid

One of the hardest things parents of Midshipmen have to adjust to is the inability to pick up the phone and call their son or daughter during Plebe Summer. Plebes will have 3 scheduled call times during Plebe summer. When they make those calls they may be in the company of their Detailer and other Plebes (and the experience will be different company to company), and your Plebe may or may not be able to have the kind of conversation you are wanting. Be supportive and understanding – your Plebe may be having a harder time with this than you.

Your Plebe will appreciate receiving US Mail letters and cards (a.k.a. snail-mail) when he/she goes to the mailbox. Please write short encouraging notes as often as you can during Plebe Summer and frequently during Plebe year. Expect only brief and infrequent emails in return! Consider providing self-addressed, stamped post cards, pre-written to include common phrases like, I'm surviving, Send money, Food is OK or inside family jokes. That way your plebe will only have to check, maybe write a line and send it.

Refer to your Plebe packet mailed from the Academy for a Plebe Summer mailing address. Below, please find a sample mailing address from last year:

**MIDN 4/C John
Doe ALPHA
17xxxx
a Company n Platoon
Annapolis, MD 21412
Class of 2017**

After Plebe Summer, the "Letter" Company is numeric. i.e. "C" Company, 6th Platoon becomes 6th Company.



Midshipman Rules and Regulations

SUBJECT TO CHANGE WITHOUT NOTICE

Midshipmen are allowed to leave the Academy only while on town liberty or during leave periods and when not restricted for academics or disciplinary reasons. Plebe Liberty is subject to change annually. Town liberty for the Class of 2018 will be from _____ until _____ each Saturday. On days of home football games, liberty begins upon completion of the game and lasts until _____. During three-day weekends, such as Labor Day, plebes have modified town liberty on Saturday and Sunday. NO TOWN LIBERTY IS GIVEN ON MONDAY. TOWN LIBERTY is granted to plebes who may not travel outside a 22 mile circle which is measured from the Chapel Dome.

WEEKEND LIBERTY Plebes are not entitled to weekend liberty unless authorized by the Commandant. All midshipmen are required to attend home football games. Midshipmen above the rank of plebe may earn weekend liberty. Weekends have been granted to plebes in the past for victories over Army in various sports and for Brigade spirit at the Army/Navy football game.

YARD LIBERTY Plebes may escort visitors during yard liberty on weekends and holidays. They can invite you as a parent to participate in noon or evening meal in King Hall. You can also be invited to scheduled sporting events, musical productions, etc.

CIVILIAN CLOTHING is not an option for Plebes and Youngsters who must remain in uniform at all times. Plebes and Youngsters are not allowed to keep civilian clothes in their rooms nor in the homes of their sponsors. This requirement is lifted during leave (not liberty).

OPERATING AND KEEPING CARS is not allowed for plebes and Youngsters. They can ride in a private auto when accompanied or driven by parents, guardians, USNA approved sponsors, staff, faculty members. Second Class Midshipmen may drive cars, but not on the Yard. They may keep a car in Annapolis but it must be parked 2 miles from the Academy. Only Firsties may drive and park on the Yard.

STEREOS, RADIOS, IPODS AND CD/DVD, MP3 PLAYERS etc. are not allowed during Plebe year. Music CD's may not be played on computers equipped with drives and sound cards.

Plebes will NOT consume alcohol regardless of their age. Upper class midshipmen cannot drink, including non-alcoholic beer, unless they are within the legal drinking age of 21. **THIS IS A SEPARATION OFFENSE.**

Plebes are authorized to attend Sunday worship services in the Annapolis area. They must return to the Academy immediately following the service.

Any involvement in hazardous activities such as scuba diving, hang gliding, riding motorcycles etc. needs approval from their Battalion Officer via their Company Officer.



Mid Money

Many parents and candidates wonder how much spending money Mids should have when they report. To begin with, realize that starting on I-Day, the next time the plebe walks out the gate will be on Plebe Parents Weekend in August, except for a couple of field trips to Washington D.C. and Baltimore. Their only expenditures will probably be for personal items purchased at the Mid Store such as a mop, broom, floor wax, cotton balls, shoe polish and perhaps a few snacks. Yes Mom, the broom and mops are really for **cleaning house!!** They really will have mastered this art by the time you see them again. Extra cash in the amount of \$100 - 150 should be sufficient for them as ready spending money in most cases.

The bank on the Academy grounds is called the Navy Federal Credit Union (NFCU). All Mids are asked if they would like to open a checking and/or savings account there; most Mids find it convenient. There are ATMs so the Mids have access to their money at any time. Most Mids have their paychecks automatically deposited directly to their NFCU account. If your Plebe made their own travel arrangements to get to the Academy for I-Day these funds will be reimbursed and deposited to their account, not to you.

Plebes will receive about \$100 per month. They are responsible for purchasing their own cleaning and grooming supplies, class supplies as well as bulletin board articles. Most parents supplement the Mid during the four years and it is very appreciated, if not almost necessary. By the time they reach their "Firstie" year they pocket around \$400 per month. A loan is offered to the Second Class in early February at a low interest rate and the Midshipmen can opt to take it all, some or none.



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.



Yard Card

USNA sponsored spending/debit card usable at locations on the Yard and in town. Look for specials at I-Day and PPW that reward you (usually a 2% or so bonus) for "loading" certain amounts of money onto the cards at these times.



Class Crest



The Naval Academy ring is arguably the most well-known ring of all institutions of higher learning. Hollywood is aware of the mystique that surrounds the USNA ring includes gratuitous “ring shots” whenever the theme of the movie includes an Academy Graduate.

During the Plebe year, a Class Ring/Crest Committee is formed. Each class designs its own ring crest. This tradition began sometime in the mid to late 1800's and continues today. These crests are on display and can be observed in the Preble Hall Museum. The ring company chosen to produce the rings usually also makes charms, necklaces, pins and tie bars which many purchase as gifts for mothers, fathers, girlfriends etc.



PRT Tests and Scoring

During Plebe Summer and throughout their four years at the Academy, Midshipmen are required to maintain their physical fitness. To determine their state of fitness, a **Physical Readiness Test (PRT)** is administered - once during Plebe Summer and twice more before graduation.

The PRT consists of three parts which are equally weighted and are averaged together to determine a Midshipman's *Grade* in PRT. The grades are set up as A, B, C, D, and F as are all Academic Grades. The three parts and the minimum requirements to pass are Curl Ups, Sit Ups and the 1.5 Mile Run. A 500 Yard Swim is sometimes substituted for the 1.5 Mile Run. The minimums given above are just that. MINIMUMS. Remember that each activity accounts for 1/3 of the PRT grade and the combined grade must be D- or better. Passing the PRT is a requirement for Commissioning.

PRT GRADING SCALE						
GRADE	Number of Curl-Ups		Number of Push-Ups		1.5 Mile Run	
<i>Percent points awarded</i>	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>
99 %		101 +	101 +	85 +	8:15	9:35
90 %		93	87	66	8:45	10:20
80 %		84	71	49	9:20	11:10
70 %		75	56	33	9:54	12:00
60 %		65	40	18	10:30	12:40



Social Life

The social life of a Plebe can be defined by two words, slim and non-existent. Plebes rarely date. A big Saturday night for most Plebes is getting a pizza and Coke with other Plebes and going to see a movie or visiting with their sponsor's family. A really big weekend is when a Mid is lucky enough to have his/her own family visit for a weekend! Dahlgren Hall is a wonderful place to relax and watch TV with your Mid, the food is decent and inexpensive.

Inter-brigade dating (between male and female midshipmen) is not very common and dating between Plebe and upper-classmen is strictly forbidden. A few Mids are able to maintain a relationship with a girlfriend or boyfriend back home (known as the 2% club). Maintaining this type of relationship is difficult and adds an extra burden to the life of the Mid. Marriage is strictly against the rules while in attendance, but many marry immediately following graduation. In fact, this is the busiest time of the year at the Academy Chapel.



Plebe Summer Vocabulary

When you receive your phone calls from your Plebe, you'll quickly realize he/she has adopted a new vocabulary. The calls will be very short, so you need to get up to speed on the terms you'll hear during the phone calls. Don't waste time asking for an explanation or you'll run out of time! Plan ahead and commit these terms to memory...

ALL CALL - a requirement, as punishment, that a Plebe perform Chow Calls more frequently than usual - for instance, every minute for 10 minutes before breakfast and lunch, instead of just 10 minutes and five minutes before.

BILGE - to undercut, to stab in the back, make another look bad.

BRACE - Chin tucked into the neck cavity, eyes straight ahead - a required Plebe rite.

BULKHEAD - Wall

CARRY ON - a privilege conferred on a Plebe to act normally.

CHAIR FORCE - a reference to the service that does their fighting in a chair.

CHIT - written permission or excuse. A medical chit may excuse a Plebe from morning PEP.

CHOPPING - a manner in which Plebes must move in Bancroft's halls and stairways; Plebes chop by taking short, double-time steps (about 160-180 steps per minute).

CHOW CALLS - Plebe rates; 10 minutes and five minutes before breakfast and lunch. Plebe quickly recite 1) where the formation is (inside or outside), 2) the uniform of the formation, 3) the menu of the meal, 4) the midshipman and officer on duty for the day, 5) the week's professional topic, and 6) the day's major events on the YARD. **DECK** - The floor or ground.

DETAILER - Plebe summer instructor, usually a 1/C midshipman.

DIXIE CUP - A sailor hat edged in blue and worn only by Plebes during Plebe summer.

FLAMER - An upperclassman who is excessively harsh on Plebes.

FORM UP - To meet at a designated place and time.

HIT THE BULKHEAD - If this definition

doesn't make sense to you, you're not trying hard enough... it incorporates four other vocabulary terms you were supposed to memorize above. Upon command, Plebes must stop whatever they are doing, chop onto the deck, face the bulkhead, slap it twice with their open palm, do an about face and come to attention with their back to the bulkhead - braced.

MID MALL - A term that better describes the Mid Store.

MOTHER B - Affectionate term for Bancroft Hall - home for the next four years.

PEP - Physical Education Program - also known as Plebe Extermination Program - is a daily exercise regimen performed on the practice field. **PLEBE** - The lowest form of human life.

SEPARATION - The process by which a Mid drops out, or is expelled from USNA.

SQUARE - The manner in which Plebes must make turns. They must make sharp turns, no rounding of the corners. To extend the concept, Plebes are not allowed to use any of the curved (shortcut) sidewalks along Stribling Walk. They must take the longer routes so they can square their corners properly.

TECUMSEH - The statue of the famous Indian chief that is at the junction of Stribling Walk and the entrance to the Bancroft courtyard. This is the universal place to form up with your Mid.



TOURS - A form of punishment. The Plebe is to carry a rifle and march in a square, usually for at least an hour at a time. If a Plebe receives demerits, he/she may be sentenced to 15 hours of Tours.

T COURT - The courtyard in front of the Bancroft front entrance, named after Tecumseh.

YARD - The United States Naval Academy campus.



Plebe Parents Weekend

Plebe Parents Weekend in August is a definite "DON'T MISS". Rooms fill up fast for these big weekends, if you haven't already made your **reservation**, do it NOW! Hotels in Annapolis charge FULL rates for big USNA weekends; search outside the city limits for better bargains, especially if you need multiple rooms, multiple nights. This may be your only opportunity to see your Mid's room and enjoy a USNA hosted weekend designed especially for YOU. If your Plebe likes to swim, get a hotel with a pool. Annapolis is usually very hot and humid.

Register in Dahlgren Hall as soon as you arrive. Check out the Expo, take a look at the simulators and classrooms, talk to the Athletic Association about football tickets, especially if you want season tickets and parking cards. Take your time collecting flyers off the tables, stick them in a file folder, come October you will be looking for some of that information! Remember the Mid Store, to purchase your Mid a printer, or other "big ticket" items at a reduced cost with no sales tax! Shop in the Mid Store early as it gets busy and they will run out of popular styles of USNA clothing, t-shirts, year blankets and other Plebe year specific items early. See the Induction Day section for information on the Mid Store ID.

If you want a good view of **Formation**, you will need to be in Tecumseh Court 45 - 60 minutes early. Try to arrive an hour early for the **Dress Parade** and sit in the stands under a tree. You may wish to bring extended family for the celebration. Be prepared to experience an overwhelming sense of pride and admiration for your Plebe as you see him/her for the first time, walking toward you in a crisp white officer's uniform.

Plan to participate in as many activities as possible, but remember, your Plebe will want to be OUT of the Academy gates as soon as off-yard liberty is granted. Try to meet your Plebe's Sponsor family so you can get to know them.

Make sure you invite a Plebe whose parents could not make it to join you for a meal or a

movie off the Yard. There'll come a time when you cannot attend a function at the Academy and some other Plebe's parents will include your Plebe in their family activity. All the Plebes need some liberty during Plebe Parents' Weekend to celebrate the end of Plebe Summer.

Take as many pictures as you can. Your Plebe must "keep his eyes in the boat" and may not have a sense of what the overall activity (parades, march-on, noon meal formation, etc...) looks like.

Parting will be very difficult, all of you. You will soon learn why it is called Black Sunday. When your Plebe returns to Mother B, Detailers will play Christmas Carols to remind Plebes that their



next extended time with you won't be until the Thanksgiving or Christmas holidays! Plebes are kept busy on this Sunday evening to help them overcome their sadness (despite the upper-class teasing).



Midshipmen USNA 2018-2021

Class of 2019 (1/C)

Alexander	Armstrong
Jake	Bakkedahl
Jeffrey (JP)	Colton
Charles	Gaddis
Mikaela	Garrott
Zavier	Holloway
Samuel	Mahoney
Joseph	Orr
Joshua	Volpert

Class of 2020 (3/C)

Gregory	Durham
Michael	Garcia
Jack	McMahan
Mason	Plante
Steel	Templin
Josiah	Tolvo

Class of 2021 (2/C)

Andrew	Baez
Allie	Batten
Madelyn	Bell
Ashley	Boddiford
Michael	Brunotte
Quinton	Cooper
Alexander (AJ)	Douglas
Madison	Floyd
Jacob	Fowler
Kamila	Lamut
Stefano	Saragusa

Alumni USNA 2011-2018

Class of 2018

Hiram Carter

Class of 2017

Matthew Bender
Andrew Jevitt
Ryan Le
Chance Miller
Miranda Rossum

Class of 2016

Dean Corbett
Tyler Gehr
Kennan Miller

Class of 2015

Brianna Aiken
Azure Augustus
Theo Augustus
Maxwell Chomic
Ethan Willings

Class of 2014

Alex Mund
Nicholas Pillari
Thomas Stone

Class of 2013

AJ Hansen
Cotter Walker
Cohn Wiseman

Class of 2012

Joshua Flanagan
Larry Salazar

Class of 2011

Kelsey Averill-Reichardt
Samuel Calaway
Rory O'Donnell



THE PLEBE

By John Sharpe

With apologies to Rudyard Kipling and his immortal water boy

Tho' you think you're tough and
hard On the day you hit the yard
You soon find the Navy life's not what
you thought it.
First they shave off all your
hair, Strip your pride, leave
you bare,
And there's a sickness called self-doubt;
you just caught it.

So it's a bulkhead not a
wall, A companionway
not a hall,
And a rack is now what used to be your
bed, And "Reef Points" is your bible.
But it's more'n likely liable
They'll only ask you 'bout the parts
you haven't read.

For it's chop! Chop! Chop!
"Where's my Brasso? Get the
mop!"
Life's a livin' hell when you're a Plebe.

They herd you around like
sheep Yet there's lots of time
for sleep.
If you can figure out how to do it standin'
up. "No excuse, sir." or "I'll find out,"
Your confidence is in full rout.
And you feel you're three ranks
lower'n a mongrel pup.

Plebe summer's bad; but just the
start. You can't know they saved
the part
That'll make you doubt if you've got the
guts to face four years.
Tours, demerits, and getting fried
Test your heart, your soul, your
hide.
And the closest you get to salt water is
your tears.

And it's regs, regs, regs
You're a maggot with arms and legs
Life's a living hell when you're a
Plebe. "Push it up, suck it in,
Pop that chest, hide that chin!"
And no-one gives a damn when you
feel cruddy.
But miss one little rate;
You'll learn what they mean by hate.
And don't expect they care there's no time
to study.

Tho' they did their best to break
me, In the end they couldn't make
me
Pack it in: I stayed tru-blue Navy to the
core. Now every flamin' Upper Class
Stand aside and let me pass,
'Cause it's Herndon and there ain't no
Plebes no more.

Yes, it's a name to grow to
hate But let me tell you
mate,
It takes a hell of a lot of guts to be a Plebe.



*Dedicated to all the first year Midshipmen of USNA - past, present and future.
Taken from the June 1990 TRADEWINDS, Parent's Club of Southern California Newsletter.*



A USNA Mother's Prayer
(Reprinted from *The Log*)

To be a Good Naval Academy Mother:

is to know **F E A R**—there is so much mystery at USNA

is to know **P R I D E**—that one so young will aspire to such a noble

calling is to know **U N C E R T A I N T Y**—why hasn't he/she called?

is to know **G R A T I T U D E**—that a sponsor family will take her/him in and treat her/him so well is to know **J O Y**—he/she likes it and is doing so well

is to know **D E S P A I R**—he's/she's on restriction

is to know **F R I E N D S H I P**—other USNA families who share your feelings and see you through is to know **F A I T H**—there is someone other than you working in your child's life

is to know **A G O N Y**—her/his friend was separated

is to know a **T H R I L L**—catching a glimpse of her/him in a parade or march on

is to know **P E R S E V E R A N C E**—the Dark Ages can't last forever; send another care package is to know **S U P P O R T**—their Sponsor's mother, whom you have never met, writes regularly

is to know **A N G E R**—why does he/she have watch on the day you can visit?

is to know **P A T R I O T I S M**—spend an hour in Memorial Hall and read all the names marked.

--- *A Midshipman's Mom*



Navy Blue and Gold

Now, Colleges from Sea to Sea
May sing of colors True.
But who has better Right than we
To hoist a symbol hue?
For sailors brave in battle fair
Since fighting days of old
Have proved the sailor's right to wear
The Navy Blue and Gold

Beat ARMY!

