THE UNITED STATES MERCHANT MARINE ACADEMY

MISSION

“To educate and graduate licensed merchant mariners and leaders of exemplary character who will serve America’s marine transportation and defense needs in peace and war.”
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REPORTING DATE

The reporting date is Tuesday, 30 June 2015 between 0700 - 0830. Plan to arrive early, so that you may be better prepared for Indoctrination. ONLY those who have received Orders To Report can sign in to the Academy on the above date. Eat breakfast before you arrive. Reservations for overnight accommodations in the local area can be made at the hotels listed below. Please note that publication of this list is not intended to indicate endorsement of these establishments. Hotel stays will not be reimbursed by the Government.

Inn At Great Neck
30 Cuttermill Road
Great Neck, NY 11021
(516) 773-2000

The Andrew Hotel
75 North Station Plaza
Great Neck, NY 11021
(516) 482-2900

Adria Hotel
221-17 Northern Boulevard
Bayside, NY 11361
(718) 631-5900

Garden City Hotel
45 Seventh Street
Garden City, NY 11530
(516) 747-3000

East Norwich Inn
6321 Northern Blvd.
East Norwich, NY 11732
(516) 922-1500

Roslyn Claremont Hotel
1221 Old Northern Blvd.
Roslyn, NY 11576
(516) 625-2700 / (800) 626-9005

Long Island Marriott Hotel
101 James Doolittle Blvd.
Uniondale, NY 11553
(516) 794-3800 / (800) 627-7468

NOTE: Hotels above are within close proximity to the Academy. Hotels below are further away. Some hotels may offer USMMA Parent Discount. For a complete listing of hotels go to http://www.usmmaaf.com/s/1175/index.aspx?sid=1175&gid=1&pgid=389

For transportation from the airport or from your hotel, we suggest calling the following taxi services that offer the most inexpensive rates (approx. $30 - $50 from airport, varies from hotels):

Great Neck Taxi (516) 482-0077  Ollies Airport Service (718) 229-5454
Friendly Transportation Service (516) 466-0066 or (516) 873-1100

Note: NYC taxis (yellow cabs) by law, double the meter rate when crossing the city line. USMMA is located in Nassau County, outside city limits. If you are arriving at Newark Airport (New Jersey), taxi fare to the Academy will be considerably higher.

Nassau County also has a reliable public bus service. There is a Great Neck Bus line (N58) that stops at the Great Neck Long Island Railroad (LIRR) station and directly in front of the Academy. Bus Fare is $2.75 per person (exact change is required). The schedule is located at http://www.nicebus.com/Maps-Schedules/Interactive-System-Map/Individual-NICE-Bus-Maps-and-Schedules.aspx?ID=5385
AIRPORTS

LaGuardia and John F. Kennedy are the nearest airports to the Academy. Limousine and Taxi service to Great Neck, motels and hotels is available at both airports. If you are arriving at Kennedy or LaGuardia Airports, we recommend you use a Taxi Service listed on the previous page. The rate from the airports to Kings Point is approximately $30 - $50. We suggest you call in advance, identifying yourself, your flight and arrival time. Upon arriving at the airport, call again and the dispatcher will direct you to the taxi. (CANDIDATES PLEASE OBTAIN AND KEEP YOUR TAXI RECEIPT FOR REIMBURSEMENT PURPOSES).

TRAVEL EXPENSES

You will be reimbursed for official travel only. This includes Incoming Candidate Travel (from your legal home of record directly to Kings Point. Hotels will not be reimbursed), Sea Year Travel (from Kings Point directly to Ship, any interport travel and the last ship directly back to Kings Point) and Graduation/Resignation/Disenrollment travel (from Kings Point directly to your legal home of record). You are authorized travel expenses (mileage) at the Government mileage rate ($0.575) or Government rate by common carrier (whichever is least costly to the Government). ALL TRAVEL ARRANGEMENTS FOR OFFICIAL GOVERNMENT TRAVEL MUST BE MADE THROUGH OUR TRAFFIC MANAGEMENT CENTER, TRAVEL PROFESSIONAL SERVICES 1-850-678-6688. Travel instructions can be found in your Orders To Report. Your Orders To Report and receipts for flight, taxi, baggage fees, tolls must be kept and submitted to obtain travel reimbursements, and will be handed in upon arrival and registration for Indoctrination. Remember to complete and sign the reverse side of your Orders To Report and submit them when reporting at Indoctrination to the Travel Section. (Travel Department: (516) 726-5599; jorgeo@usmma.edu)

PARENTS’ SCHEDULE

After you begin in-processing, your parents and relatives may wish to remain on campus and participate in scheduled activities. However, there will not be any free period for visitation with your family after you sign in. Parents and relatives are invited to the following events:

1100 – 1145 Short briefing by the Superintendent and staff in Ackerman Auditorium.

1200 – 1215 Mess Muster and Superintendent’s message to Class of 2019.

1300 Academy grounds closed to visitors.
If your parents would like to send mail to you during Indoctrination, the envelope should be addressed as follows:

Plebe Candidate [students full name here], 2019  
U.S. Merchant Marine Academy  
300 Steamboat Road  
Kings Point, N.Y.  11024-1699

When you are issued a Box number, the envelope should be addressed as follows:

Plebe Candidate (students name here)  
Box # ________, USMMA  
300 Steamboat Road  
Kings Point, N.Y.  11024-1699

Mail and packages without box numbers experience significant delays in delivery due to the time and effort required to determine the addressee’s box number and the limited number of mail room personnel. Please ensure all first class mail, magazine subscriptions, parcel post, and private package delivery services contain the box number. Some entities say they will not deliver to a box number and do not have spaces within online ordering forms for box numbers. Other students have found it very usual to include the box numbers as middle names or append the box number to the end of the first name such as John1234 Doe.

FOR PLANNING PURPOSES, 7-8 AUGUST 2015 IS ACCEPTANCE DAY. This is the weekend Plebe Candidates will be sworn in as Midshipmen Strategic Sealift Officer, U.S. Navy Reserve (SSO, USNR). Parents are invited to attend this on-campus weekend. Additional information will be posted on our website once the schedule of events is determined.

INDOCTRINATION

Indoctrination to Academy academic and regimental life is an evolution, which requires several months to complete. Your first two weeks at Kings Point are dedicated to helping you make the transition from civilian life to a more structured regimental lifestyle.

Indoctrination includes instruction periods in Academy history and traditions, academic programs, Naval Science, basic seamanship and the Honor Code. Additional time is spent in military training, Academy facility and services briefings, uniform issue details and other Academy administrative matters. During this period, Candidates will be allowed to phone home on Sundays and in the case of any emergency.

The Indoctrination Period requires discipline and determination, both physical and mental. You will be required to take and pass physical fitness and swimming tests. The physical fitness test elements and standards are indicated in the Physical Readiness section of this pamphlet. DO NOT ignore this requirement! Every new midshipman is required to take a drug test within the first week of reporting. A positive test is grounds for immediate dismissal.

During Indoctrination, you will be closely monitored and must use your limited time to accomplish required tasks. You will be accountable at all times. You will experience full and demanding days while increasing knowledge and developing skills that will ease the adjustment to academic and regimental standards that must be maintained during your four years at Kings Point.

Indoctrination will help you strengthen your ultimate personal performance at the Academy and develop
camaraderie among the members of the Class of 2019. You will develop a keen sense of pride and ‘esprit de corps’ in being a member of the Regiment of Midshipmen. Successful completion of Indoctrination requires mental, physical and emotional commitment as you adapt while anticipating the feeling of accomplishment upon its conclusion. Although challenging, it is also uplifting. **Under normal circumstances, you will not be permitted to resign during the two-week Indoctrination Period.** Therefore, it is essential that you give careful consideration to your reason(s) for attending the Academy.

**PROCESSING PAPERWORK FOR MIDSHIPMAN PERSONNEL**
**UNITED STATES MERCHANT MARINE ACADEMY**
**(516) 726-6179**

Included with your Admissions Packet is an envelope from the Department of Midshipman Personnel with a Fourth Class Questionnaire which must be typed or printed NEATLY in BLACK INK ONLY and returned in the envelope marked MPO – Palmer Hall PRIOR to your arrival. **DO NOT ENCLOSE ANY OTHER DEPARTMENT’S PAPERWORK IN THIS ENVELOPE. MUST BE RECEIVED NO LATER THAN JUNE 19, 2015.**

The following should be included in that envelope:

1. USMMA FOURTH CLASS QUESTIONNAIRE
   - You must answer **every question**
   - Questionnaire must be typed or printed neatly in BLACK INK ONLY
   - Incomplete and/or illegible questionnaires WILL NOT BE ACCEPTED!

*The Questionnaire must be returned to Midshipman Personnel prior to Indoctrination in the envelope marked MPO – Palmer Hall.*

**WHEN YOU ARRIVE FOR INDOCTRINATION, YOU MUST SURRENDER THE FOLLOWING ORIGINAL DOCUMENTS (photocopies will not be accepted) TO THE DEPARTMENT OF MIDSHIPMAN PERSONNEL:**

- PASSPORT (renew passport if expiring prior to 1 January 2016)
- TWIC (Transportation Worker Identification Credential)

*Both documents will be returned to the Plebe Candidate approximately two to three weeks after arrival.*

**IF YOU DO NOT HAVE YOUR PASSPORT AND/OR TWIC, YOU MUST PROVIDE PROOF THAT YOU HAVE APPLIED**
PASSPORT

You must have a signed current Passport, which will be collected by Midshipman Personnel along with your valid TWIC Card upon your arrival (MANDATORY). If your Passport will expire while you are a midshipman, you will be responsible for the renewal prior to the expiration date. If you do not have a Passport, apply immediately at your local Post Office for detailed information or go to the website [http://travel.state.gov/passport_services.html](http://travel.state.gov/passport_services.html) or call the National Passport Information Center’s toll-free number 1-877-487-2778. If you have not received it prior to your arrival, please have a family member mail your Passport to you at the Academy as soon as it arrives. Upon receipt, the Passport must then be brought directly to Midshipmen Personnel.

TRANSPORTATION WORKER IDENTIFICATION CREDENTIAL (TWIC)

Department of Professional & Career Services

All US students shall obtain a Transportation Worker Identification Credential (TWIC) prior to arrival at USMMA. The TWIC was established by Congress through the Maritime Transportation Security Act (MTSA) and is administered by the Transportation Security Administration (TSA) and U.S. Coast Guard. TWICs are tamper-resistant biometric credentials issued to workers who require unescorted access to secure areas of ports, including all Merchant Mariners. To obtain a TWIC you must go to a TSA enrollment center twice, once for enrollment, the second time to pick up the TWIC. Enrollment and pick-up may be done at the different enrollment centers. Once you enroll, there may be a six to eight week wait to pick up the TWIC, so enroll early. The cost of the TWIC is approximately $128.00. Proof of obtaining a TWIC may be demonstrated to the Academy in several ways, listed in priority order:

1. Surrender the TWIC during in-processing at the Academy.
2. If your TWIC is not available for activation, show proof of enrollment for a TWIC during in-processing at the Academy by providing a copy of the receipt from the enrollment center if you have not yet been notified that the TWIC is available for pick-up.
3. If a student does not have a valid activated TWIC during in-processing, then the student will apply/activate at the NY TWIC center at own expense during the first available class free day. This day is Monday during the Fall Leave period or Thanksgiving Leave and after completing the enrollment/activation at the NY TWIC office, the student shall then proceed on normal leave. If the student was enrolled during Fall/Thanksgiving, the student will then activate during the Winter Leave period.

NOTE: Non-US Citizens must pre-enroll for a TWIC prior to reporting to the Academy. They will be processed for a TWIC during the academic year and proceed to the NY TWIC during Fall Break, Thanksgiving Break and Winter Break.

The TWIC may be obtained by going to the website [http://www.tsa.gov/stakeholders/transportation-worker-identification-credential-twicR](http://www.tsa.gov/stakeholders/transportation-worker-identification-credential-twicR) and carefully following the instructions contained within, especially the requirements for personal identification. It is recommended that you pre-enroll on the TWIC website and schedule an appointment through the website at the nearest TSA enrollment center. When pre-enrolling, indicate the purpose for the card is for employment as a Merchant Mariner and that the U.S. Merchant Marine Academy is the employer.

If you have any additional questions please contact Ms. Carol Finegan (516) 726-5829 or fineganc@usmma.edu or CAPT Eugene Albert (albertg@usmma.edu).
SELECTIVE SERVICE REGISTRATION

Males who are eighteen (18) years of age are required to register with the Selective Service System. You can register at your local Post Office, or through the internet at www.sss.gov/regist.htm

U.S. CITIZENS BORN ABROAD

If you were born in a foreign country to a citizen of the United States you must submit the original Form FS-240 “Report of Birth Abroad of a Citizen of the United States.” Copies will not be accepted even if notarized.

NATURALIZED CITIZENS

If you are a naturalized citizen, original naturalization papers in lieu of a birth certificate are required. Copies will not be accepted even if notarized.

LATE APPOINTMENTS

If you receive a late appointment, you should forward your payments and paperwork as soon as possible before reporting. If this is not practical due to the timing of your appointment, you must bring your payment in the form of a check or money order, NOT CASH, to the Office of Academy Operations (Furuseth Hall) when you report.

PROCESSING FOR APPOINTMENT AS MIDSHIPMAN
STRATEGIC SEALIFT OFFICER, U.S. NAVY RESERVE

U.S. citizens admitted to the Academy must apply for appointment as Midshipman, SSO, USNR. A welcome aboard packet from the Department of Naval Science is enclosed. Follow the instructions carefully! Included will be instructions on completing the Standard Form 86, Questionnaire for National Security Positions. This form contains information which will be difficult to collect once you have arrived. You will hand deliver all Naval Science required documents on the day you report to the Academy. Enlistment into the SSO, USNR Midshipman program will occur on Acceptance Day, 7 August 2015.
HONOR CODE

All students entering the Academy must accept the obligation of adhering to the Honor Code at all times. Ignorance of the Code is not an excuse, and midshipmen found guilty of violating the Honor Code may be disenrolled.

“A MIDSHIPMAN WILL NOT LIE, CHEAT, OR STEAL.”

HAIR REGULATIONS FOR ALL CANDIDATES (PROSPECTIVE MIDSHIPMEN)

The regulations apply on the day of arrival at the Academy for Candidates and throughout the period of indoctrination. During the indoctrination period, normal Midshipman Haircut Regulations (quoted below) apply.

Male Candidates

Hair shall be well groomed at all times and meet the following minimum standards: Hair shall be well tapered to at least ¾” and must not touch the collar, shall be no longer than 3” on top and may not touch the ears or extend below the eyebrows when headgear is removed. Hair shall not show under the front edge of headgear or interfere with properly wearing military headgear or safety equipment. Shorter hair than these minimum standards is encouraged as it is easier to care for in general at the Academy where time management is critical.

Female Candidates

Hair shall be neat, clean, proportionately shaped and arranged in a professional style. When in uniform, hair on the back of the head may touch but not fall below the lower edge of the collar. It must be neatly and inconspicuously fastened, pinned or secured to the head presenting an attractive hairstyle and must not show under the front brim of the headgear. Ponytails, pigtail or plaited hair that extends away from the head are not permitted in uniform. A maximum of two braids may be worn, neatly secured at all points to the head. Hair coloring must look natural and compliment the individual. Hair ornaments such as conspicuous rubber bands, combs and pins not authorized so as not to present a safety hazard and a maximum of two barrettes, similar to hair color may be used to pin up hair. Hair must not exceed two inches in bulk, regardless of style. The style must be conservative and in good taste and shall not interfere with properly wearing of military headgear or safety equipment. Short cropped hair, while not a requirement, is encouraged as it is easier to care for in general at the Academy where time management is critical.

HAIR REGULATIONS FOR ALL MIDSHIPMEN (AFTER INDOCTRINATION)

Males

Hair will be neat, clean, and present a good appearance. Hair above the ears and around the neck shall be tapered from the lower hairline upwards at least three-fourths inch and outwards not greater than three-fourths inch to blend with hair style. Blocked haircuts and rounded or square back haircuts are not authorized. Hair on the back of the neck will not touch the collar. Hair shall be no longer than four
Inches. When groomed, it may not touch the ears, extend below the eyebrows when headgear is removed; nor interfere with the proper wearing of military headgear. Bulk of the hair shall not exceed two inches. Bulk is defined as the distance the mass of hair protrudes from the scalp. Hair color must look natural and complement the individual. Faddish and outrageous multicolor hair is not authorized.

**Females**

Maximum length of hair is not specified. Hair shall be kept clean, neatly shaped, and arranged in an attractive and professional style. Faddish and exaggerated styles are prohibited. Hair styles with multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein. When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. ⅛ inch), and tightly interwoven to present a neat, professional, well-groomed appearance. Foreign material (i.e. beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimizes scalp exposure. Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair. Appropriateness of a hairstyle will be judged by its appearance when headgear is worn. Ponytails and pigtails are not permitted when in uniform. When in uniform, hair on the back of the head may touch but not fall below the lower edge of the collar. Long hair, including braids, must be neatly and inconspicuously fastened, pinned or secured to the head presenting a professional hair style and may not hang free at any point. Hair must not show under the front of the combination hat, garrison cap or command ball cap. Afro, natural, bouffant, and other similar hair styles, which do not interfere with the wearing of military head gear, are permitted. The bulk of the hair shall not exceed two inches. Bulk is defined as the distance that the mass of the hair protrudes from the scalp. Hair coloring must look natural and compliment the individual. Faddish and outrageous multicolor hair is not authorized. Visible hair nets may be worn only if authorized for specific duties such as hospitals or galleys.

**PERSONAL GEAR - MALE**

Report in appropriate casual summer attire: collared shirt (short sleeve polo or button-up shirt) and lightweight slacks or shorts with belt (if applicable). No jeans. Athletic shoes may be worn. Male candidates must bring the following:

- Earplugs for pool (if desired)
- Goggles for pool (if desired)
- Running shoes – Any brand is acceptable, however, the running shoe **must be** predominantly white. If the shoe has stripes/trim it must be blue or gray/silver in color. It is recommended to break in the shoes prior to reporting aboard. Running shoes can be ordered through the Navy Exchange USMMA Midshipman Store. To contact the Navy Exchange at USMMA call (516) 726-6177 or email Lane.Weissman@nexweb.org.
- Socks, white cotton athletic (**without stripes or trim and crew length**) - 14
- T-shirts, white crew neck (**round neck**) - 14
- Toiletry articles – razor (electric or manual), shampoo, toothbrush, toothpaste, deodorant, foot care products (as required), nail clipper, etc.
- Towels, white – 6
- Undershorts (**your preference of type**), white – 14
- Wash cloths, white – 2
PERSONAL GEAR - FEMALE

Report in appropriate casual summer attire: collared shirt (short sleeve blouse, polo, or button-up shirt) and lightweight slacks or shorts. No jeans. Athletic shoes may be worn. Female candidates must bring the following:

- Barrettes, neutral or same hair color - 2
- Brassiere – athletic, white – 6
- Brassiere, dress white – 6 (optional)
- Earplugs for pool (if desired)
- Goggles for pool (if desired)
- Running shoes - Any brand is acceptable, however, the running shoe must be predominantly white. If the shoe has stripes/trim it must be blue or gray/silver in color. It is recommended to break in the shoes prior to reporting aboard. Running shoes can be ordered through the Navy Exchange USMMA Midshipman Store. To contact the Navy Exchange at USMMA call (516) 726-6177 or email Lane.Weissman@nexweb.org.
- Socks, white cotton athletic (without stripes or trim and crew length) - 14
- T-shirts, white crew neck (round neck) - 14
- Toiletry articles - razor, shampoo, toothbrush, toothpaste, deodorant, feminine hygiene, foot care products (as required), nail clipper, etc.
- Towels, white – 6
- Undershorts (your preference of type), white – 14
- Wash cloths, white - 2

PERSONAL GEAR – GENERAL

- It is recommended that candidates bring a small amount of cash (not more than $50). Candidates should also bring at least $100 in “Traveler’s Checks” and/or a debit/credit card. There is a full-service personal banking facility (Navy Federal Credit Union) on campus that candidates will be able to enroll in.
- Do not bring valuable jewelry; you will not have an opportunity to wear it.
- Bring two working black ink ballpoint pens to use in signing papers.
- If you wear eyeglasses, they must be clear (non-darkening) prescription lenses for military formations. You may not wear sunglasses at any time when participating in a military function. Contact lenses may be worn in lieu of eyeglasses.
- Electronic Calculators: Each candidate is required to possess a Texas Instruments TI-89 series graphics calculator. This may be purchased before entrance to the Academy or can be purchased at the Academy’s Navy Exchange (NEX).
- Cell Phones: Cell phones may be brought but due to the Indoctrination training program, will not be authorized to remain on person and will be collected and stowed for safekeeping.

ALL OTHER ELECTRONICS (SPEAKERS, RADIOS/STEREOS, IPODS, PORTABLE GAMING DEVICES, ETC.) ARE NOT AUTHORIZED.

All items are subject to inspection and any items brought not listed may be confiscated for the duration of the Indoctrination program.
EXPENSES

The U.S. Merchant Marine Academy does not charge tuition. However, there are costs associated with attending the U.S. Merchant Marine Academy that are considered personal expenses and are the responsibility of each Midshipman. The Academy imposes Midshipman Fees in accordance with 46 CFR Part 310.62 (b) to help defray the cost of items and services generally of a personal nature which are not provided by the Academy. These personal services include wash and fold laundry service, tailor, seamstress and pressing and barber services.

If you have any questions, please contact the Office of Academy Operations at (516) 726-5595 or (516) 726-5676.

PAY AND WAGES

Midshipmen are NOT paid a wage or salary by the U.S. Merchant Marine Academy at any time during their enrollment. However, when assigned to merchant ships during their third class and second class sailing period, (approximately 300 days), ship operators pay midshipmen at a rate of $990.00 per month. (The vessel operator also covers the costs of meals and related costs aboard the vessel.) The money earned during sea year belongs to the midshipmen but may be used to offset the cost of midshipmen fees.

COSTS COVERED BY THE FEDERAL GOVERNMENT

A majority of the cost for attendance at the U.S. Merchant Marine Academy will be covered by the Federal Government. This will include tuition, lodging, meals, and limited medical and dental health care costs. Uniforms and accessories are also issued but are considered government property. Midshipman will be accountable for the maintenance and accountability of issued uniforms as part of their “SEA BAG” for officer candidates. They will belong to the midshipman upon graduation and commissioning in a military reserve. The SEA BAG will be subject to periodic inspection and missing or damaged items must be replaced at the midshipman’s expense. Textbooks are issued to midshipmen for use during an academic term but will be collected and re-issued for subsequent use by other midshipmen.
EXPENSES - MIDSHIPMAN FEES

The Midshipman Fees are listed below for Academic Year 2015 - 16. If you have any questions, call the Office of Academy Operations (516) 726-5595 or (516) 726-5676.

MIDSHIPMAN FEES
(Plebe’s Obligation)

Fees are charged each Trimester Midshipmen are in Residence. The table below are total fees to be charged for AY 2015-16.

- Wash-and-fold laundry service: weekly service contract for laundry service for midshipmen uniforms and garments.
- Tailor and seamstress service: personnel and supplies contract to provide uniform adjustments and repairs to ensure consistent appearance amongst midshipmen.
- Barber & hairdresser service: personnel and supplies contract to ensure consistent military bearing and appearance amongst midshipmen.

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<thead>
<tr>
<th>Class of 2019 Fees (dollars)</th>
<th>Annual Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wash &amp; Fold Laundry Service</td>
<td>$522</td>
</tr>
<tr>
<td>Tailor/Seamstress/Pressing Fee</td>
<td>$303</td>
</tr>
<tr>
<td>Barber/Hairdresser Service</td>
<td>$282</td>
</tr>
<tr>
<td>AY15-16</td>
<td>$1,107</td>
</tr>
</tbody>
</table>
PAYMENT POLICY

For the Class of 2019

The Office of Academy Operations will send an invoice to each midshipman no later than the end of May. Midshipman Fees are due and payable in total for the entire Academic Year prior to the start of the 2015 Indoctrination. There are no Midshipman Fees charged while Midshipmen are assigned to merchant ships during their third class and second class sailing period.

Failure to Make Payment on Time

Plebe candidates who fail to make the necessary Midshipmen Fee payments (either in full or in the amount not otherwise covered by financial aid) by 0800 on 30 June 2015 will not be enrolled as a member of the Class of 2019, will not commence Indoctrination and will not receive reimbursement for travel costs to the Academy. All candidates must begin Indoctrination on 30 June 2015; no late starts are permitted. Please bring proof of payment and/or proof that you have applied for financial aid with you to the Academy.

Payment Information

Payment of the Midshipman Fees may be made by check or money order. Payment can also be made online using Pay.gov with a debit/credit card. Payment information (amount and method of payment) will be included on the invoice.

Any check or credit card authorization returned by the Academy’s bank may be subject to a penalty fee.

REFUND POLICY

The following policy will be in effect:

1. If a candidate declines the appointment and does not report for the academic year, the candidate will receive a full refund.
2. If a candidate is separated during the Indoctrination Period, a refund will be processed for all services not provided. The actual date of separation will determine the amount of the refund.
3. Refunds will be made by direct deposit to the bank account on file.
4. Issued items cannot be exchanged for cash or credit.
5. Refunds will be processed within 90 days of separation from the Academy.
Candidates entering with the Class of 2019 are required to bring with them the EXACT items listed below by quantity, size, and vendor. These items are required for uniformity, and no deviation will be permitted. Upon reporting in on Induction Day, each Candidate will be required to have these items, completely separate from their luggage, and packed in the white mesh laundry bag.

<table>
<thead>
<tr>
<th>ITEMS</th>
<th>VENDOR/DESCRIPTION</th>
<th>QUANTITY</th>
<th>UPC</th>
<th>RIN</th>
<th>RETAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bars of soap</td>
<td>Dial</td>
<td>3</td>
<td>17000024028</td>
<td>464293</td>
<td>$2.09</td>
</tr>
<tr>
<td>Bathrobe</td>
<td>Geoffrey Bean</td>
<td>1</td>
<td>744275734948</td>
<td>9197093</td>
<td>$29.99</td>
</tr>
<tr>
<td>Black pen</td>
<td>Papermate</td>
<td>2</td>
<td>41540855583</td>
<td>4428595</td>
<td>$1.89</td>
</tr>
<tr>
<td>Brasso</td>
<td>Metal Polish 8 oz</td>
<td>1</td>
<td>26600062002</td>
<td>1921</td>
<td>$2.09</td>
</tr>
<tr>
<td>Calculator</td>
<td>TI-30x IIS</td>
<td>1</td>
<td>33171987283</td>
<td>366927</td>
<td>$15.99</td>
</tr>
<tr>
<td>Camelbak canteen</td>
<td>Rogue</td>
<td>1</td>
<td>86798622408</td>
<td>9192314</td>
<td>$49.99</td>
</tr>
<tr>
<td>Clear polish</td>
<td>.43 oz Wild Shine</td>
<td>1</td>
<td>77802350015</td>
<td>4353460</td>
<td>$0.79</td>
</tr>
<tr>
<td>Clipboard</td>
<td>Legal</td>
<td>1</td>
<td>42498310154</td>
<td>8161081</td>
<td>$1.99</td>
</tr>
<tr>
<td>Color laundry bag 24 x 36</td>
<td>Cleaners Supply</td>
<td>1</td>
<td>400007217911</td>
<td>7226803</td>
<td>$2.99</td>
</tr>
<tr>
<td>Compression shorts male/female</td>
<td>Alpha</td>
<td>3</td>
<td>9553006285</td>
<td>5801493</td>
<td>$29.97</td>
</tr>
<tr>
<td>Cotton balls</td>
<td>Exchange Select 100</td>
<td>1</td>
<td>61429939934</td>
<td>898176</td>
<td>$0.99</td>
</tr>
<tr>
<td>Cup</td>
<td>Arrow</td>
<td>1</td>
<td>70652001175</td>
<td>7005879</td>
<td>$0.79</td>
</tr>
<tr>
<td>Duffle bag nylon</td>
<td>Exchange Sized</td>
<td>1</td>
<td>718020131269</td>
<td>2894275</td>
<td>$23.43</td>
</tr>
<tr>
<td>Edge dress</td>
<td>Kiwi</td>
<td>1</td>
<td>718020131269</td>
<td>8518</td>
<td>$3.39</td>
</tr>
<tr>
<td>Garment bag</td>
<td>Vanguard 1 PK X 2</td>
<td>2</td>
<td>2476807473</td>
<td>7666165</td>
<td>$33.00</td>
</tr>
<tr>
<td>Handkerchiefs 6 pack</td>
<td>Van Heusen</td>
<td>1</td>
<td>46076903709</td>
<td>7645488</td>
<td>$5.99</td>
</tr>
<tr>
<td>Hangers, black, heavy duty</td>
<td>Home Product 3PK X 5</td>
<td>15</td>
<td>73527580089</td>
<td>7002975</td>
<td>$9.95</td>
</tr>
<tr>
<td>Insect repellent</td>
<td>Off Deep Woods</td>
<td>1</td>
<td>46500018428</td>
<td>13274</td>
<td>$5.49</td>
</tr>
<tr>
<td>Iron</td>
<td>Hamilton Beach</td>
<td>1</td>
<td>2233172018</td>
<td>7746546</td>
<td>$9.99</td>
</tr>
<tr>
<td>Ironing board</td>
<td>Homz</td>
<td>1</td>
<td>35968027219</td>
<td>9260834</td>
<td>$9.99</td>
</tr>
<tr>
<td>Jansport backpack</td>
<td>Tulare</td>
<td>1</td>
<td>63743993239</td>
<td>8495261</td>
<td>$64.99</td>
</tr>
<tr>
<td>Laundry soap</td>
<td>All HE 50 oz</td>
<td>1</td>
<td>1007261345644</td>
<td>7505323</td>
<td>$4.49</td>
</tr>
<tr>
<td>Lip balm</td>
<td>Aloe Up</td>
<td>1</td>
<td>79385100025</td>
<td>7599990</td>
<td>$1.89</td>
</tr>
<tr>
<td>Marking kit, letters &amp; numbers</td>
<td>F R Bean</td>
<td>1</td>
<td>705204100029</td>
<td>9191136</td>
<td>$12.50</td>
</tr>
<tr>
<td>Padlock combination</td>
<td>Master Lock Black Dial</td>
<td>1</td>
<td>7164936502</td>
<td>10024</td>
<td>$3.69</td>
</tr>
<tr>
<td>Plastic soap dish</td>
<td>Exchange Blue</td>
<td>1</td>
<td>20886000017</td>
<td>3453779</td>
<td>$0.59</td>
</tr>
<tr>
<td>Plastic toothbrush holder</td>
<td>Exchange Select 6 oz</td>
<td>1</td>
<td>747650626266</td>
<td>9797</td>
<td>$0.49</td>
</tr>
<tr>
<td>Polish remover</td>
<td>Exchange Select 6 oz</td>
<td>1</td>
<td>61429939936</td>
<td>875197</td>
<td>$1.19</td>
</tr>
<tr>
<td>Powder</td>
<td>Gold Bond</td>
<td>1</td>
<td>41667011003</td>
<td>8578</td>
<td>$5.99</td>
</tr>
<tr>
<td>Riggers knife 1551</td>
<td>Davis Instruments</td>
<td>1</td>
<td>11698155101</td>
<td>7030027</td>
<td>$19.99</td>
</tr>
<tr>
<td>Ruler 12 inch</td>
<td>Wood Office</td>
<td>1</td>
<td>7357103818</td>
<td>798742</td>
<td>$0.89</td>
</tr>
<tr>
<td>Running belt</td>
<td>Reflex</td>
<td>1</td>
<td>74250335342</td>
<td>3784211</td>
<td>$8.80</td>
</tr>
<tr>
<td>Safety goggle</td>
<td>3M</td>
<td>1</td>
<td>78371912512</td>
<td>6723542</td>
<td>$2.49</td>
</tr>
<tr>
<td>Sewing kit</td>
<td>Vanguard</td>
<td>1</td>
<td>24768058226</td>
<td>637976</td>
<td>$2.75</td>
</tr>
<tr>
<td>Shirt garters white</td>
<td>Vanguard</td>
<td>1</td>
<td>24768009914</td>
<td>500250</td>
<td>$6.25</td>
</tr>
<tr>
<td>Shirt stays black</td>
<td>Vanguard</td>
<td>1</td>
<td>24768021435</td>
<td>617806</td>
<td>$6.25</td>
</tr>
</tbody>
</table>
### Personal Items Kit

For the convenience of Candidates, we have arranged for the Personal Items Kit (complete, to proper specification, and pre-bundled) to be available for a tax free purchase from the USMMA Midshipman Store, operated by the Navy Exchange. Candidates may order this bundle of items in advance from the Navy Exchange USMMA Midshipman Store. Payment may be made via cash, check, or credit card. The cost of this package is $455.05 for males and $465.05 for females. To pre-order a Personal Items Kit, contact the Navy Exchange USMMA Midshipman Store at (516) 726-6177 or via email at Lane.Weissman@nexweb.org.

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Brand</th>
<th>Quantity</th>
<th>Item Number</th>
<th>Catalog Number</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoe shine kit</td>
<td>Kiwi</td>
<td>1</td>
<td>31600135113</td>
<td>128885</td>
<td>$8.89</td>
</tr>
<tr>
<td>Shower sandals</td>
<td>Sandala 22122M Black</td>
<td>1</td>
<td>766956212279</td>
<td>4500035</td>
<td>$1.00</td>
</tr>
<tr>
<td>Storage container 25 gallon</td>
<td>Rubbermaid</td>
<td>1</td>
<td>71691170594</td>
<td>4910261</td>
<td>$17.99</td>
</tr>
<tr>
<td>Sunscreen lotion</td>
<td>Coppertone SPF 50 8 oz</td>
<td>1</td>
<td>41100005373</td>
<td>337583</td>
<td>$8.29</td>
</tr>
<tr>
<td>Swimsuit male/female</td>
<td>Speedo</td>
<td>1</td>
<td>11529825708</td>
<td>5901611</td>
<td>$19.99/$29.99</td>
</tr>
<tr>
<td>White mesh laundry bag 30x36</td>
<td>Guardian Products</td>
<td>1</td>
<td>15299041214</td>
<td>9533</td>
<td>$5.49</td>
</tr>
<tr>
<td>White shoe scuff cover</td>
<td>Kiwi</td>
<td>1</td>
<td>31600116150</td>
<td>8483</td>
<td>$3.39</td>
</tr>
<tr>
<td>White shoe polish wax</td>
<td>Kiwi</td>
<td>1</td>
<td>31600101248</td>
<td>8394</td>
<td>$2.99</td>
</tr>
<tr>
<td>Working gloves</td>
<td>West Chester</td>
<td>1</td>
<td>662909710529</td>
<td>603302</td>
<td>$2.99</td>
</tr>
</tbody>
</table>
EDUCATIONAL ITEMS KIT

Candidates entering with the Class of 2019 will be required to purchase a Plebe Educational Items Kit in the fall of 2015 prior to the start of the second trimester. The content and cost of this kit will depend on the individual’s academic major. The specific items in each Educational Items Kit are listed below.

### PLEBE EDUCATIONAL ITEMS KIT
CLASS OF 2019

#### Deck Majors

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Quantity</th>
<th>UPC</th>
<th>RIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>30” Metal Ruler</td>
<td>Weems &amp; Plath</td>
<td>1</td>
<td>721002910523</td>
<td>9214256</td>
</tr>
<tr>
<td>Plastic Chart Tube 40” length</td>
<td>Weems &amp; Plath</td>
<td>1</td>
<td>721002000804</td>
<td>9214276</td>
</tr>
<tr>
<td>Navigation Kit</td>
<td>Weems &amp; Plath</td>
<td>1</td>
<td>721002910516</td>
<td>9214326</td>
</tr>
<tr>
<td>Star Finder</td>
<td>Weems &amp; Plath</td>
<td>1</td>
<td>721002001504</td>
<td>7055635</td>
</tr>
</tbody>
</table>

#### Engineering Majors

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Quantity</th>
<th>UPC</th>
<th>RIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compass</td>
<td>551-02 Staedtler</td>
<td>1</td>
<td>4007817551028</td>
<td>8681165</td>
</tr>
<tr>
<td>Divider Drafting</td>
<td>5561-5WP Staedtler</td>
<td>1</td>
<td>3190193203</td>
<td>7143830</td>
</tr>
<tr>
<td>Drafting kit</td>
<td>NB1216 12x16 Alvin</td>
<td>1</td>
<td>88354949169</td>
<td>7051818</td>
</tr>
<tr>
<td>Vernier Caliper</td>
<td>MSC</td>
<td>1</td>
<td>400001960226</td>
<td>6588225</td>
</tr>
</tbody>
</table>

For the convenience of Candidates, we have arranged for the Educational Items Kit (complete, to proper specification, and pre-bundled) to be available for purchase from the USMMA Midshipman Store, operated by the Navy Exchange. These kits will be available for a tax free purchase in the Navy Exchange USMMA Midshipman Store in September.

The Plebe Deck Major Educational Items Kit costs $147.96.
The Plebe Engineering Major Educational Items Kit costs $119.96.

Plebes can purchase the kits directly from the Midshipman Store, or they may be purchased by a family member by contacting the Navy Exchange USMMA Midshipman Store at (516) 726-6177 or via email at Lane.Weissman@nexweb.org.
PLEBE LAPTOP POLICY

Candidates reporting to Indoctrination must arrive with the personal laptop computer of their choice that meets or exceeds the following hardware and software requirements:

<table>
<thead>
<tr>
<th>Component</th>
<th>Minimum Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firmware (Bios)</td>
<td>NIST 800-147 Compliant</td>
</tr>
<tr>
<td>Operating System</td>
<td>Windows 7 (no other operating system is authorized)</td>
</tr>
<tr>
<td>Processor</td>
<td>Intel Core i5, or equivalent (Core i7 recommended)</td>
</tr>
<tr>
<td>Memory</td>
<td>4 Gigabytes</td>
</tr>
<tr>
<td>Hard Drive or SSD</td>
<td>80 Gigabytes (180GB SSD Gigabytes recommended)</td>
</tr>
<tr>
<td>Display Adapter</td>
<td>Discrete Graphics 512 MD (2GB recommended)</td>
</tr>
<tr>
<td>Smart Card Reader</td>
<td>Integrated (preferred), USB (acceptable), FIPS 201 compliant</td>
</tr>
<tr>
<td>Warranty</td>
<td>4 years minimum</td>
</tr>
<tr>
<td></td>
<td>Accidental damage coverage STRONGLY encouraged</td>
</tr>
</tbody>
</table>

Minimum Hardware Requirements

The Dell model Latitude E6440 laptop is recommended for the Class of 2019. This model has been tested with the hardware and software provided to the Midshipman. The recommended laptops model is available for purchase from the following sources:

- Navy Exchange’s Midshipman Store located on the USMMA campus. Orders can be placed over the phone by calling (516) 726-6177. The Navy Exchange’s website is https://www.mynavyexchange.com/storefinder/nx_display_facility.html?p_facility_no=505

- Dell premier website: http://premier.dell.com. If you wish to use the Dell premier website you will need to send an email to eric.fischer@dell.com and request a user ID and password. Include “Request for access to Dell premier website” in the subject line.

Laptop computer packages purchased through these venues include next business day on site support and accidental damage coverage. Dell dispatches technicians to the USMMA Service Center to provide warrantied repairs. Support for laptops other than the recommended model is limited.

The USMMA does not require Candidates to purchase their laptops from a specific website, store, or other source of supply.

Important Note: The FIPS 201 compliant Smartcard reader is required. A listing of approved Smartcard readers can be found at http://fips201ep.cio.gov/index.php.

Additional information about the Smartcard program and its role in managing the identity of authorized federal network users can be found at http://www.idmanagement.gov/.

Important Note: The Firmware requirement is established by the Department of Transportation and the
Department of Homeland Security. At the time this document was written, a limited number of personal computer manufacturers satisfy this requirement. Laptops that do not feature NIST 800-147 compliant firmware cannot be connected to the Academy network.

Dell Latitude E-series laptops are compliant with NIST 800-147. Candidates with other brands or models are required to provide written documentation from the manufacturer attesting to compliance.


The Department of Information Technology maintains the software configuration on Midshipman computers. Only authorized software is permitted. All required software will be provided. Midshipman laptops are reimaged on a regular basis at the discretion of the Department of Information Technology.

**Financing**

Should you require financial assistance to purchase a personal laptop computer, please notify the Office of Financial Aid prior to reporting for Indoctrination. They can be reached at (516) 726-5638 or via e-mail at BeckerJ@usmma.edu.

If you report to Indoctrination with a personal laptop computer that fails to meet these requirements, or you fail to notify the Office of Admissions and Financial Aid as noted above, you have to the end of Indoctrination to make arrangements to acquire a personal computer that does meet the requirements.

**Registering Your Computer for Use on the Academy Network**

During Indoctrination, your laptop computer will be registered for use on the Academy network. Only registered personal computers are permitted to access and use the Federal Network. As part of the registration process, your laptop will be re-imaged and all required software will be installed.

You are strongly advised to make copies of all important programs, files, and documents on your personal computer laptop before reporting for Indoctrination. During the registration, all data on the hard drive will be overwritten. The Academy is not responsible for any loss of software or personal files and documents during this process.

As part of the registration process, you will forfeit Administrative Rights to the laptop. After registration, you will be unable to install, remove, or modify the computer software installed on the laptop. You will regain Administrative Rights during sea periods, and at graduation.

**Authentication to the Academy Network**

Your laptop computer must have a FIPS 201 compliant Smartcard Reader capable of accepting a U.S. government issued Personal Identity Verification (PIV) card. PIV cards will shortly become the only authorized method for accessing USMMA network resources.

**Rules of the Road**

As a registered user of the Academy network established for midshipman use, you will belong to the domain, midshipman.usmma.edu. You will participate and successfully complete annual Security Awareness Training. You will be subject to the Academy’s policies regarding appropriate computer and
network use. These policies can be found in the Midshipman Regulations issued to you during Indoctrination. Failure to comply with these policies will result in sanctions up to, and including, disenrollment.

You shall not share your network credentials with anyone. You shall not use another midshipman’s network credentials.

**Authorized Software Use**

The Academy will provide at no cost all of the software required for safe computing and to satisfy all degree program requirements.

The Academy domain, midshipman.usmma.edu, operates under a software policy known as Application Whitelisting. Under this policy, only authorized software will be permitted to run. Midshipmen may recommend software title for review and addition to the list.

**Hardware Warranty and Accidental Damage Coverage**

It is strongly recommended that you acquire appropriate warranty and accidental damage coverage for the laptop you elect to bring with you when you report for Indoctrination. A midshipman’s lifestyle is tough on electronic equipment. Coverage is available from a variety of sources.

Each midshipman is personally responsible for keeping his or her personal laptop computer in operable condition at all times. The Department of Information Technology’s Service Center staff can assist in diagnosing possible hardware problems and failures. However, only the midshipman can make arrangements for repairs, package the laptop for shipment as the warranty provider requires, make all shipping arrangements, and ship the laptop. Service Center staff cannot open your laptop’s case, make any hardware repair, or undertake any action on your behalf, since doing so may invalidate your warranty coverage.

If you decide it is not cost-effective to repair your personal laptop computer, then you are obligated to promptly acquire a replacement. The replacement must satisfy the hardware and software requirements then in effect. Contact the Service Center for the current requirements. The Service Center can provide a loaner laptop for a period of time not to exceed 30 calendar days. Theft is a violation of the Midshipman Honor Code which states, “A Midshipman will not lie, cheat, or steal”.

**Software Diagnoses and Repairs**

The Academy domain, midshipman.usmma.edu, features automated software configuration management technologies. If any Academy provided software titles become corrupted, or fail to operate properly, an affected midshipman in residence at the Academy can use the self-service website to diagnose and replace each component on-line. Midshipmen may also seek support from the Service Center staff in the CAORF Building.

**Desktop Printers**

Midshipmen may purchase any desktop printer of their choosing providing the printer software is compatible with the latest version of the Microsoft Windows 7 operating system. Printers may be purchased from the Navy Exchange Store located on the Academy campus. All printers sold by the Navy
Exchange satisfy the requirements established by the Academy. Personal printers are not required.

**Prohibited Hardware Devices**

Candidates are prohibited from bringing any hardware device beyond a single personal laptop computer and printer to the Academy. This includes removable storage media, external hard drives, external SSDs, game consoles, routers, switches, wireless routers, and wireless access points.

Candidates may bring cellular telephones, smartphones, calculators, and other devices approved for midshipman use by the Commandant. However, Candidates may not use any electronic device connected to a cellular network where tethering is used to gain access to the Internet.

Candidates arriving at Indoctrination with prohibited hardware and devices will not be admitted to Indoctrination activities until these items are boxed for shipment, and shipping arrangements completed to return prohibited items to their address of record.

**Music and Video Files**

The Midshipman Honor Code prohibits theft. Candidates may store music and video files on the hard drives, or SSDs, of their personal laptop computer providing they are willing to attest each file was legitimately purchased from an authorized (re) seller. Knowingly making a false statement is a violation of the Honor Code. Furthermore, possession of stolen property is a crime.
Laptop Package at the USMMA Navy Exchange

For the convenience of Candidates, we have arranged for the Plebe Laptop Package, complete to proper specification and pre-bundled, to be available for purchase from the USMMA Midshipman Store, operated by the Navy Exchange. Candidates may order this bundle of items in advance from the Navy Exchange USMMA Midshipman Store and it will be waiting for pickup upon arrival. Payment may be made via cash, check, or credit card. The items can be purchased separately. The cost of the laptop package is $1,608.99. The cost of accessory package is $209.96. The cost of the entire combined pre-bundled laptop & laptop accessory package is $1,758.97, savings of $59.98.

Plebe Laptop: laptop computer and software which meets federal requirements includes four year warranty service $1,379.00.

Accidental Damage Coverage: Mandatory 4-Year laptop service coverage plan $229.99.

Class of 2019 Plebe Laptop Package

<table>
<thead>
<tr>
<th>ITEMS</th>
<th>RIN</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAPTOP - DELL LATITUDE E6440 CONFIGURED MODEL INCLUDES 4 YEAR WARRANTY</td>
<td>9775634</td>
<td>$1,379.00</td>
</tr>
<tr>
<td>FROM DELL NEXT BUSINESS DAY, ON SITE</td>
<td></td>
<td></td>
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<tr>
<td>ACCIDENTAL DAMAGE 4 YEAR COVERAGE PLAN</td>
<td>8273852</td>
<td>$229.99</td>
</tr>
<tr>
<td>PLEBE LAPTOP PACKAGE</td>
<td></td>
<td>$1,608.99</td>
</tr>
</tbody>
</table>

For the convenience of Candidates, accessory computer laptop devices can be purchased separately. The cost of the entire accessory package is $209.96. All printers sold by the Navy Exchange satisfy the requirements established by the Academy.

Printer (HP AIO) $129.99; extended printer warranty two year $19.99; mouse (Logitech M325) $29.99, free with purchase of laptop/printer & coverage plans; Neoprene laptop sleeve $29.99, free with purchase of laptop/printer & coverage plans.

The laptop computer, mouse, neoprene sleeve and printer, once issued, become the property of the midshipmen and refunds or exchanges are not permitted.
## Class of 2019 Plebe Laptop Accessory Package

<table>
<thead>
<tr>
<th>ITEMS</th>
<th>RIN</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>PRINTER - HP ENVY 5530 AIO INCLUDES USB CABLE</td>
<td>8907226</td>
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<tr>
<td>EXTENDED PRINTER 2 YEAR WARRANTY</td>
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<tr>
<td>LOGITECH WIRELESS NOTEBOOK MOUSE M325, BLACK</td>
<td>8279693</td>
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<tr>
<td>NEOPRENE LAPTOP SLEEVE</td>
<td>7068940</td>
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<tr>
<td><strong>PLEBE LAPTOP ACCESSORY PACKAGE</strong></td>
<td></td>
<td><strong>$209.96</strong></td>
</tr>
</tbody>
</table>

Model Number Latitude E6440
Processor Options 4th Generation Intel® Core™ up to i7 processors
Operating System Options Microsoft® Windows® 7 Home Premium 32/64 bit Microsoft® Windows® 7 Professional 32/64 bit Microsoft® Windows® 7 Ultimate 32/64 bit Linux Ubuntu 12.04 Memory Options DDR3L SDRAM 1600MHz; 2 slots supporting up to 16GB Chipset Mobile Intel® QM87 Express Chipset Intel® Responsive
Technologies Optional Intel® Rapid Start Technology3 Optional Intel® Smart Response Technology1,7 Optional Intel® Smart Connect Technology8 Graphics Options Intel® Integrated HD Graphics 4600 Optional AMD Radeon HD 8690M Graphics with 2GB memory Display Options 14" HD (1366x768) Anti-Glare LED 14" HD+ (1600x900) Anti-Glare LED Storage Options Standard 320GB Hard Disk Drive Up to 1TB Solid State Hybrid drive 500GB FIPS Self-Encrypting Drive Options Up to 180GB Solid State Drives 256GB Self-Encrypting Solid State Drive Dell Fast Response Free Fall Sensor and HDD Isolation (standard on the motherboard) Optical Drive Options DVD-ROM, DVD+/-RW Multimedia High Quality Speakers Stereo global headset Integrated, noise reducing array microphones Integrated HD video webcam and Dell Webcam Central software Battery Options 6-cell (60Wh) Lithium Ion battery with ExpressCharge™ 9-cell (97Wh) Lithium Ion battery with ExpressCharge™ 9-cell (87Wh) 3 Year Limited Hardware Warranty4 Lithium Ion battery Power Options 65 Watt or 90 Watt AC Adapter 90W Auto/Air DC adapter (optional) Connectivity 10/100/1000 Gigabit Ethernet Optional Wireless LAN Options: Intel® Centrino® Advanced-N 6235 + Bluetooth 4.0 Intel® Centrino® Ultimate-N 6300 Dell Wireless 1506 (802.11g/n 1x1) Mobile Broadband & GPS Options: Dell Wireless™ 557010 HSPA+ (42Mbps) Mini Card Ports, Slots & Chassis Stereo global headset jack Memory card reader Docking connector, VGA, HDMI, USB3.0 (4) Network connector (RJ-45), SIM card connector 1 full (WWAN) and two half (WLAN, DDPE1) card slots Optional SmartCard Reader/Contactless Smartcard Reader/Fingerprint Reader with 34mm Express Card Kensington slot Regulatory and Environmental Compliance ENERGY STAR 5.2 (Windows OS) EPEAT Registered. For specific country participation and rating, please see www.epeat.net BFR/PVC free9 Input Single Pointing non-backlit Keyboard Dual Pointing Keyboard, Standard or Backlit Multi-touch Touchpad Systems Management Intel® vPro™ Technology’s advanced management features (optional, requires Intel WiFi® Link WLAN) Warranty and Service Limited Hardware Warranty4; Standard 3-year On Site Service after Remote Diagnosis11 (3-3-3); Optional

Pre-orders will be processed for individual items or all items can be packaged together with an additional discount from the Navy Exchange USMMA Midshipman Store at (516) 726-6177 or via email at Lane.Weissman@nexweb.org.
OTHER CASH EXPENSES

**Educational Supplies**

In addition to the required advance payments, it is your responsibility to have sufficient funds readily available to pay for additional personal educational supplies not included with the Educational Issue.

**Personal Supplies**

You will determine your own cost estimates for items of personal hygiene, dry cleaning, shoe repair, etc. The Government provides an initial and periodic issue of uniforms and accessories. However, you may require more frequent replacement of certain items and you will be responsible for these costs.

**Team and Club Travel**

Midshipmen who participate in club or varsity sports, or are members of clubs or other extra-curricular activities, may be responsible for advanced payment of certain travel expenses, such as hotel rooms, meals, and other incidental expenses. Reimbursement may take up to 30 days. It is recommended that each midshipman have a credit card, which can be used for these expenses as necessary.

**Financial Aid**

Financial Aid is available to ALL Students, regardless of family income. Financial Aid may be used to help defray the costs of any expenses associated with attendance at the Academy. If you require financial assistance, please take a moment to file a Free Application for Federal Student Aid (FAFSA). You will not be considered for aid until you do so. Students are encouraged to file the FAFSA as early as possible. Please note that, filing a FAFSA in no way obligates you to accept Financial Aid.

To file a FAFSA, visit: https://fafsa.ed.gov/

When filing, we suggest utilizing the IRS Data tool when prompted. Be sure to identify USMMA as your school of choice, our school code is 002892.

Contact the Office of Financial Aid at (516) 726-5638 or at BeckerJ@usmma.edu should you have any questions or concerns. Additional information is also available on the Academy website:

http://www.usmma.edu/admissions/financial-aid

**IMPORTANT NOTE:** Financial Aid is disbursed after each academic Trimester has started. As such, the funds from Financial Aid are not immediately available to pay for items that must be procured before arrival at the academy. (For example: supplemental health insurance, laptop, Plebe Kit, TWIC, etc.) However, financial aid may be used to reimburse these costs.
Outside Award Scholarships & College Savings Plans

Outside Award Scholarships: As USMMA does not award any institutional or “internal” aid, all students are strongly encouraged to apply for outside award scholarships. Students who receive scholarships should contact the Financial Aid office to arrange for receipt of their award. Should you receive an outside award scholarship, but the awarding agency refuses to award it to you because of your attendance at USMMA, please contact the Financial Aid office.

Scholarship checks can be made payable to: “U.S. Merchant Marine Academy” and should be mailed to:

USMMA
Attn: Office of Admissions – Financial Aid
300 Steamboat Road
Kings Point, NY 11024

IMPORTANT NOTE: Scholarship checks are not deposited/cashed until after the start of the 1st Trimester. Unfortunately, these funds will not be available to the student until after classes have begun.

College Savings Plans: The academy welcomes contributions from college savings plans to help offset expenses. Please consult your awarding agency for details, as well as the Financial Aid office with any questions or concerns.

The Financial Aid office can be reached at (516) 726-5638 or via e-mail at BeckerJ@usmma.edu

Banking Facilities

Navy Federal Credit Union operates a full-service banking facility and automated teller machine at the Academy. (516) 487-6722

Spending money may be deposited in the credit union so that you will have ready access to funds and avoid the risk of carrying cash. Applications for checking and bank accounts will be taken during the Indoctrination Period.
Medical Standards for Admission and Fitness for Duty

For admission to the Academy, Plebe Candidates must meet the medical requirements prescribed by the Department of the Navy for appointment as Midshipman, United States Navy Reserves Strategic Sealift Officer Program (USNRSSO), and those prescribed by the United States Coast Guard for original licensing as a Third Mate and Third Assistant Engineer. The requirement to meet these medical standards is a continuous one and applies through graduation from the Academy.

Each Plebe Candidate is required to notify DoDMERB of any change in health status that occurs after their DoDMERB physical and prior to arriving at the Academy for Indoctrination. This would include but is not limited to: hospital admission for any medical, surgical, psychological or emotional events; development of any health condition or allergy; need for extended or long-term use of any prescription medication; any health condition that would, in any way, limit or prevent him/her from carrying out the duties and responsibilities of a Midshipman, or that might prevent him/her from being commissioned in the Armed Forces of the United States.

In the event of a change in health status, you are required to provide DoDMERB with the following information:

1. a complete record of all health providers involved in your care,
2. a current health status,
3. disclosure of any temporary or permanent disability, and
4. prognosis for a full recovery

You are also required to send copies of these reports to the Academy’s Director of Admissions. Failure to comply with these requirements is a serious matter, and may result in disenrollment from this Academy on the basis of non-disclosure of a pre-existing health condition.

Upon reporting to the Academy for Indoctrination, your health status shall be re-evaluated utilizing medical and dental examinations, color vision screening, visual acuity assessment, HIV test, tuberculin skin test using PPD (Purified Protein Derivative), and administration of immunizations in preparation for sea duty. In addition, a pulmonary function test is administered to all Plebe Candidates to establish a baseline measurement and determine if a respirator can be worn safely and without restrictions.

PRE-ADMISSION HEALTH DOCUMENTATION

Prior to arriving at the Academy, all Plebe Candidates must complete and return to USMMA, a series of important health documents. These documents must be downloaded directly from our website at www.USMMA.edu; click on “Academy Life”, then click “Health Services”. Instructions regarding these forms, how to download them and how to return them to USMMA Midshipmen Health & Emergency Medical Services (MHEMS) will be sent via a separate future mailing. The forms include the following:
1. **Notice of Privacy Practices**: Will be provided for your review and records.

2. **Acknowledgment of Receipt of Notice of Privacy Practices**: Three copies of this form will be required, one for each of the three healthcare groups in MHEMS.

3. **Consent for Use and Disclosure of Health Information**: This form is to allow the providers at the USMMA Department of Midshipmen Health Services to communicate information necessary for treatment, payment activities and healthcare operations. By law a separate consent must be signed for disclosure of protected health information to third parties such as parents or members of other departments at the Academy. Three copies of this form will be required, one for each of the three healthcare groups in MHEMS.

4. **Authorization to Provide Health Services to Minors**: A parent or legal guardian must sign this form to provide authorization for necessary medical and dental care to Plebe Candidates who are minors. The form authorizes the Academy’s Chief Medical Officer, Senior Dental Officer, and Director of Midshipmen Counseling and Personal Development to perform the required treatment services at MHEMS. In addition, it authorizes care to be provided as needed by other health care providers as directed by the Chief Medical Officer, Senior Dental Officer, and/or Director of Midshipmen Counseling and Personal Development.

5. **Pre-Admission Immunization Record Summary**: This form must be completed by your family physician and shall become part of your Academy health record. This documentation is necessary for the medical staff to confirm that Plebe Candidates can safely participate in and complete Indoctrination activities. Not having these vaccines may place a Plebe Candidate at risk for medical injury which would render him/her incapable of participation in Indoctrination. Additionally, at a later time, this documentation enables the medical staff to determine that a Midshipman is medically qualified for assignment to Sea Year training with commercial maritime companies. Successful graduation from the Academy is impossible without this documentation. Primary and booster immunizations must be documented for the following vaccines and they must be administered prior to arriving at the Academy unless otherwise stipulated:

   A. **Diphtheria – Pertussis – Tetanus (DTaP) and a booster dose of Tdap (Tetanus, Diphtheria and Acellular Pertussis – within five (5) years.)**

   B. **Polio (Oral or injectable Polio Vaccine – at least 3 doses)**

   C. **Measles – Mumps – Rubella (M.M.R. #1)**

   D. **Measles – Mumps – Rubella (M.M.R. #2) or Measles second dose**

   E. **Chicken Pox / Varicella – 2 doses** *(This vaccine is not required if you can present documentation from a physician of an antibody tier or if a physician can document the history of Chicken Pox).*

   F. **Meningococcal Vaccine (Menactra) booster age 16 or two-dose series.**
   Administer MCV4 at age 11 through 12 years with a booster dose at age 16 years. Administer one dose at age 13 through 18 years if not previously vaccinated. Persons who received their first dose at age 13 through 15 years should receive a booster at age 16 through 18 years.
G. Hepatitis A (2 doses)

H. Hepatitis B Series (3 doses)

I. Human Papillomavirus Vaccine (HPV- Marketed as “Gardasil”) is a recommended but not required vaccine and is included in the official immunization schedule published by the Centers for Disease Control and Prevention (CDC). This is a 3-dose vaccine with the 2nd dose being 2 months apart from the 1st and the 3rd dose 6 months after the first. It is highly recommended that your family physician be consulted regarding the administration of this vaccine before coming aboard for Indoctrination day.

Commercial maritime companies require several immunizations in order to meet qualifications for Sea Year training. Some immunizations are in addition to those mentioned in the above Pre-Admission Health Requirements & Documentation. Necessary immunizations may include, but are not limited to, Typhoid, Yellow Fever & Influenza. In order to complete the series of immunizations in advance of the Sea Year training, it is necessary to receive some of these vaccines soon after arrival at the Academy. The remainder is administered just prior to Sea Duty tours. At a later time, this documentation enables the medical staff to determine that a Midshipman is medically qualified for assignment to Sea Duty training. Successful graduation from the Academy is impossible without this documentation.

Questions regarding immunizations A thru I listed above, or any other immunization related questions may be directed to our Medical Department by calling (516) 726-5680, option #1, or you can email your questions to medical@usmma.edu.

6. Record of Dental Examination for Third Molar Status and Assumption of Financial Responsibility for Third Molar Extraction/Oral Surgery/Associated Costs: This form should be completed by a parent or legal guardian of a Plebe Candidate, with the assistance of a licensed dental provider, and returned to the Academy’s Dental Service. The recommendation by the Academy’s Dental Service is that third molars (wisdom teeth) be removed at least 6 weeks prior to Indoctrination if indicated. The form certifies that either the wisdom teeth have been removed/do not exist and the parent/legal guardian acknowledges financial responsibility for removal if these teeth are still present and become symptomatic or are deemed to be a potential threat for infection by the Academy’s Senior Dental Officer.

7. Respiratory Protection Medical Questionnaire Form: Pulmonary Function Testing (PFT) will be administered early in Indoctrination. You will need to complete this 3-page questionnaire carefully as a pre-requisite to your PFT.

**HEALTH SERVICES PROVIDED BY THE ACADEMY**

Midshipmen & Plebe Candidates enrolled at the United States Merchant Marine Academy (USMMA) are eligible to receive basic health care at USMMA MHEMS which is located in Patten Hall. MHEMS is open Monday thru Friday, except holidays, from 0730 to 1630. During the Indoctrination period in July, MHEMS extends hours of operations, and is open 7 days a week. Generally, MHEMS is open 12 hours each day for the entire Indoctrination period.
**SICK CALL DURING INDOCTRINATION:**

During Indoctrination, immediately following breakfast each morning, Plebe Candidates are given the opportunity to report any need for medical care or intervention. At that time, Plebe Candidates in formation are triaged by a qualified MHEMS healthcare provider who determines if the Plebe Candidate requires immediate attention or can be given a specific appointment time for later in the day.

**AFTER HOURS CARE DURING INDOCTRINATION:**

In the event of injury or illness when MHEMS is closed, the USMMA MHEMS Emergency Medical Services (EMS) Dispatcher is notified. The EMS Dispatcher will coordinate the appropriate response.

Any care that is not of an emergent nature is to be addressed during scheduled medical appointments or sick call as needed.

**HEALTH SERVICES CARE AFTER COMPLETION OF INDOCTRINATION:**

During the Academic Year after Indoctrination ends, MHEMS operational hours are 0730 to 1630, Monday thru Friday. Midshipmen may choose to be seen as “walk-in” patients during morning “Sick Call” (0730 to 0930) or may schedule routine medical, dental or counseling appointments throughout the clinic day. Healthcare services available at MHEMS include: routine Sea Year physical assessments; medical laboratory procedures; immunizations required for Sea Duty; treatment of routine illnesses; prescribing medications (subject to health insurance coverage); providing routine over-the-counter medications and pharmaceutical supplies; nutrition counseling; public health & hygiene education; annual oral evaluations, general dentistry and dental hygiene; and individual or group counseling sessions for maintaining personal wellness. Midshipmen who require emergent health care during, or after, regular clinic hours will be transported by the USMMA MHEMS EMS to the nearest emergency room. Please visit the USMMA website at [www.USMMA.edu](http://www.USMMA.edu) then click on “Academy Life” for further information regarding USMMA MHEMS.

**HEALTHCARE AND INSURANCE COVERAGE NEEDS**

**HEALTHCARE:**

Midshipmen actively enrolled in academic classes are provided access on site to limited medical and dental care available through USMMA MHEMS located in Patten Hall. Limited medical and dental care is defined by the level of clinical skills available on site at USMMA’s MHEMS to support Midshipmen for all their basic health related requirements for successful graduation from the program. This includes:

- On site treatment for non-emergent illnesses or injuries.
- On site oral evaluations, treatment & basic hygiene for non-emergent dental care.
- Intervential counseling for mental health issues in support of maintaining the mental health of enrolled Midshipmen.
- Provision of routine medical & dental examinations as required by shipping companies for placement in training assignments required to satisfy the 365 days of Sea Duty training associated with graduation.
- Provision of routine United States Coast Guard examinations for licensing and obtaining Merchant Mariner Credentials for sea duty assignment required for fulfillment of graduation requirements.
- Routine Medical and Dental examinations for the purposes of meeting graduation and commissioning requirements into the SSO, USNR.

There are exceptions which would make all expenses for the above care solely the responsibility of the Midshipmen on a personal out of pocket basis. Generally, these exceptions are associated with
injury, illness or diagnosis resulting from a non-disclosed condition, or any medical condition which is incongruent with Academy regulations & policies. These medical needs requiring care that cannot be provided on site at the Academy clinic will require the use of private insurance.

The following are a few examples of when healthcare needs will exceed care available on site at USMMA MHEMS and require the use of services through private insurance:

- any and all medical, dental and mental health care which requires intervention by health care providers not on site at USMMA;
- medical management of undisclosed health conditions;
- elective medical examination and immunizations (e.g., pre-employment physicals and immunizations);
- surgical interventions of any type;
- cosmetic surgery, contact lens or eyeglasses examinations, for the prescription or fitting thereof;
- hearing aids and examinations for the prescription or fitting thereof;
- prescriptions and associated medical laboratory tests for treatment of dermatological conditions (e.g., acne);
- extraction of third molars (wisdom teeth);
- dental root canal treatment;
- dental implants, crowns and implants;
- orthodontic care;
- routine dental care obtained outside the USMMA Dental Services;
- substance use disorders; expenses incurred for treatment subsequent to or resulting from substance use (including alcohol);
- medical care of any type associated with participation in an act in violation of Midshipmen Regulations or Academy Policy;
- prenatal care or maternity benefits or any condition arising from or out of pregnancy;

**INSURANCE:**

For health care related matters that go beyond the USMMA on site healthcare as described in the previous paragraphs, Midshipmen may require care from local health care providers on an outpatient and inpatient basis. Higher levels of care needs are provided by local health care providers such as the highly-respected North Shore - Long Island Jewish Health System located less than 5 miles from the Academy. A multitude of various healthcare providers are also located in the surrounding community who specialize in many common specialty care needs should such a need for these services arise. **Midshipmen are responsible for costs related to care that go beyond the services available onsite at USMMA through MHEMS.**

Health care needs that exceed the services offered onsite USMMA at MHEMS do occur and can be very costly if there is no medical insurance in place. For this reason, **all USMMA Plebe Candidates and Midshipmen must have a valid and current primary healthcare insurance policy in effect while attending USMMA that meets all USMMA requirements.**

Plebe Candidates and Midshipmen are **REQUIRED** to purchase the Academy sponsored Student Health Insurance Policy (SHIP) which meets all the minimum coverage requirements established by USMMA. **HOWEVER,** Plebe Candidates and Midshipmen may waive this requirement through any one of the following means:
1. Through the use of an existing insurance plan (e.g. a family plan, a “self and spouse plan” or self-only plan) that covers the candidate or midshipman; provided that the policy meets the minimum coverage requirements established by USMMA.

2. If there is no existing health insurance coverage, obtain a qualifying Student Health Insurance Plan from an insurance carrier of his/her choice providing it meets ALL minimum coverage requirements established by USMMA for health insurance coverage.

3. If options #1 & #2 above are not possible, Midshipmen & Candidates must purchase the qualifying Student Health Insurance Plan (SHIP) through The Academy-sponsored provider.

More information is available by visiting our frequently asked questions and related documents links at: www.usmma.edu.

During the time period between April, 2015 thru June, 2015, each Plebe Candidate must demonstrate proof of health insurance coverage. Information and Instructions will be sent to each Plebe Candidate under separate mailing explaining how to secure proof of insurance coverage.

So that you will be prepared in advance to respond to the separate mailing for health insurance, the following is a description of what you will receive:

1. IF YOU CURRENTLY HAVE HEALTH INSURANCE COVERAGE AS DESCRIBED IN OPTIONS #1 OR #2 ABOVE:

   You are required to complete the online “Student Health Insurance Waiver Form.” Further instructions for how to access this form will be sent to each Plebe Candidate via a separate future mailing.

   In order to confirm that a health insurance policy meets USMMA requirements USMMA recommends that you contact your insurance provider to confirm your answers to the following questions asked on the aforementioned Petition to Waive:

   a. Will your current coverage remain in effect through June 30, 2016?
   b. Is your insurance company headquartered/operated in the United States with a US Claims address and Customer Service phone number?
   c. Does your current plan provide both emergency and non-emergency benefits for medical and mental health treatment?
   d. Does your current plan provide inpatient hospitalization, outpatient physician visits, laboratory services, radiology and outpatient mental health benefits? Coverage limited to Emergency care does not satisfy this requirement.
   e. Does your plan have hospitals and providers within 10 miles of USMMA within the Nassau County area for non-emergency care?
   f. Does your plan provide coverage in all 50 states and internationally?
   g. Does your coverage comply with all Federal and New York State regulations for student health insurance?

Please note that you cannot waive the USMMA insurance plan if you answer “NO” to items a – g above, or have an HMO such as Kaiser Permanente. (Note: Military families with Tricare Prime insurance can use this plan to waive USMMA SHIP provided that their primary care physician is transferred to a Tricare Prime primary care provider located within 10 miles of USMMA in the County of Nassau. Go to the Health Net Federal Services website (http://hnfs.com) to search for a new primary care manager physician located within 10 miles of USMMA.

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2. INSURANCE WAIVER OPTIONS (#1 AND #2) DO NOT APPLY & YOU DO NOT HAVE YOUR OWN HEALTH INSURANCE THAT MEETS THE ABOVE REQUIREMENTS OR YOUR WAIVER IS DENIED:

If you do not have your own health insurance through your own means that meets the USMMA requirements, then you are **required** to purchase/enroll in the USMMA sponsored plan. Further instructions regarding how to enroll will be sent to each Plebe Candidate via a separate future mailing.

A brochure highlighting the key benefits and policy costs of the USMMA Sponsored Student Health Insurance Plan (SHIP) is also available at "www.ajfusa.com/students". Medicaid and Medicare will be accepted.

**Failure to demonstrate having and maintaining a valid and current primary health insurance plan that meets USMMA requirements either by completing a waiver or enrolling in the USMMA sponsored plan by June 15, 2015 may result in your son or daughter being dis-enrolled from USMMA.**

**Please remember that should you choose to process a waiver of the USMMA sponsored SHIP in favor of your own health insurance coverage, it is your responsibility to contact your insurance carrier and make sure all of the minimum requirements are met.**

Regardless of whether you waive the USMMA SHIP in favor of your own insurance or if you purchase the USMMA SHIP, please also be sure to provide your Plebe Candidate with a copy of his/her insurance identification card and instruct them to have it in their possession at all times. It is also extremely important to provide a copy of the Plebe Candidate’s insurance card (both sides) to MHEMS, indicating the current health Insurance plan which meets mandatory USMMA requirements for health insurance coverage.

Although not required for attendance at USMMA, dental insurance is strongly encouraged. If you carry any optional dental insurance, please provide a copy of your dental insurance card (both sides) as well.

**FINANCIAL AID & HEALTH INSURANCE:**

Any Plebe Candidate or Midshipman, who is not currently covered under a medical insurance plan and is unable to pay the premium for the Student Health Insurance Plan, may utilize Financial Aid. Please Contact the Financial Aid office at:

USMMA
Attn: Office of Admissions – Financial Aid
300 Steamboat Road
Kings Point, NY 11024
Phone: (516) 726-5638
Fax: (516) 773-5390
Email: BeckerJ@usmma.edu
**Midshipmen Assigned to the Department of Professional Development & Career Services (Shipboard Training):**

A Midshipman assigned to the Department of Professional Development & Career Services (Shipboard Training) and reporting aboard a commercial vessel for Sea Duty assignment is classified as a member of the crew. Additional health insurance coverage may be provided through the Protection and Indemnity (P & I) plan of the shipping company. A Midshipman is eligible for this additional healthcare coverage provided he/she becomes sick or injured while assigned to the vessel for training. A Midshipman is not considered a crew member until signing appropriate articles onboard ship. In some cases, a Midshipman may also be eligible for Federal Workers Compensation for injuries while serving on Sea Duty assignment. This is determined on a case by case basis.

**USMMA Department of Dental Services**

Midshipmen Health & Emergency Medical Services is pleased to provide general dental care onsite USMMA at the Department of Dental Services. The dental team is led by the Senior Dental Officer, with the assistance of a Registered Dental Hygienist, and a Dental Assistant. World-class dental facilities for off-site care are readily available nearby in Nassau County.

Dental Insurance is optional but strongly encouraged since referrals to dentists or dental specialists (e.g., oral surgeon, endodontist) outside of the USMMA Department of Dental Services will require the use of private dental insurance or will be an out of pocket personal expense. As indicated in DoDMERB, active orthodontic treatment (braces) is not allowed. Only removable orthodontic appliances (e.g., retainers, Invisalign®) are permitted. As the Department of Dental Services does not have an orthodontist, replacement of broken appliances will require treatment outside the USMMA Dental Clinic at the Plebe Candidate’s, or Midshipman’s expense, including all associated costs.

Plebe Candidates or Midshipmen who require prescription medications in the course of dental care are required to use their medical insurance prescription benefits as needed.

**Special Note Regarding Third Molars/Wisdom Teeth:**

The Academy staff expects Plebe Candidates will arrive at USMMA with no potentially disqualifying dental conditions, i.e. Department of Defense Class 1 dental clearance status. Examples of disqualifying dental conditions include the presence of Third Molars (wisdom teeth), either erupted or impacted, that cannot be maintained in a good state of health. It is highly encouraged for you to visit your family dentist for a thorough dental examination, paying particular attention to the following concerns: you must be able to achieve fully deployable status (Class 1) and be ready for sea duty within 11 to 16 months of arrival at USMMA, and not have a DoD Class 3 dental status hold due to your third molars. Class 3 dental status is considered any condition that may prevent you from performing optimally and could become emergent within 12 months. These conditions include:

- infections,
- caries / restorations,
- missing teeth,
- periodontal conditions,
- oral surgery (unerupted, partially erupted, malposed teeth with historical, clinical, or radiographic signs or symptoms or pathosis that are recommended for removal),
- and other disorders or pain dysfunction requiring active treatment.
**IMPACT ON INDOCTRINATION:**

To allow adequate time for healing, we advise that tooth removal be completed a minimum of 6 weeks prior to Indoctrination. Failure to follow these guidelines could impact on a Plebe Candidate’s ability to participate in Indoctrination. Plebe Candidates who do not complete Indoctrination will be returned home to rejoin USMMA the following year.

**IMPACT ON SEA DUTY:**

Please note that DoD Class 3 status disqualifies you from deployment for Sea Duty, thus severely impacting your ability to meet academic standards. Please note that the single largest provider for Sea Duty placements to USMMA Midshipmen, the United States Navy’s Military Sealift Command, requires Midshipmen to not have a DoD Class 3 dental status. Many of the civilian shipping companies that offer seaborne internships mirror this dental clearance standard as well.

During your two Sea Duty deployments you will be on a ship (surface or sub-marine) with minimal or no medical/dental care services for prolonged periods of time, 4 months and 8 months respectively. The above treatment course is designed to accommodate the realities of life on a ship on the high seas. Should you develop a condition that requires emergent dental care, you will not have the choice of services/providers that you normally would have on/around campus at USMMA and/or at home. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Academy will maximize your dental health, prevent lost academic time, minimize any dental conditions affecting Sea Duty clearance and go a long way toward ensuring your success as a USMMA Midshipman. If your own dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. It is also HIGHLY recommended that any wisdom teeth, which are symptomatic or partially erupted, in jaws that are not large enough to accommodate them, be removed at least 3 to 6 months prior to admission to allow time for healing and to prevent any potential future problem from interfering with your academic studies, regimental training, and sea duty clearance.

**IMPACT ON THE STRATEGIC SEALIFT OFFICER, U.S. NAVY RESERVE PROGRAM (SSO, USNR):**

Graduation from the USMMA and accession into the USNRSSO Program requires a Class 1, or Class 2 dental clearance. The Department of Defense Bureau of Surgery and Medicine (BUMED) certifies Physically Qualified (PQ) status, and may issue conditional Class 3 dental clearance waivers when required. USMMA Midshipmen Health & Emergency Medical Services will coordinate your treatment plan and manage BUMED waivers as you progress through your career as a USMMA Midshipman.

The USMMA’s Department of Dental Services’ overall goal is to facilitate YOUR success as you prepare to enter USMMA and begin your career as a credentialed Merchant Mariner. If you have questions or concerns regarding any potentially disqualifying dental condition, please feel free to contact the USMMA Senior Dental Officer at (516) 726-5680, Option #2, for assistance.

**CORRECTIVE LENSES FOR PLEBE CANDIDATES DURING INDOCTRINATION**

Plebe Candidates requiring corrective lenses, who wear contact lenses, are strongly encouraged to bring eyeglasses (we recommend 2 pairs) for Indoctrination. At this time the use of contact lenses is not prohibited; however due to time constraints during indoctrination appropriate lens care can be difficult. Those Candidates with corrective lenses who wear glasses are less likely to experience problems such as lost, torn and/or scratched contact lenses.
MEDICATION POLICY FOR PLEBE CANDIDATES DURING INDOCTRINATION

To ensure the safety and well-being of each candidate, all Plebe Candidates are instructed **not** to bring any over-the-counter medications with them unless accompanied by a note from the prescribing physician. The note should indicate the medication, dose and reason it is required. Any over-the-counter medications brought without appropriate documentation will be collected from all Plebe Candidates upon their arrival. This includes, but is not limited to, any pain medication (e.g. Tylenol, Aleve, Advil, aspirin), allergy medications, antihistamine, decongestants, herbal supplements or remedies, vitamins and nutritional or sports supplements. Upon completion of Indoctrination, Plebe Candidates will be instructed to report to MHEMS to pick up any previously collected medication. Should an over-the-counter medication become necessary for a Plebe Candidate during Indoctrination, it will be made available at no cost.

Plebe Candidates should **not** bring any prescription medications with them **unless** the medication is specifically prescribed for them. There must be an accompanying note from the prescribing physician or dentist stating the reason why the medication was prescribed. All medications will be collected, identified, and be recorded in the Candidate’s health record before being returned. The Chief Medical Officer will only authorize the return of prescription medications that would not jeopardize the overall health of the Plebe Candidate, or otherwise limit and/or inhibit his/her rigorous training requirements. (e.g. medications associated with increased risk of conditions such as sun sensitivity, or heat related illnesses).

Any medication that is not in its original container or is unlabeled will be collected and disposed of by MHEMS without exception. If you have any questions, please contact MHEMS using any of the following options:

1. Our primary phone number is (516) 726-5680. (Please listen carefully to each option so you can select from our menu and reach a person in the department you wish to speak with.)

2. Our facsimile number is (516) 773-5436.

3. Our email is medical@usmma.edu

4. Please address all written correspondence to:

   U.S. Merchant Marine Academy
   Midshipmen Health & Emergency Medical Services
   Patten Hall
   300 Steamboat Road
   Kings Point, New York 11024-1699
PHYSICAL READINESS PROGRAM

The philosophy of the Department of Physical Education and Athletics is consistent with the mission of the United States Merchant Marine Academy. The athletic program plays an integral part in helping the Academy to achieve this mission. Through participation in athletics, qualities such as leadership, industriousness, resourcefulness, loyalty, sportsmanship, cooperation and responsibility are developed. As a result, young men and women are given the tools to achieve success, and become future leaders in our nation.

The athletic program competes at the NCAA Divisions III level, and is guided by its principles. The highest priority is placed on the overall quality of the educational experience and the objectives of the program and must be met while working within this framework.

During your four years at the United States Merchant Marine Academy, you must meet and maintain the United States Navy’s body composition and physical readiness standards. If you are not within height/weight or body fat standards, or you cannot maintain the expected physical readiness level, you may be dismissed from the Academy. The ultimate responsibility for meeting these standards rests with you, the Midshipman.

Each morning during the two weeks of Plebe Indoctrination you will undergo periods of intense calisthenics and aerobic and anaerobic exercise. In the afternoons you will take part in a competitive intramural athletics program. In order to avoid injury, you must prepare yourself for these physical demands prior to your arrival. Your physical fitness preparation program should be taken seriously and should be geared toward body fitness. To prepare you for the rigorous physical demands of Plebe Indoctrination, it is recommended that you follow this seven week exercise routine on pages 37-38.

During Plebe Indoctrination you will take two physical fitness tests. The first fitness test, Initial Strength Test (IST), will be conducted on the second day and consists of maximum curl-ups in two minutes, maximum push-ups in two minutes and a timed 1.5 mile run. The second fitness test near the end of the two weeks, the Final Strength Test (FST), includes maximum push-ups in two minutes, maximum curl-ups in two minutes and a timed 1.5 mile run.

To measure the general fitness of the Regiment of Midshipmen, all midshipmen must take a Physical Fitness Assessment (PFA) twice each academic term they are at Kings Point. The PFA consists of two components, the Body Composition Assessment (BCA) and the Physical Readiness Test (PRT). Every Midshipman must pass both parts of the PFA; failure of any part shall result in assignment to the remedial physical fitness program and may result in dismissal from the Academy.

Leaders in the Strategic Sealift Officer Program and U.S. Navy must be physically fit to perform the demanding duties required of them. Physical fitness leads to mental keenness and physical stamina. Midshipmen must continually maintain the required physical standards throughout their four years at the Academy.
1. BODY COMPOSITION ASSESSMENT (BCA)

Body Composition is assessed by weight and height screening, and body fat percentage for those over the height/weight standard. On entrance day, Plebe Candidates will be weighed and those Plebe Candidates that exceed the weight for their height, as outlined below in the Weight for Height Table, will have their body fat measured by tape measurement. **Those who fail to meet the Academy body fat standards of 22% for males and 33% for females may be denied admission.**

Plebe Candidates that fail to meet body fat entrance requirements may petition to the Commandant of Midshipmen for a temporary waiver for entrance requirements for Plebe Indoctrination. Candidates requesting waivers must have a body fat measurement of less than 26% for males and 36% for females and be cleared by the Department of Health Services. Plebe Candidates with approved waivers must demonstrate satisfactory progress during Plebe Indoctrination before a determination of retention is made by the Commandant at the conclusion of Plebe Indoctrination.

### Maximum Weight for Height Screening Table

<table>
<thead>
<tr>
<th>Females Max weight (pounds)</th>
<th>Height (rounded up to nearest whole inches)</th>
<th>Males Max weight (pounds)</th>
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<tbody>
<tr>
<td>141</td>
<td>60</td>
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<td>145</td>
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<tr>
<td>216</td>
<td>78</td>
<td>231</td>
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</tbody>
</table>

If your weight exceeds the maximum weight standard for your height, you do not automatically fail the BCA. You will then have your body fat percentage assessed by the circumference technique (tape measurement). The maximum allowable body fat limits are:

- **Males** 22%
- **Females** 33%

If your weight is within the maximum weight standard for your height, you are exempt from the body fat calculation.
2. **PHYSICAL READINESS TEST (PRT)**

The physical readiness test consists of three graded events: curl-ups, push-ups and the 1.5 mile run. The proper procedures for each event are described below.

**Curl-Ups**

1. The member will begin by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone). [Figure 1]
2. Feet shall be flat on the deck and held by partner’s hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure member’s feet.
3. Member curls upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders. [Figure 2]
4. After touching elbows to thighs, member returns to starting position ensuring lower back and shoulder blades touch the deck. [Figure 1]
5. Member may rest in either the up or down position.
6. Curl-ups are repeated correctly as many times as possible in two minutes.

**Push-Ups**

1. Member will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of hands.
2. Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. [Figure 3]
3. Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck. [Figure 4]
4. Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows. [Figure 3]
5. Member may rest only in up position maintaining a straight line with shoulders, back, buttocks, and legs.
6. Push-ups are repeated correctly as many times as possible in two minutes.

**1.5 Mile Run**

Event consists of running or walking 1.5 miles as quickly as possible on a flat and solid surface track or outdoor course. Any combination of running or walking is allowed to complete the event.

### PHYSICAL READINESS TEST COMMISSIONING STANDARDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Male - Age group</th>
<th>Female - Age group</th>
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<tbody>
<tr>
<td>17-19</td>
<td>20-24</td>
<td>17-19</td>
</tr>
<tr>
<td>Curl-ups</td>
<td>62</td>
<td>58</td>
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<tr>
<td>Push-ups</td>
<td>51</td>
<td>47</td>
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<tr>
<td>1.5 mile run</td>
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</table>
## PHYSICAL FITNESS PREPARATION

To prepare you for the rigorous physical demands of Plebe Indoctrination, it is recommended that you follow this seven week exercise routine.

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
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<td>3. One min trial of pushups and curl-ups*</td>
<td>3. Pushup and curl-up ladders based on Monday time trial*</td>
<td>3. Conduct pushup and curl-up ladders based on Monday time trial*</td>
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<td>Ladders up, down and up</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
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<tr>
<td>Jun 8 - 14</td>
<td>1. Run 25-30 min</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
<td>1. 3 x 0.5 mile run with 0.25 mile jog between 0.5 miles. Run at a pace faster than your PRT pace**</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
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<td>Ladders up, down and up</td>
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<td>1. Swim/ Bike/Aerobic training 20-30 min</td>
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<td>3. Pushup and curl-up ladders based on Monday time trial*</td>
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</table>
### Jun 15 - 21

**Ladders up, down, up and down**
- 1. Run 30-35 min
- 2. 1.5 min trial of pushups and curl-ups
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- 1. 3 x 0.75 mile run with 0.25 mile jog between 0.75 miles. Run at a pace faster than your PRT pace**
  - 2. Pushup and curl-up ladders
  - 3. Flexibility
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- 1. Run 25-30 minutes
  - 2. Flexibility
  - 3. Pushup and curl-up ladders*
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- Active Rest

---

### Jun 22 - 28

**Ladders up, down, up, and down**
- 1. Run 30-35 min
- 2. Flexibility
- 3. Pushup and curl-up ladders*
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- 1. 2 x 1.0 mile run with 0.5 mile jog between miles. Run at a pace faster than your PRT pace**
  - 2. Pushup and curl-up ladders
  - 3. Flexibility
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- 1. Run 30-35 minutes
  - 2. Flexibility
  - 3. Pushup and curl-up ladders*
- 1. Swim/ Bike
  - Aerobic training 20-30 min
  - Flexibility
- Active Rest

---

### Jun 29-30

**Active rest**

**Plebe Indoctrination begins**

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* Find your push-up-curl-up group based on your one minute time trial results:
  - Group 1: < 20 pushups or curl-ups in one minute
  - Group 2: 21-50 pushups or curl-ups in one minute
  - Group 3: > 50 pushups or curl-ups in one minute

**Ladders**

1. **Push-up and curl-up ladder**
   - **Group 1 Ladder:** 1 2 3 4 5 4 3 2 1
   - **Group 2 Ladder:** 2 4 6 8 10 8 6 4 2
   - **Group 3 Ladder:** 3 6 9 12 15 12 9 6 3

2. **On days when you are directed to do push-up and curl-up ladders, if you are in Group 1 you will do one push-up, rest 5 seconds, do two push-ups, rest 5 seconds, do three push-ups, rest 5 seconds, do four push-ups, rest 5 seconds, do five push-ups rest 5 seconds, then come down the ladder (4, 3, 2, 1) resting 5 seconds between steps. The same for curl-ups.**

3. **Groups 2 and 3 do the same but using the numbers corresponding to your ladder above.**

4. **The type of ladder is directed under the “Week” column. The first three weeks of the program you go up and down the ladder as explained in paragraph 2 above. Weeks 4-5 you go up, down and back up the ladder. The final two weeks you go up, down, up and back down the ladder.**
**INTERVAL RUNNING BEGINNING IN WEEK 5**

1. For 0.5 intervals, divide your PRT time in week 4 by 3, this will give you your 0.5 pace. For intervals, subtract 10 seconds from your 0.5 mile PRT pace. You should try to run your 0.5 mile intervals at this pace.
   
   a. Ex - If you run the PRT in 12:00, divide this number by 3 to get 4:00 minutes. Subtract 10 seconds, and you should be running your 0.5 intervals in 3:50 minutes.

2. For 0.75 intervals, divide your PRT time by 2 and subtract 15 seconds from your time.
   
   a. Ex - If you run the PRT in 12:00, divide this number by 2 to get 6:00 minutes. Subtract 15 seconds, and you should be running your 0.75 intervals in 5:45 minutes.

3. Your 1 mile intervals should be 10-15 seconds faster than your 1.5 mile PRT pace.
   
   a. Ex - If you run the PRT in 12:00, your 1 mile pace is 8:00 min. You should run your one mile intervals in 7:45 to 7:50.

**Active Rest**

Get outside and have fun, walk, pick-up game of ball, hiking, a fun, leisurely, physical activity.

**Flexibility**

At the completion of your workouts perform stretching exercises following these guidelines:

- Do not bounce
- Stretch to a point of mild tension
- Hold each stretch for 20 – 30 seconds
- Repeat each stretch 3 - 5 times

Illustrated below are recommended stretching exercises.
COURSE EXEMPTION POLICY

The Academy has a four-year residence requirement. The Academy does not award transfer credit for work completed elsewhere. However, a student who has completed equivalent coursework with a grade \( \geq C \) at another accredited college or university before entering the Academy may apply for exemption from equivalent courses at the Academy. Advanced Placement (AP) Exams scores may also be eligible for exemption from Academy courses. No student may exempt from more than 12 credits.

In order to apply for exemption credit the student must arrange to have official transcripts from the other institution of higher education, or official Advanced Placement Exam scores from the College Board, sent directly to the Academy Registrar. Course descriptions and a course syllabus must be presented to the Registrar and appropriate Department Head for evaluation after the start of the academic year. If you do not have official college-level course work but can present evidence of extensive experience in a specific area, the appropriate department may determine eligibility for exemption by administering a course validation examination.

The academic credits, quality points and grade for work completed at another institution will not be included in your official academic record at the Academy.

1. Course Exemptions for Physical Education Courses

Exemptions from physical education courses may be authorized by the Dean upon recommendation of the Head, Department of Physical Education and Athletics, for appropriate medical or physical reasons. A student who has received such an exemption for these reasons is not required to make up the credits for which s/he has received an exemption. A Midshipman who, because of temporary physical limitations, is required to withdraw from a Physical Education course, must satisfy the course requirement before graduation.

2. Course Exemptions for Humanities Courses

a. A student may apply for an exemption from Composition and Literature (English 1, LITR101) on the basis of previous completion of a college English composition course, or a score of 4 or 5 on the AP English exam, after successful performance on the Humanities Department writing diagnostic examination. The Humanities Department will evaluate the essay for exemption purposes. If a student has satisfactory college or AP credit, AND has passed the diagnostic examination, s/he may apply to the Department Head for exemption status.

b. A student may apply for an exemption from American History and/or World History if he or she has received a score of 4 or 5 on the Advanced Placement Exam, or presents college credit in an equivalent course.

c. No midshipman will be exempted from Literature (English 2, LITR201).

d. A student may apply for exemption from the mandatory Humanities Sea Project only if the student has already had an undergraduate degree with a focus on liberal arts.
3. **Course Exemptions for Math and Science Courses**

A midshipman may apply for exemption from a course in the department of Math and Science on the basis of either Advanced Placement examination or completion of college work prior to arrival at the Academy:

a. A midshipman may apply for an exemption from a course in the department of Math and Science on the basis of previous completion of a comparable college course. For Mathematics courses, the student will have to successfully pass a departmental examination.

b. To receive exemption based on Advanced Placement examination, a midshipman should achieve at least the following scores:
   - CHEM100: 5 on AP Chemistry
   - MATH101: 4 on AP Calculus AB
   - MATH120: 4 on AP Calculus BC
   - PHYS101: 4 on AP Calculus C: Mechanics
   No other exemptions based on AP examinations will be granted.

**MATHEMATICS PLACEMENT PROGRAM**

All students must complete two terms of calculus at the Academy, but it is recognized that incoming students have varying degrees of preparation in mathematics. As a consequence, entering students will be given a placement exam during the Indoctrination period to determine whether they will be placed into Calculus 1 Regular or Calculus 1 Extended. Calculus 1 Extended is for students who require an extra hour of calculus instruction per week. The placement examination covers algebra, trigonometry, functions and calculus (only students having taken calculus will be expected to answer those questions).
CHECKLIST  
(To be filled in by Candidate)

____ Have filled out and mailed the required 4th Class Questionnaire to the Department of Midshipman Personnel (Ms. Virginia Reilly, reillyv@usmma.edu  (516) 726-6179)

- Fourth Class Questionnaire (typed or neatly printed in black ink only) – all questions must be answered! Incomplete and/or illegible questionnaires WILL NOT BE ACCEPTED
- Must be received no later than June 19, 2015

____ The following original personal documents (COPIES WILL NOT BE ACCEPTED) MUST be provided at Indoctrination to Midshipman Personnel:

- Passport (signed and current)
- TWIC (Transportation Workers Identification Credential)
- Proof that you have applied, if you are unable to provide either or both documents

____ Have registered with the Selective Service System at a local Post Office, or on the Internet at www.ss.gov/regist.htm

____ Have received the packet from the Department of Naval Science (Ms. Santiago, santiagos@usmma.edu (516) 726-5790

____ Have filled out the required forms, as instructed from the Department of Naval Science and will hand deliver those forms to the Naval Science registration table at Indoctrination.

____ Have retained a photo copy of your birth certificate, social security card AND all passports for submission to the Department of Naval Science, as instructed.

____ Completed all instructions pertaining to physical examination.

____ Forms from Midshipmen Health & Emergency Services must be downloaded from USMMA.EDU, completed as instructed and returned no later than 15 May 2015. Failure to comply with this requirement may result in disenrollment from the Academy. Questions should be emailed to medical@usmma.edu.

____ Have haircut that conforms to regulations as per pages 7-8.

____ Have personal effects as per pages 8-9.

____ Read and understand expenses on pages 11 - 15.

____ Have been engaged in physical exercise and can excel on the physical readiness test.