

United States Naval Academy

Parents Club of Northern Illinois

Plebe Parent Handbook

Class of 2015

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The Mission of the United States Naval Academy

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

Editor's Note

The Naval Academy Parents' Club of Northern Illinois has written this booklet to help you and your midshipman learn about some of the traditions and responsibilities of life at the Naval Academy. It is the product of many parents' experiences and efforts over the years and each year it grows with more information to help those joining the Navy family.

While we try to do everything to insure that the information is accurate, it is impossible to check every phone number and entry each year for changes. Please be patient if a number has changed or if a business listed is no longer at the address shown.

Also, as you will soon learn, the Navy is always changing. It seems they especially like changing the rules and regulations for the midshipmen. Thus, remember all the information in this booklet was accurate at the time of printing, but ***everything is subject to change.***

Please do your part to help next year's plebes and their parents. If you find there is information that should have been included or if information has changed, please let us know so we can add it or fix it in next year's edition. Call or send an e-mail message to any of the officers listed on Page 1.

Note: The materials were written for presentation to the members of the USNA Parents' Club of Northern Illinois. This is not an official publication, and it does not represent the USNA or the United States Navy.

Acknowledgment

Thanks to the Naval Academy Parents Clubs of Connecticut, Maryland, Florida, and Western Pennsylvania for sharing with us some of the information contained in their Welcome Aboard Handbooks.

We would also like to acknowledge the use of information from the following websites:

www.usna-net.org.

www.usna-parents.org

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Introduction

Congratulations as the parents of a soon-to-be midshipman (mid) in the United States Naval Academy! Welcome to the Navy “family” and welcome to the United States Naval Academy Parents Club of Northern Illinois. Your family routine is about to change dramatically, and this handbook is intended to be a guide to assist you from Induction Day through graduation four years from now. From our experience, these four years fly by.

Please plan to be active in our club. We need you and your ideas. We need feedback from you to ensure that we are providing the information that you find helpful. We’re glad you are a part of our “family”.

The Purpose of the Parents’ Club

Parents helping parents – that’s what it’s all about. Sending a son or daughter to the Naval Academy or any service academy is quite different from sending them off to a regular college or university. The infrequent phone calls of Plebe Summer (which might be as few as 3) , as well as the more regular phone calls during plebe year, are not the same kind of phone calls parents of other college students receive. More encouragement and words of support may be needed, as at times midshipmen can get discouraged and concerned that they are not able to live up to the demands placed upon them at the Naval Academy.

Parents’ clubs offer a wonderful source of support and encouragement, particularly for the parents of a new plebe. After their son or daughter has survived Plebe Summer, parents feel more comfortable about their midshipman and can begin to enjoy and share the pride they feel at having a son or daughter at the Naval Academy. What better way to share these experiences than with other parents who feel the same way.

This is a time of excitement, pride, some confusion, and a bit of apprehension. Always keep in mind that as midshipmen help one another, so also do parents of midshipmen help one another. If you ever have a concern or question, just contact any member of the club for assistance. We are a tight knit family sharing a common experience.

The Annapolis experience is a family experience. Your midshipman and you have shared much together from the first thought of considering the Academy, through the entire application, nomination, and appointment process. This sharing experience continues. Your midshipman will be well taken care of. The Academy has gone to great lengths to find and select “the best of the best” among the country’s young men and women and has as its objective to graduate each and every one of these midshipmen.

During the parents' orientation at the start of Plebe Summer, Academy officers will stress repeatedly that they have the experience to handle whatever problems might arise. The Academy understands and respects the fact that your sons and daughters have selected a course for their life very different than that selected by their high school peers. Your midshipman will be trained and guided by professionals who really care.

Our Website

Go to <http://www.usna-nipc.org> for all the latest news and pics. Be sure to subscribe for news updates!

Parents' Club Meetings and Special Events

Parent Club Meetings

- The Parents' Club meets four times during the year on Sunday afternoons (September, November, February/March, and June). We get together for a business meeting followed by lunch. We proudly brag about our mids, commiserate with one another during the bad times, and just generally enjoy comparing notes on what is happening in our midshipmen's lives.
- **Meeting location:** American Legion Post 80, 4000 Saratoga Avenue, Downers Grove
- **Proposed Meeting Dates:**

Mid-Summer 2015 Plebe Parent Picnic	Saturday, July 16, Noon
Board Meeting,	Wednesday, August 17, 7 PM
Club Meeting,	Sunday, September 18, Noon
Board Meeting,	Wednesday, October 19, 7 PM
Parents Halloween Party	Saturday, October 29, 7 PM
Club Meeting,	Sunday, November 13, Noon
Information Day,	Sunday, November 20, 1 PM
Army – Navy Game <i>local</i> Tailgate	Saturday, December 10
All-Academy Ball,	Thursday, December 28
Dark Ages Party,	Saturday, January 21, 7 PM
Board Meeting	Wednesday, February 8, 7 PM
Club Meeting	Sunday, March 4, Noon
Derby Day Party	Saturday, May 5, 2 PM
Board Meeting	Wednesday, May 16, 7 PM
Club Meeting	Sunday, June 10, Noon

Navy Football

- A trip to the **Army-Navy game** is a must at least once in your mid's time at the Academy. It is a great day to see both academies in full force. All mids are required to attend. This year's game is on **Saturday, December 10**, Washington, D.C. (FedEx Field). When ordering our tickets, be sure to request seating in the Northern Illinois Parents section. The ticket office can tell you the section number. Order tickets as early as possible. **GO NAVY! BEAT ARMY!**
- **Navy-Notre Dame.** This year's game will be October 29th in South Bend, IN. A traditional rivalry played at a great venue! Pencil the date on your calendars!

Information Day

- Each November, the club sponsors an Information Day for prospective candidates to the Naval Academy and their families. You may have attended last year's event and know what an informative day it is. We will be looking for volunteers to help with registration and just be available to answer questions. Mark your calendar as details will be given at the September Parent's meeting.

All-Academy Ball – December 29, 2011 –

- The All-Academy ball is a great evening of fun with your mid, family, and families from all service academies. The ball is hosted, on a rotating basis, by the parent club of each service academy, with Army being this year's host club. Planning for the ball takes place throughout the year, and each academy has several parent club members on the All Academy Ball Committee. Please plan on attending the event. You will be hearing more about the Ball at future club meetings. We ALL have a fantastic time. Special invitations will be sent, but be sure to mark your calendars now.

Induction Day

Induction Day (I-Day) will be your mid's and your first real Academy day. You and your mid will have very different experiences.

For the mids, I-Day involves processing, signing forms, medical exams, uniform issue, basic military instruction, and their first view of the challenges of Plebe Summer. It is the realization that they are now in the Navy. It is their break from civilian life. Male mids usually prefer to arrive at the Academy neatly groomed, leaving their first crew cut to be done by the military, not the family barber. This creates their first bonding experience. For females, hair must be short and cannot touch the collar. It is a good idea to get a short, easy to care for haircut before I-Day. If you have really long hair, Locks for Love makes wigs from hair donations and is a very nice way to start your new look. Mids may wear religious chains and medals.

What to pack into a backpack or small duffel bag:

- 6 white tee shirts
- 6 white bras for female mids
- 6 white pair of underwear
- a sturdy watch
- glasses (if you need them, even if you wear contacts)
- elastic bands for glasses (several)
- enough money for incidentals and concessions at a baseball game (no more than \$100)
- cell phone with charger or calling card

Do not bring:

- iPod, walkman
- civilian clothes
- an expensive camera (have an inexpensive one sent later on, if you want)

The Plebe's Induction Day

- Breakfast off the Yard before reporting -- enough to sustain through the day
- Report to Alumni Hall at assigned time or earlier
- Stations in Alumni Hall (Check In, Information, Physical/Shots, Clothes)
- March to stations around the yard. Plebes must stand at attention and read *Reef Points* while waiting to receive additional equipment and clothing
- Stow equipment and clothes in room (the Navy way)
- Oath of Induction Ceremony with fly over
- Meet parents after ceremony for 30 minutes or so at letters designated for last name of plebe on Stribling walk
- Report to Company
- March back to Bancroft Hall in formation
- Parents leave

For the parents, I-Day brings the nervousness of leaving your mid in the processing line in the morning, hearing the uplifting and comforting comments from Academy officers during parents' orientation, and hoping to see your plebe during the day's activities. It is the astonishment of seeing 1,200 +/- young people who were civilians when last seen in the morning, march in perfect order in uniforms in the evening.

Here are some specifics:

- Class of 2015 Induction Day will be Thursday, June 30, 2011.
- Summer weather in Annapolis is usually HOT and HUMID. There can be frequent showers. Umbrellas and Navy plastic ponchos can be the coveted items. Casual and comfortable clothes and shoes are a must for this long day.
- Not only parents are welcome at I-Day, but brothers, sisters, relatives and friends of the family may also attend. Girlfriends and boyfriends may also come, but there should be no public displays of affection.
- Security is tight on the Yard. Everyone over 15 must have a current photo ID to enter, and you must show your parent's pass to bring a vehicle through the gates. Parking and vehicle regulations seem to become more restrictive every year, and you are encouraged to refer to your information packet for the most recent security and parking policies. In past years, parents were permitted to drive their plebe onto the Academy grounds, but parking was not allowed. Nonetheless, many parents chose to park on the Yard. If you elect to park on the Yard, there likely will be spaces available, but they will be harder to find the later you arrive. Allow at least one hour before reporting time to find that spot! A safe alternative is always available to those who park at the football stadium and ride the shuttle to and from the Yard.
- Your plebe will receive their report time from the Academy. Report times usually range from 6 AM to 10 AM at 30-minute intervals. Be in line at your appointed time and then expect a wait. (This is the military after all, and the phrase "Hurry up and wait" applies.) There will be pamphlets for the parents regarding the day's activities and coffee at a tent outside Alumni Hall.
- Some parents have recommended having your mid stay at the Academy the night before induction, if they are ready to do it. This allows them to be processed first and gives them a little extra time to square things away.
- Although you may accompany your mid to the processing line, he or she may not want you to stay in line with them. There is quite a bit of apprehension and nervousness; and it may be best to let your plebe decide if he or she wants you in line or not. Tip...if your plebe is ready and doesn't want to stand in line any longer, they may walk to the front of the line at any time.
- During the day there are orientations, band concerts, tours, and demonstrations arranged for the parents. Don't miss the Superintendent's Welcome Address at 2:30 in Alumni Hall. Be sure pick up a copy of the Parent's Almanac. It is distributed by the Academy from a tent outside the entrance of Alumni Hall during the morning, and became our Bible for necessary info. While you are there also get your mid's Alpha number, which the Academy uses for mailing addresses and identification.
- Attention shoppers: if you are planning a trip to the Mid Store, go early. Each year is different, but the store has been known to open as early as 7:00 AM. The lines become long and the good stuff, like Class of 2015 T-shirts and bags go quickly. (Hopefully you were able to get to the Mid Store the day before I-Day.)
- You must have a Mid Store ID card before you can purchase items. The cards are issued from an office in the rear of the Mid Store. Lines are usually long to obtain your card, but it's definitely worth the wait.
- If you see your plebe during the day, do not cause him or her any embarrassment. Do not try to talk to them; don't wave; don't yell out. They have enough on their mind.

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However, it is fine to take photos or videos throughout the entire day. There are closed circuit TV monitors in Dahlgren Hall where you can watch with other parents to try and get a glimpse of your mid getting their hair cut or issued uniforms etc.

- One of the best locations to spot your mid is behind Alumni Hall at the loading dock, near the bus that takes the plebes 30 at a time to Bancroft Hall. This will occur several hours after he or she enters Alumni Hall. Another good viewing opportunity is at the Bancroft loading dock near the south end of McDonough Hall.
- If your mid is a recruited athlete in a sport like golf, lacrosse, etc., make arrangements with the coach or athletic office to drop off any equipment before he or she goes through induction processing.
- Weather permitting, the Induction Ceremony is held on Tecumseh Court at 6:00 PM. If the weather is poor, the ceremonies will be arranged indoors. It is a good idea to arrive early for good seats (4:30 or 5:00). The Induction Ceremony is impressive and moving. Have lots of film and videotape. You may even see a “fly over”, so be prepared. When they announce it, have your cameras pointed to the sky over Bancroft Hall, or you’ll never have time to catch it on film.
- Immediately after the conclusion of the ceremonies, your plebe will be able to spend approximately 30 minutes with you before reporting to his or her company area in Bancroft Hall. On the lawn behind Tecumseh Court will be 26 poles, each holding a letter of the alphabet. You should wait for your plebe by the pole corresponding to the first letter of your last name. Don’t delay your mid when he or she wants to return to their Company. It is crucial they return on time.
- Have something for your plebe to eat and plenty to drink. A complete meal is not necessary, as they usually go to dinner right after leaving you. You can get something at Dahlgren Hall, snacks at the Mid Store or you can purchase sandwiches and drinks in town. Your mid will be in a white uniform, so it’s a good idea to bring plenty of napkins, a poncho or something to sit on, and a Tide pen. Your plebe will be excited, tired, disoriented, frightened, hungry, and/or thirsty. These few minutes pass quickly and can be very emotional. Your plebe needs your support, your strength, and your love. Be positive. Also have your camera ready since it is a time you will not want to forget. Any one around you will take a family photo for you. – Just ask.
- Some parents are not able to attend I-day. If you see a plebe standing there by themselves, consider adopting them for the brief 20 minutes and share your family with them.
- By 7:00 PM you should be on your way to your hotel, heading the airport, or on your way home. Exhausted. With lots to remember and discuss.
- **Be proud...The journey is just beginning for you and your plebe.**

Plebe Summer

- There are two objectives to Plebe Summer:
 1. Train the upperclassmen in the principles and techniques of leadership.
 2. Indoctrinate the plebes in the physical, mental, and professional knowledge standards required to be a United States Naval or Marine officer.
- The training program is carefully developed and is administered by officers assigned to the Office of the Commandant and select members of the First and Second Classes of Midshipmen (Seniors and Juniors). They are referred to as Cadres.
- Plebe Summer trains the plebes in the “Navy Way” prior to the start of the academic year in August. Countless hours of physical training and military drill include in firing rifles and pistols, basic sailing, and classes in Naval history and tradition.
- A key part of the curriculum is the introduction and instruction of the Brigade Honor Concept. The Concept is a way of life and will serve as a guide to your plebe throughout his or her Naval career.
- The intensity and quality of the training during Plebe Summer imparts a tremendous strength of character to all of the plebes. This is a time of dramatic and meaningful changes in your midshipman.
- It is a tough summer, not only on the plebes, but on the parents as well. Time will be at a premium. Your plebe will find it difficult to find a few moments for a letter home since their days are scheduled from early morning (5:30 AM or earlier) through 10 PM and mandatory “Lights Out” at 11 PM.
- It is very important that you write often. How often? Daily is good. News from home is wonderful. The more mail, the better.
- Give your plebe’s address to all of your family members and your plebe’s friends. Have them all write. Send photos. We cannot over-emphasize the importance of lots of mail. Again, this is a shared experience; you and your plebe will get through the summer together.
- Keep your letters positive and uplifting. Details about home life that to you seem routine, will seem like the world’s greatest novel to your plebe. If your plebe likes reading the daily comic strips, send these (whether or not your plebe will have time to read them at the Academy is questionable, but it will feel like home). Your plebe is doing his or her best. Don’t make them feel guilty by pressuring them to write more often, they literally have no extra time.
- Plebe mailing addresses are mailed before I-Day, but if you don’t receive this information you can check at the information tent in front of Alumni Hall at I-Day for your plebe’s complete address and post office box number. It is a good idea to write a letter during some free time at I-Day and mail it in Annapolis so your plebe starts off with some fast mail.
- In your letters, keep you’re mid’s mind on the short time left to go until Plebe Parents Weekend and/or their next call home. Remember that when you next see your plebe during Parents’ Weekend, you will have a hard time recognizing that proud, upstanding young midshipman with the gold-braided hat.

How to Address Mail

The following is an excerpt from www.usna-net.org:

Mail should be addressed as follows:
 Midn 4/c **First, Last**
 Class of 201_
 ?? Company, ?? Platoon
 PO Box **XXXXY**
 Annapolis MD 21412-**YYYY**

For "??" insert your mid's assigned Company & Platoon number. (i.e. **B** Company - Platoon **3**)
 For **XXXXY** insert your mid's assigned P.O. Box Number
 Note: The last four digits of the P.O. Box (**YYYY**) are the last four digits of the ZIP Code.

Plebe Summer Companies and Platoons

- Each midshipman will be assigned to a Company and a Platoon within that Company for the summer. Platoons are further divided into Squads of approximately 10 mids.
- There are a total of 15 companies (A through P). There will be a total of 30 platoons (two to each company). Alpha Company = 1st & 2nd Platoons, Bravo Company = 3rd & 4th Platoons, etc. (See the Chart Below)
- When the Brigade reforms following Plebe Summer your mid will be assigned to the Academic Year Company whose number coincides with his/her Platoon Number during the summer.
- Brigade companies are NUMBERED rather than lettered. So if your plebe is in E (Echo) Company, 10th Platoon during Plebe Summer, your mid will end up in 10th Company for the academic year.
- There is a company called Tango Company. Should your plebe make a decision to part ways from the Academy, he or she will be placed in Tango Company to allow him or her to consider their decision fully, their commitments and goals that got them to Academy in the first place, and allow them make their decision while not under the regiments of the plebe training schedule. This is not to be taking light heartedly and your plebe will be counseled and allowed counseling as requested.

SUMMER COMPANY	SUMMER PLATOON	AC YEAR COMPANY
A – Alpha	1	1
	2	2
B – Bravo	3	3
	4	4
C - Charlie	5	5
	6	6
D – Delta	7	7

SUMMER COMPANY	SUMMER PLATOON	AC YEAR COMPANY
I - India	17	17
	18	18
There is no J (Juliet) Company		
K - Kilo	19	19
	20	20
L - Lima	21	21
	22	22

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E – Echo	9	9
	10	10
F - Foxtrot	11	11
	12	12
G – Golf	13	13
	14	14
H – Hotel	15	15
	16	16

M - Mike	23	23
	24	24
N - November	25	25
	26	26
O - Oscar	27	27
	28	28
P - Papa	29	29
	30	30

Phone Calls During Plebe Summer

- You cannot call your plebe during the summer. They must call you. Do not attempt to call your plebe during the summer unless it is a real emergency. In an emergency, call Main Office - Bancroft Hall: 410-293-5001/2/3. Ask to speak to his or her company officer or leave a message for your mid to call you.
- Your plebe will be allowed to call home 3 times during the summer at 2-week intervals. The 5 - 15 minute calls pass at lightning speed. Make certain when you drop off your plebe on I-Day that your plebe has their cell phone and charger, a calling card, or the ability to call home collect. During the past few years, the plebes were allowed to use their cell phones for the precious scheduled calls home. It is assumed that the same will be true for this Plebe Summer. Additional phone cards are wonderful ideas for care packages.
- After the start of Plebe Summer, the Academy will send a letter introducing your plebe's Company Commander and provide a call schedule for their company for their 3 precious calls home. The times are an estimate, and may not work out perfectly, but it gives a time to be home and available. There were updates of the schedule posted on the web site, too. The calls they are able to make are LIMITED, usually to 3 to 4 minutes, with their cadre overseeing the call.
- During the call, do not be surprised to hear your mid complain about lack of sleep, being yelled at by upperclassmen, constant running and drilling, and not feeling well (the "plebe hack" or hoarseness from yelling is notorious during plebe summer.) Also, do not be surprised if you don't hear any of the complaints and they just tell you they are incredible busy, tired but "It's all good."
- Plebe Summer is not easy and many a mid has called home questioning the decision to attend the Academy. But, the staff knows what they are doing. If you need to talk to anyone about what your mid writes in their letters or says in their phone calls, please call one of the Parent Club officers listed on the cover page. We all have been through it.

Cash for Plebe Summer

Your mid will need to have some, but not a lot of, pocket money during Plebe Summer. There usually are one or two excursions from the Academy during the summer (one is to an Orioles or Nationals baseball game), and perhaps they may make an escorted trip to the Mid Store. \$100 is plenty.

Care Packages During Plebe Summer

Your mid is permitted to receive packages of “Goodies” from home as often as you care to send them. It is best to keep them on the small side and send them more often. Don’t be surprised if your mid asks you in a phone call not to send anything else for a while as their storage space is limited. Then again, they may tell you to send more!

We suggest using the USPS priority mail flat rate boxes for mailing items. You can stuff anything that can be mailed in the box for one flat rate.

We suggest the following items for almost any mid:

For Plebe Summer.... No JUNK food!

- Power bars, granola bars, dried fruit
- Water-packed tuna (pop-tops or foil packages only)
- Small cans of fruit or applesauce (pop-top only)
- Gatorade or lemonade powder.
- Cup-o-soup, beef jerky
- Moleskin for blisters
- Their favorite soap, shower gel or shampoo
- A small AMERICAN FLAG (4” x 6” with a small display stand) – See Mutiny below.
- Shout wipes and Tide pens
- Febreze
- Nothing chocolate in the warm weather

Re-package all items to make them as small as possible and make sure they are individually wrapped to allow quick and fuss-free, “grab-and-go” consumption. The first care package should be packed in a re-sealable plastic container (shoebox size is best). This will help in keeping all of their treats fresh throughout the year. All food must be kept in a hard plastic container.

The first package can be mailed via US Mail to your mid from Annapolis before you leave. US Mail is HIGHLY recommended as UPS and Fed-Ex packages require that an upperclassman accompany your mid to the pick-up area to retrieve the care packages. This is a real hassle and unnecessarily brings your mid’s care package to the attention of an upper-class cadre. Not good.

The hot, humid summer is hard on things that must stay dry and crispy such as popped popcorn and crackers. Also, avoid anything that needs refrigeration or microwaving.

Prevention Of Mutiny

Mutiny is one of the least known mid traditions at the Yard. A mutiny will be declared if an Upper class mid discovers there are more plebes gathered in a room than may legally reside in that room (i.e., there are more plebes in a room than there are racks). Upon an upper class mid making the Declaration Of Mutiny, punishment for said mutiny is then handed out. The punishment may be just about anything that the upper-class mid deems appropriate and may even include a trip to the shower, fully dressed, timed to occur approximately two minutes before any formation.

If, however, an **AMERICAN FLAG** is present and prominently on display in the room where the plebes are congregated, then a mutiny cannot be declared. Therefore, it is strongly recommended that your mid receive a small AMERICAN FLAG (4" x 6" with a small display stand) in one of your firsts care packages to be displayed in his or her room, so there can be no question that the plebes in that room are not gathering to conspire in mutiny.

Midshipman Parent Pass, Gate Hours and Parking

Parents are usually allowed to bring a vehicle on the Yard with a Parent Pass, which is issued by the Academy. Pass registration materials should be included in your mid's admission packet. All occupants of the vehicle who are 16 and older must show current photo ID's. The general rule is that Parent Passes may be used for rental or personal vehicles, and that these vehicles may be driven onto and, if there are no major events, parked on the Yard. However, the Academy tightens parking restrictions for high-access periods, such as Plebe Recognition Week. It is conceivable, if not likely, that parking restrictions will apply for I-Day and Plebe Parents' Weekend.

Normal Gate Hours (from USNA Access FAQs <http://www.usna.edu/SecuInfoPers/FAQS.htm>):

Gate 1 vehicles:	Sunday – Thursday 0600 – 2200
	Friday – Saturday 0600 – 0100
Gate 1 pedestrians:	Sunday – Thursday 0600 – 2400
	Friday – Saturday 0600 – 0200
Gate 3 vehicles:	Monday – Friday Inbound 0600 – 0900
	Monday – Friday Outbound 1500 – 1800
Gate 3 pedestrians:	Sunday – Thursday 0600 – 1900
	Friday – Saturday 0600 – 2200
Gate 8:	Open 24 hours daily

Naval Academy Phone Numbers

Information	410-293-1000
Main Office (Bancroft Hall)	410-293-5001 /02 /03
Main Switchboard	410-293-1000
Academic Dean's Office	410-293-1583
Action Information Line	410-293-3109
Alumni Association	410-263-4000
Alumni Association Parent Organization	410-295-4019
Athletic Association	410-293-2700
Candidate Guidance Office	410-293-4361
Chaplain Center	410-293-1100
Commandant of Midshipmen	410-293-7005
Counseling Center	410-293-4897
Duty Officer	410-293-1000
Mid Store	410-263-2908
Naval Academy Museum	410 293-2108
Music Activities	410-293-7135
Naval Academy Band	410-293-1257
Naval Academy Foundation	410-295-4100
Naval Acad Foundation Parents Fund	410-295-4160
Officer's Club	410-263-2661
Plebe Sponsor Program	410-293-7128
Public Affairs	410-293-2291
Sports News	410-268-6226
Tickets -- Athletic Association	1-800-US-4-NAVY
Tickets – Non Athletic Events	410-293-TIXS
Visitor Center	410-293-TOUR
Visitor Center Gift Shop	800-778-4260

Note: These numbers may have changed. To our knowledge, they are correct as of this printing.

Plebe Parents' Weekend August 11 - 14, 2011

- Early registration is available Thursday from 1 PM to 6 PM in Dahlgren Hall.
- Friday registration hours are 7 AM until 2 PM.
- Registration continues Saturday morning at 7:30 AM.
- First meeting with the midshipmen will be Friday after noon formation. Liberty begins at 12:10 PM and ends at 10 PM.
- Saturday Liberty begins after final formation and ends Saturday at 10 PM.
- Religious service schedule will be available at registration.
- Parent's Weekend ends at Sunday at 6 PM.

NOTE: Plebes are required to be in uniform at all times.

The Academy will mail you a very detailed packet of information about all of the weekend's activities, which begin on Friday and extend to 6:00 PM Sunday. Things are made a lot less hectic if you check into your hotel on Thursday evening.

Registration

Registration will take place in Dahlgren Hall. All families need to register. Make sure you recheck for schedule and time changes, and especially the time your mid has to report back.

Friday Morning PEP

Although Parents Weekend officially kicks off at noon on Friday, parents and guests are usually invited to watch the final Plebe Summer PEP (Physical Education Program) at 5:30 AM. It is a thrill to hear and see the plebes run onto the field. If you can make it at that early hour, seeing them run through an hour of calisthenics is quite a sight. It can give you some appreciation of what they have been through.

- They will exercise by company, in a single row behind a sign of their company number and you can sit in front of their company number. At times, they will run a loop so you can see everyone in their company, and you can easily catch a glimpse of your plebe and an occasional "thrilled to see you" smile. Don't forget the cameras and binoculars.

Finally Meeting Your Mid

- You will first be able to see your mid after noon formation on Friday. Have the camera ready; the difference between your mid now and the "I-Day plebe" that you last saw might be staggering.
- As with the I-Day activities, family and friends are invited. If your mid's boy or girlfriend does come, there should be no public display of affection.
- Your mid may have some duties to perform during part of the weekend and so your activities will have to be planned around these.
- Mids will be free for Town Liberty on Friday after noon formation. They have to return to the Academy for taps on Friday night. Make sure you allow extra time for the return trip. If you do not give yourself enough time you will find traffic will be horrible at all gates and many mids are forced to leap from cars and run back in order to be back on time.

Plebe Parent Handbook

- Plebes may or may not have an overnight for Saturday evening. Whether the plebes will be granted an overnight for the Saturday of Parents Weekend is unknown at the time of this printing.
- It is difficult to make generalities about what your mid will want to do during the weekend. Many look forward to crawling into a nice hotel bed and sleeping undisturbed for several hours, long showers, TV watching, and talking on the phone to their friends. Others don't want to waste a minute and will explore all of Annapolis with you. Some will want to do laundry at your hotel. Some can't wait to leave the Academy grounds and maybe catch a movie, while there are those who want to give their parents a detailed tour of the Academy. The most sought after menu items are fast food (Yes, there is a Chipotle in Annapolis). It is not uncommon for them to be unable to relax for a while, not being able to recall what free time is. This may be a good time to shop for "room things" such as a printer, fan, iron and dorm-style ironing board, or maybe a desk chair. Give them plenty of time to unwind and just share their experiences with you.

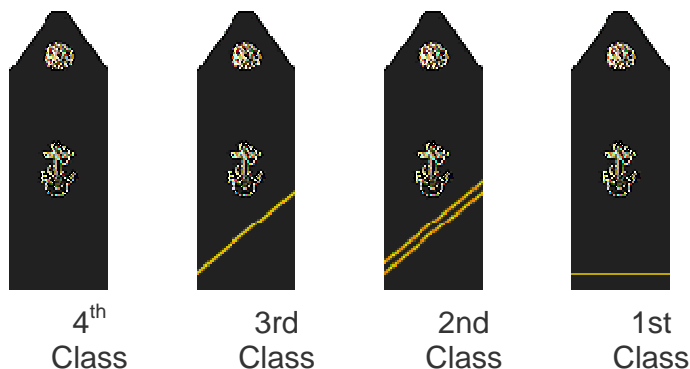
Formal Dress Parade on Worden Field Saturday morning – time will be in your Parents Weekend schedule, which you will get at registration.

- Your mid will be allowed to take you for a tour of their room in Bancroft Hall after noon formation on Saturday. This is likely the only time, ever, that you will be allowed to visit a room in Bancroft. Take advantage of this opportunity.
- Tickets may be available for a meal in King Hall, but your mid may have to order them in advance. You will be able to eat in the dining facility where all 4,000 mids are served meals during the academic year. Don't be surprised if this activity is voted down by your mid. Since they have had just about every meal in King Hall for the past six weeks, this may be the last place they would like to dine. Others will love to show the dining hall off to their parents and siblings. Let them decide on this one.
- Try and meet your plebe's sponsor family if sponsor families are assigned by Plebe Parents' Weekend. (refer to the Plebe Sponsor Program section below.)
- Do be mindful that your mid is going through a very unique experience that is stressful and intense. Prior to Parents' Weekend they have had a major inspection; shortly afterward they face the prospect of the entire Brigade returning. This young man or woman with you will be quite different from the child who left home just 6 weeks ago.
- Just be supportive, listen to them, and take the guide from them as to how the weekend should progress. You should all be very proud.
- Religious services at the Academy chapel will be held during Parents Weekend. A schedule will be available at Registration. Information regarding additional area churches and houses of worship can be found further on in this Handbook.
- Leaving your mid at Bancroft on Sunday evening will be an emotional time for both you and your mid, but try to keep this in perspective. Remain upbeat and positive! Your mid needs to know that you love them and are proud of them!
- Their pride – and yours – at having conquered Plebe Summer will be a wonderful thing to share.

Plebe Sponsor Program

- During Plebe Summer, under what is dubbed the Plebe Sponsor Program, every new midshipman who desires is linked with a family inside a 22-mile radius of the Academy.
- When a family knows an incoming midshipman, the link can be easily prearranged.
- Sponsor families serve as home away from home —not only for plebes but also for midshipmen during their entire Academy years. Sponsors frequently become key connections with the world beyond the Yard, as well as friends for life. Your plebe will appreciate having an opportunity to leave the Yard occasionally and stay somewhere that a radio, television, phone and food are readily available.
- Sponsors are wonderful, generous people and become treasured friends! A sponsor family can provide relief and help not only for your mid, but also for plebe parents. Many a sponsor mom has taken special gifts in to a sick plebe when we wish it were within our capability to do so.
- It is appropriate to remember your mids sponsor with a small gift and occasional notes of appreciation.
- Sometimes a plebe doesn't connect emotionally with his/her sponsor and requests another sponsor. Your plebe might adopt the sponsor of a friend or roommate. However your plebe gets a sponsor, it is a relationship that is often treasured by the mid and the sponsor and may last well beyond graduation.

Midshipmen Rank and Insignia



All midshipmen wear Insignia designating their class (or their rank within the First Class). Shoulder boards are worn on certain uniforms. On others, just the Insignia are worn on the sleeve.



Officer ranks are designated by the shoulder boards shown to the left. Rank increases from left to right.

The Rank and Insignia picture is from www.usna-net.org.

Academic Year Information

Daily Schedule

- 5:30 Arise for personal fitness workout (optional)
- 6:30 Reveille
- 6:30 to 7:00 Special instruction period for plebes
- 7:00 Morning meal formation
- 7:10 Breakfast
- 7:55 to 8:45 - 1st Period
- 8:55 to 9:45 - 2nd Period
- 9:55 to 10:45 - 3rd Period
- 10:55 to 11:45 - 4th Period
- 12:05 - Noon meal formation
- 12:15 - Noon meal for all midshipmen
- 12:40 to 1:20 Company training time
- 1:30 to 2:20 - 5th Period
- 2:30 to 3:20 - 6th Period
- 3:30 to 4:20 - 7th Period
- 4:30 to 6:00 - Varsity and intramural athletics, extracurricular and personal activities; drill and parades twice weekly in the fall and spring
- 5:00 to 7:00 Supper
- 7:30 to 11:00 Study period for all midshipmen
- 11:00 - Lights out for plebes
- Midnight - Taps for upper-class

Computers

- All plebes are issued IBM compatible computers at the start of the academic year.
- Printers in the library may be used.
- Often one of the mids in a dorm room will purchase a printer that can be shared, but usually each mid will buy his own.
- Name brand printers are well priced (some even on sale) at the Mid Store. Your plebe can purchase there and no tax is charged. Also, the Mid Store can resolve any printer problems easily as opposed to sending a printer home. Make sure your mid keeps the receipt. They will not need their printer on the first day of classes, but shortly thereafter. Remember, plebes' can only get off the yard on Saturday Liberty, which is not always guaranteed, so when your printer is out of ink, the mid-store would most likely carry the ink for a printer purchased there.

Communication with Your Mid During the Academic Year

Telephone and Texting

- All of the mids' rooms are equipped with telephone lines but not phones. One roommate will need to provide a phone, unless your mid wants to go completely wireless.
- For several years, plebes have been allowed cell phone use after the start of the academic year. It is assumed they will be allowed the same privilege this year. You will be receiving specific information regarding the use of phones by plebes their first year.
- Cell phone reception is not always the best in Bancroft Hall. Sometimes it's easier to call them back on their room phone to carry on an uninterrupted conversation.
- It may be difficult to talk to your mid on a regular basis as their free time is so limited. Eventually, you may want to establish a mutually convenient time for regular calls. But sometimes their schedule won't allow for this and it is frustrating for the parents to wait for a call that doesn't come.
- Be flexible and know they are doing their best. Some of the calls are short and sweet with very little information about their daily life. Other times, they are calling to vent. Whichever is the case, be supportive. Some mids use wireless texting features extensively, particularly with their peers, as texting seems better suited to the Academy's on-again, off-again schedule.
- You may want to learn to text. You can send your message and your plebe can answer when he or she has time.

Regular Mail

- Send lots of mail throughout the year. (Shoebox or other humorous greeting cards are often appreciated).
- Carry stamped, addressed post cards around to give to his/her friends.
- Regular academic year address format is:
Midn. J.S. Doe,
P.O. Box #####
USNA
Annapolis, Md. 21412- ##### (##### = Mid's PO Box #)

Email

- Email access is only available after Plebe Summer. It may be the best way of staying in touch with your mid on a regular basis.
- The mids' "Academy" email address will be M14xxxx@usna.edu. (the m14xxxx's will be your mid's alpha number. (i.e. if the mid's alpha number is 141234 then their address is M141234@usna.edu).
- It is not unusual for mids to send very short, almost cryptic messages when they do send email. You need to send news of home and the normal world to your mid. Just don't expect multiple page letters in return. There just isn't time.
- Your mid may want to retain an additional email address other than their USNA address for friends and family. Gmail or Yahoo email accounts can be set up prior to departure and used while at the Academy.

Care Packages During Academic Year

- Midshipmen really look forward to receiving care packages throughout the year. Send these often in smallish boxes as mids don't have much storage space. Mids do get tired of sugar, so go easy on the sweets. No one has much time to go to the Mid Store, so consider including toiletries.
- If possible, send packages via Priority Mail. The USPS has "one rate" boxes that are very handy. Fed Ex and UPS packages must be picked up in a location other than where they get their regular mail. Mids must go and pick up packages sent any other way and most don't have the time to do this.
- It's best to ask your mid what they would like. They have very little room for storage.
- In addition to what was listed on care packages for Plebe summer, the following are suggestions for the Academic Year
 - Crackers and peanut butter
 - Favorite snack / junk foods
 - Hot chocolate
 - Canned puddings or fruits
 - Replacement toiletries
 - Replacement socks, underwear and t shirts
 - Gift cards for restaurant, drug store and store chains available at Annapolis Mall or downtown Annapolis – CVS, California Pizza Kitchen, Red Robin, Starbucks, etc.
 - Money
- Remember to send lots of small packages, especially after Christmas when morale runs to new low points during the Dark Ages.
- Do not send anything big, cute or embarrassing. A mid does not want to stand out in the crowd.

Local Care Package Deliveries

Several Annapolis businesses will provide goodie packages and deliver them to the Academy for you. This is a great service when your mid needs a quick "pick-me-up". You can phone your orders in and charge them. The order will be delivered to the Express Office on the first floor in Bancroft Hall, and your mid will be notified that a package is there awaiting his pickup.

Please refer to <http://www.usna-parents.org/resources/carepackages.htm> for a complete listing. Below is a sample of what is available:

- **Graul's Market**
A family-owned grocery/bakery that delivers free for orders over \$39.99. They offer special "Midshipmen" packages, or you or your mid can phone in a shopping list and charge it to a credit card. 1-888-289-1477 (local 410-974-0737)
<http://www.graulsmarket.com/Home/Naval+Academy/default.aspx>
- **Souvenir, Ltd.** (also operating as The Store in Sherwood Forest) 132 Sherwood Forest Road, Sherwood Forest MD 21405. 410.849.2760
Birthday cakes/cookies/pies made and delivered by a USNA parent/sponsor family business.
- **Chick and Ruth's Deli**
Fabulous Sandwiches, Old Fashioned Milk Shakes, Ice Cream, and Bakery.
Delivery depends on whether they have someone to deliver.
Phone: 410-269-6737 Fax: (410) 269-6738 www.chickandruths.com
- **The Cookie Factory**
Calvary United Methodist Church
(410) 268-1776, Fax: (410) 268-5283 Attn. Beverly Henry. 301 Rowe Blvd, Annapolis 21401
Homemade cookies baked & delivered to the Yard. This is a project of their Youth Ministry. Profits fund mission projects. (Deliveries made early each month except January).
- **The Yum Yum Club**
Cakes, cookies and care packages from a sponsor family business. Call at 1-800-805-2339 or order on line. <http://yumyumclub.com/>
- **Sandi's Flower Shop**
260 King George St., (410) 268-0188 or toll free at: (888) 474-FLWR
Care packages/flowers from USNA parent/sponsor family business. Located adjacent to Gate 3. <http://www.sandisflowershop.com/>

Note: If your mid's birthday occurs during plebe summer, you might want to get his/her permission before sending a big cake or otherwise drawing attention to the date.

- Unless you've discussed this with them, you'd probably be wiser to send a more private recognition of the event because in some companies the birthday plebe could be in for a special day that they would rather pass on.
- During plebe summer, many plebes want to blend in and not stand out for any reason...they call it being "stealth plebe". Extra attention is usually not desirable during plebe summer because it can mean extra work. This is not the time to shine and stand out from the crowd (there's time for that later).

Extracurricular Activities

Even with a midshipman's demanding academic and athletic schedule, you will have time for extracurricular activities (ECAs). We have more than 90 that give midshipmen a chance to share recreational, professional and athletic interests. Midshipmen run most of the ECAs.

Musical/Theatrical

Catholic Choir
Drum & Bugle Corps
Glee Club (Men)
Glee Club (Women)
Glee Club Musical
Gospel Choir
Masqueraders
Pipes & Drums
Protestant Choir
Trident Brass

Professional

Color Guard
Dolphin Club
Goldenhawk Naval Aviation
Society
USNA Foreign Affairs
Conference
Sailing Squadron
Semper Fidelis Society
Silent Drill
Surface Navy Association
Yard Patrol Squadron

Spirit

Cheerleading
Team Bill
Team Philo
Team Cannoneers

Community Service

Campus Girl Scouts
Joy Bright Hancock Group
Midshipman Action Group
National Eagle Scout Asso.

Athletics/Club Sports

Boxing Club
Cycling Club
Ice Hockey Club
Karate Club
Marathon Club
Pistol Club
Powerlifting Club
Rugby Club (Men)
Rugby (Women)
Softball (Women)
Triathlon Club
Volleyball Team (Men)

Publications

Labyrinth
The LOG Magazine
Lucky Bag

Religious

Baptist Student Union
Campus Crusade for Christ
Catholic Midshipmen Club
Fellowship of Christian
Athletes
Jewish Midshipmen Club
Latter Day Saints Student
Association
Navigators
Officers' Christian Fellowship
Protestant Midshipmen Club

Heritage

Midshipmen Black Studies
Club
Chinese American Club
Filipino-American Club
French Club
German Club
Japanese-American Club
Korean Midshipmen Club
Latin American Studies Club
Society of Hispanic
Professional Engineers -
USNA Chapter

Competitive ECAs

Debate
Fencing Club

Academic

American Institute of
Aeronautics & Astronautics
American Nuclear Society
American Society of
Mechanical Engineers
American Society of Naval
Engineers
Astronomy Club
Chemistry Club

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Martial Arts Club	Golden Key National Honor Society
Model United Nations	Institute of Electrical and Electronic Engineers
Paintball	Marine Technology
Shooting Club	Math Club
Recreational	National Society of Black Engineers
Art Club	National Society of Collegiate Scholars
Association of Computing Machinery	Omicron Delta Epsilon
Chess Club	Oceanography Club
Churchill Society	Phi Alpha Theta
WRNV (Radio Station)	Phi Kappa Phi
	Physics
	Pi Sigma Alpha
	Pi Tau Sigma
	Sigma Tau Delta
	Society of American Military Engineers
	Society of Automotive Engineers
	Society of Naval Architects & Marine Engineering
	Society of Women Engineers
	Socratic Society
	Tau Beta Pi
	Upsilon Pi Epsilon

Class Rings - Ring Dance

During the plebe year, a Class Ring/Crest Committee is formed. Each class designs its own crest, following a tradition that began sometime in the mid to late 1800's. These crests can be observed on display at Preble Hall Museum. The companies selected to produce the rings also make charms, necklaces, pins and tie bars with the class crest, ready in time for Mother's Day.

At the end of the mids' 3/C year, orders are taken for their individual rings. Each ring has the class crest on one side and the academy seal on the other. Mids personalize their rings by ordering any stone they like (or can afford), everything from gold plugs to diamonds. Many parents or grandparents pass on heirloom jewelry that stones may be removed from and placed in the class ring.

The rings are delivered for a week long fitting period, just before Spring Break during the 2/C year. After this fitting period, the 2/C's are not permitted to wear their rings until the Ring Dance. If a firstie catches a 2/C wearing it early, the 2/C owes him or her a beer.

The Ring Dance is the most impressive and symbolic dance at the Academy. After a special dinner in King Hall with the Admiral, the 2/C and date walk over to the dance. A female date wears her midshipmen's' ring tied around her neck on a blue and gold ribbon. A male date may wear his midshipmen's' ring on a ribbon pinned to his lapel, on his pinkie finger, or simply in his pocket. The "date" dips the ring in a binnacle filled with water that has been flown in from the Seven Seas especially for this occasion. When the couple passes through a giant replica of the class ring, the date places the ring on the mids finger, and gives the mid a congratulatory kiss. In addition to dancing, there are boat cruises on the Severn River or rides around the Yard on a horse drawn carriage. Later in the evening, there is a beautiful fireworks display over the river.

As a mid, the ring is worn with the seal inside, but after graduation, the ring is turned with the crest inside and the seal outside, so everyone can read "United States Naval Academy". They have justifiably become very proud "ring knockers".

Liberty and Leave Definitions

- Yard Liberty: Fourth-class midshipmen are authorized yard liberty from 5:30 AM until 7:30 PM daily. They are also authorized yard liberty whenever town liberty is authorized. During yard liberty, a fourth class midshipman must remain within the Naval Academy grounds bounded by the security wall and fences, Severn River and Spa Creek. Fourth class are not authorized to visit sponsors during yard liberty.
- Town Liberty: Fourth-class midshipmen are normally authorized town liberty after their last military obligation on Saturday, but in no case earlier than 10:15 AM, until 10:00 PM. They must remain within 22 miles of the Naval Academy.
- Weekend Liberty -- which does not require a mid to report back to the Yard on Saturday nights -- is almost exclusively reserved for upperclassmen.
- National Holidays -- Additional Town Liberty is usually granted on Sundays prior to a Nationally recognized holiday.

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- Leave is the Navy equivalent to a civilian vacation. Mids on Leave may travel outside the 22 Mile Limit. Each year there is Holiday Leave, Spring Break Leave, and Summer Block Leave.
- Fourth-class midshipmen must stay in uniforms while on Leave. While on Liberty, they may change out of uniforms once they arrive at their final destination.

Plebe Driving Restrictions

Plebes are not authorized to operate motor vehicles. They are authorized to ride in taxicabs/limos or in private automobiles when accompanied by parents, guardians, approved USNA sponsors, or staff officers and faculty members. Additionally, first class midshipmen may drive plebes directly to/from a sponsor's home. No intermediate stops are allowed.

Free Driver's License Renewals

To receive a card that will automatically keep their Illinois state driver's license current, call the Illinois State Driver's License Bureau at 217-782-2720. You should be request a Military Deferral Card to carry along with their license. It will keep their license valid until 45 days after their discharge from the service. You will need your mid's full name and date of birth or their current driver's license number. The only time they would have to go in to get a new license would be if they lost their original photo driver's license.

Automobile Insurance

There have been some queries about auto insurance or other types of insurance for midshipmen. You may want to check with the two companies, which advertise in "Shipmate" magazine after you check with your own company. Both have 800 numbers: USAA—800-531-8975 located in San Antonio, Texas or Armed Forces Insurance—800-255-6792 located in Fort Leavenworth, Kansas.

Finances

Cash and Credit Cards

Your mid will always appreciate some extra spending money and/or access to a credit or debit card for trips to the Mid Store and town liberties. You may wish to consider sending your mid off with a debit or credit card from your bank, helping them apply for their own credit card before I-Day, or setting up a checking account with debit card privileges before I-Day. During the academic year, their financial advisor officer may provide them with applications for pre-approved (no co-signer required) cards from USAA and other providers who recognize that midshipmen are trustworthy credit risks. These cards are screened for features such as no annual fee and low interest rates.

Checking Account

The Navy Federal Credit Union (NFCU) has a branch and ATM in Bancroft Hall, which makes it the only banking facility that mids can access when they aren't on liberty or leave. Many (most?) mids have an NFCU checking account with automatic direct pay deposits and cash station card features.

Income Tax Information

One of the most confusing situations that parents of midshipmen encounter is how to file their federal income taxes for their mids' first year at the Naval Academy. The following information will assist you in completing your tax return and offer you help on which records are best to keep for tax purposes.

The basic question is this: Can you claim your midshipman as a dependent? IRS Publication 17 (free from the IRS) discusses each of the five dependency rules: citizenship, relationship, filing status, gross income (See Note 1), and support. If the midshipman is your child, unmarried, a United States citizen, and a full-time student, he or she will meet every dependency requirement—except, possibly, for support. The ultimate question now becomes this:

DID YOU PROVIDE OVER ½ OF YOUR MIDSHIPMAN'S ANNUAL SUPPORT?

To answer that question, we must look at two areas: (1) How much support others provided? and (2) how much support did you provide?

Item 1. Support provided by others, including the midshipman's own support:
Midshipman's income before entering the Academy can \$
be determined by previous employment W-2. (Do not
forget prior service, NAPS, and
self-employment income if those apply.)

_____ **Line A)**

Midshipman' approximate government support while at the Academy— June 30 to December 31, 2007 (example)

Cash	\$3,350
Food allowance	\$730
Lodging	\$1,830
Medical care	\$390
Dental care	\$300
Income & support while at USNA	\$6,600
	(Line B)

Total support by others (Item 1)

\$

(Line A + Line B)

→ The Academy will update these figures in a special tax bulletin prior to tax time.

→ Your mid will receive a W-2 form.

Item 2. Support provided by you. (Enter your own actual costs, family size, and the midshipman's time actually living at home to calculate these items prorated. Remember to convert to annual cost based on the midshipman's actual months at home.)

Lodging, fair rental value of home for midshipman

Average food bill per month for midshipman \$

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Clothing Support	\$
Medical/Dental Support	\$
Tuition Support Prior to Enrollment at USNA	\$
Personal Recreation Funds Provided	\$
Personal Transportation Funds Provided	\$
Other Contributions to mid's Support	\$
Total Support Provided by You (Item 2)	\$

- If the total support provided by you (Item 2) exceeds the total support provided by others (Item 1), you may claim your midshipman as a dependent provided the other four dependency tests specified by the IRS are met. If you claim your midshipman as a dependent, he cannot claim himself as an exemption.

Note 1: Parents may legally use the \$2,000 entrance deposit in computing the total amount of their support (if they in fact paid the deposit), since the initial deposit is not returned and is entirely consumed in the midshipman's purchase of entrance uniforms and personal items during Plebe Summer.

You can use these same general calculations for your midshipman's other years at the Academy; but since midshipman pay and Academy support will be greater on future years, parents' support is unlikely to exceed "support by others" after their plebe year.

Please note that filing state income tax remains the responsibility of each individual midshipman. You can greatly assist your mid by mailing him or her state and local tax forms when applicable.

As a member of the military, they will be required to pay state taxes for their home of record (the state where they resided before entering the Naval Academy. The midshipmen financial advisor can provide the midshipmen with federal tax forms when they are needed. Be sure to contact your state tax agency to see whether your midshipman qualifies for exemption from state income tax as a military member and for any state variations on the interpretation of "dependency."

Regardless of their dependency status, your mid must also file their own individual income tax returns for both the Federal and State.

In Illinois, attending the Naval Academy is considered Active Duty. Active Duty Military Pay is TAX EXEMPT.

Medical Care

Mids receive comprehensive medical and dental care while at the Academy. Routine medical matters are handled at the Medical Clinic on the Yard, and specialty/hospital care is provided at Bethesda or other military hospitals in the area, or occasionally at civilian facilities. Mids are also members of the Tricare military health insurance program, which provides emergency coverage when they are away from the Academy. Be aware that the Tricare program has many cost-management protocols that emphasize or require care being obtained at military facilities, require pre-approval of treatment, require first payment from other health insurance, require notification after receiving emergency treatment, etc. Mids who receive treatment away from the Academy are usually required to report to the Medical Office upon their return to the Academy.

An Important Note about Health Insurance

While your son or daughter is a midshipman, the Navy will provide all medical care. However, if a medical condition develops or an injury occurs that causes him or her to be separated prior to graduation, it will be difficult to find outside insurance for what is then a “preexisting condition.” We strongly recommend you keep health insurance on your son or daughter until graduation and commissioning.

Suggestions To The Plebes

- The time has come to put away the things of a child and become an adult.
- Start getting into shape. Work up to as many sit-ups and leg lifts as you can. You should be running two miles a day, and try to run the mile in 6 minutes or less.
- Get a copy of Reef Points before I-Day and start to memorize plebe summer rates. Get familiar with Yard Gouge, Table Salt and Code of Conduct (this may be difficult to obtain). You could phone order them from the Mid Store 410-293-2393 or ask them how to order one.
- Learn to prioritize. Learn to memorize.
- Read *A Sense of Honor* by James Webb.
- Learn to pay attention to small details and everything else follows. For example, always look in the mirror quickly before you leave your room and glance back at your room when you are leaving.
- Learn how to make good hospital corners on your bed.
- Organize your time; Never allow 15 minutes to go by without doing something constructive and you will make it. If nothing else is pressing, clean your room.
- Be neat about everything, daily inspections do happen.
- Have a teamwork mentality. Learn to play the game and have fun; after all it is just a game.
- Do your best and make it a habit to put out that little extra effort. First impressions are lasting ones.
- Remember that most of the upper class won't ask of you anything they themselves were not asked to do as plebes.
- Stay out of the way of upper classmen as much as possible.
- Don't make excuses, never guess or lie. Don't be a wise guy. Don't question orders.
- Don't take criticism personally, it's a part of the system. Everyone gets yelled at. The upper classmen will get tired of yelling eventually.
- The chaplains are there to help and counsel. Mids often go and talk to them when problems arise. They provide a quiet sanctuary where a plebe can go, talk, eat snacks, and find comfort. It is the only "Hassle Free Zone".
- Don't be afraid of your squad leader—see him or her if you need help. Believe it or not, he or she is human and was once a plebe.
- If you excel in a sport, do your best to make the team. Team tables in the King Hall (dining hall) are a blessing during plebe year.
- If you are not a specialist at a sport, try a new one such as crew, lacrosse, rugby or fencing.
- Sports help to let off steam. Do your best even against firsties (seniors). Play to win. Play clean.
- Expect stiff competition in almost everything you do. Get used to being "average." Everyone here has an excellent record, too!
- Do your best. Try not to let your grades slip if you can help it. There are many benefits (free weekends, career selection) that are based on class ranking. If you can, excel.
- Expect to study most weekends. Get extra instruction ("EI") when you need it. You will find your instructors sincerely receptive to helping you. Establish good study habits. Find a place, probably outside of Bancroft Hall, where you can get the maximum accomplished. Don't cram for tests. Practice all your study skills and develop new ones.

Space out review for tests. Give yourself enough time. Outline difficult material and be as efficient as you can.

- Keep in touch with family and friends. A letter in your box can make your day. At any cost, have them keep sending food and understanding.
- Take the separation from your family and friends like an adult. They are very proud of you as they should be.
- Keep your parents informed. The schedule you have will be very tight, but find the time to call or write home. They need to hear from you as much as you need to hear from them.

Be positive — *Be the best midshipman you can be*

KEEP YOUR SENSE OF HUMOR

Plebe year will be over in only 28,339,200 seconds!

Suggestions To The Families of Plebes

- Give your plebe your most enthusiastic support. Let him or her know they have what it takes to make it.
- Write as often as you can. Mail is important, especially during plebe year. Don't expect him or her to write as often as you do. Midshipmen are busy people. Letters should be positive in tone.
- Send your mid's cell phone along with them and develop an attitude that large phone bills are fun. Let him or her do most of the talking. Don't dwell on what he or she is missing at home.
- Send care packages! (Just not chocolate during plebe summer. See details about this in this handbook.)
- Send stamped post cards, stamps and quarters for vending machines. (plebes are not allowed to use vending machines during Plebe Summer.)
- When academics begin, don't be alarmed if your mid's grades are not up to his or her high school level. The competition here is tough. Grades will probably improve as the year progresses. Lookout for "freshman slump" during the second semester.
- Encourage enrollment in the Plebe Sponsor Program.
- During Plebe Summer, plebes are given the opportunity to take validation tests to determine if they can skip certain first level courses and begin directly at an advanced level. We have heard pros and cons regarding the advisability of validating. The decision should be left completely to the mid. It is a good idea to validate physical education requirements, so start running and swimming!
- Need to know when a mid has to be back after leave? Have any travel questions? Call World Travel at 410-280-9755. (Note: Their phone lines are very busy so you might have to wait awhile.)
- Don't know where to stay or what restaurant to eat at while you are in Annapolis? Call Maryland Reservation Center (1-800-654-9303) They can also help with car rentals, theater tickets, etc.

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- You will be given the opportunity to purchase professionally produced videotapes of I-Day, Plebe Summer and Parent's Weekend.
- If you want to know more about life on the Yard, purchase a copy of Brief Points (An Almanac for Parents and Friends of U.S. Naval Academy Midshipmen) by Ross. This handy reference book describes the midshipmen's life in detail and provides many hard to find facts such as how the grading system at the Academy works.
- Another great book is *Civil Wars* by John Feinstein. This book is about the '95 Army-Navy football season. It really describes the intensity of the Army-Navy rivalry and gives you a unique perspective, to feel the emotions your sons and daughters will live with. Check your local library or borrow from our members. John Feinstein has also written *Patriot League* that captures a similar spirit of the basketball season.
- Plebe summer is a demanding, fast paced boot camp style orientation that begins four years of preparation of Midshipmen for commissioning as naval officers. Physical and mental demands upon the plebes' time seem never ending, but they have a purpose: the development of leadership ability, motivation, moral strength, physical skills and stamina. These are attributes of any outstanding officer in the Navy or Marine Corps.
- As the summer progresses, the new midshipmen rapidly assimilate basic skills in seamanship, navigation and signaling. Infantry drill, shooting of 9 mm pistols and M-16 rifles, sailing and handling Yard Patrol craft all contribute to making each midshipman a proudly versatile individual. A rigorous physical conditioning program, including calisthenics, running, pull-ups, sit-ups, swimming, wrestling and boxing takes up only a small part of the daily regimen. Team spirit and the desire to win are developed through competition in activities ranging from athletics to dress parades and seamanship drills.
- Plebes also receive instruction and indoctrination in the Brigade of Midshipman's Honor Concept. The character development program stresses that each individual has the moral courage and the desire to do the right thing because it is right, not from a fear of punishment. There will also be additional training for plebes in human relationships and concepts of equal opportunity.

A quote worth remembering during Plebe Summer:

"Success is going from failure to failure without loss of enthusiasm"

-Winston Churchill

10 Things to Bring to I-Day

For those of you wondering what to bring to I-Day, we offer the following:

1. Trust. Trust the Navy to provide for your son or daughter in material goods, spiritual advice and counsel, nutrition, medical care, and education. Trust in your son or daughter to have the strength to endure and thrive during this "crucible" experience of Plebe Summer. Trust in yourself and the upbringing you've given your child to get them (and you) through the doubts and dark days, and to help them soar through the heights. During Plebe Summer, your son or daughter will be learning how to trust anew -- to trust themselves, their detailers, the Navy, and their shipmates with their very lives.
2. Sense of Humor. Your son or daughter needs to know how to laugh in the face of despair and trials. This will carry them through when others around them are breaking down. Finding the humor (cynical or otherwise) in a situation is a wonderful defense mechanism, and will help them "preserve their sanity" when being yelled at, disciplined, and worked harder than they can believe.

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3. Work Ethic. The Navy and USNA don't tolerate slackers. They have a tremendous respect for those who try hard and work hard to achieve. The mid who works hard and still doesn't achieve the highest grades is respected at least as much (if not more) than the rare ones who "breeze through." There are a lot of wonderful traditions about "the anchor" (the midshipman who graduates last in his/her class rank) that bear thinking about. Unlike civilian schools, those who survive (even at the bottom of their class) will go on to thrive and have successful careers.

4. Adaptability. No matter what your son or daughter THINKS the Plebe Summer experience will be like, it won't be. The plebe who comes in thinking they "know the ropes" will have the hardest time, because the point of Plebe Summer is to place you off balance -- to take you totally out of your comfort zone and let you figure out how you, personally, adapt to rapid change and intense challenge. Adaptability to new ways of thinking, acting, eating, exercising, sleeping, speaking, dressing, etc., will get the plebe through the experience and help them learn the skills they need to be an excellent Naval officer. As a parent of a midshipman, you will need to develop adaptability, as well -- being where you can receive those phone calls when the Navy decides they can call, emergency trips to the post office to mail that critical care package, communication schedules that are not in your control, and an emotional roller-coaster that will continue all 4 years at USNA.

5. Courage. It takes immense courage to go through experiences designed to break you down and force you to face your limitations as a person. Coming out of the experience, plebes will know themselves like few others before them. They will know their fears, their breaking points and their weaknesses. They will also know where they excel, what surprising things they found exhilarating, and their inner strengths. Parents, you will need your own special courage when you get those phone calls full of tears and despair, the inevitable "get me out of here" letter, and picture the hard times your child is going through. But remember item #1 -- trust that they will get through it and be a better person for it.

6. Commitment. When it's 5 AM, someone's yelling at you about an inch from your face, and you feel utterly exhausted/defeated/scared/angry, it's hard to remember why you decided to go to USNA in the first place. That's when the commitment kicks in -- remembering why it was important to you to be there, why the job you've chosen to do for the next 9 years is critical to the health/welfare of your community, why the unparalleled education you're getting is critical to your life goals. Keep those goals firmly fixed in your mind and communicate them to yourself and those you love every chance you get. Parents, support your son or daughter and help them keep their goals -- those end points -- in mind during the dark days. Help them see how what they're going through is preparing them to reach them.

7. Love. The love and support of family and friends must always be there for the midshipman. Let them know all the time how much you love and respect them, and support them unconditionally.

8. Supportive Listening. Give your son/daughter a non-judgmental ear to vent to, and don't offer solutions or advice unless specifically requested. Don't take any actions on their behalf unless they ask you to. This is a time of growth and change for them. They will need to vent, but they also need to solve their own problems and take responsibility for their own actions. They also, during Plebe year, need to remain "stealthy" -- and nothing blows that cover like a parent calling the CO to try and fix a problem on their behalf.

9. Honor. There is no offense as serious at USNA as an Honor offense. Your son or daughter has been brought up by you with a code of morals and honor. During the really dark days of Plebe Summer and afterward, during those tough classes, there may be times when they are

tempted to "take the easy route" or cut a few corners. Hopefully, their sense of honor will remind them that the only person you can ever really cheat is yourself -- even if you seem to get away with it, you've lost a little bit of self-respect and whatever knowledge or wisdom the experience would have brought. Whether it's sneaking in past curfew (yeah, right!) or cheating on an exam, it's just not worth the cost.

10. Respect. Respect those who have gone before, whether they be flag officers, enlisted, or "just" upperclass. They have valuable and unique insights to share and wisdom to spread. They will not always be right, and that, in itself, is a valuable lesson. The respect to listen with an open mind, and to honor the experiences and viewpoint of the other person is never wasted and adds to your own knowledge and wisdom. Respect your enemies, as well -- understanding them and what motivates them by listening with an open mind will help you learn how to defeat or defuse them. Respect those who you outrank -- they are walking a different path, but one that is just as treacherous and just as worthy as yours. Parents, respect your son or daughter, and recognize that when they walk through those doors on I-day, they are children no longer -- they are adults and USNA midshipmen, ready to defend our country and symbolizing the future of our nation.

We wish all of you fair winds and following seas, and the achievement of your heart's desire.

You Know You're a PLEBE When...

- your favorite word is "YUT!"
- it is dark when you get up and it is dark when you go to sleep
- you wake up and discover your bed is on fire and go back to sleep because you just don't care
- when sitting in your room you are used to any Plebe just coming in and waiting while a group of upperclassmen walk past
- you think about how relaxing it would be to be in jail
- you now can have REM sleep standing up
- the highlight of your night is getting new mail from the Brigade Mislo.
- you pass time by singing cadences to yourself.
- for excitement you dare each other to do stupid things at night in the halls.
- the library becomes a four star hotel.
- you thank God every night around 7:30 for being allowed to walk.
- your summer break sucked.
- whenever going from point A to point B you plan an emergency exit strategy.
- you find yourself screaming bloody murder at 6:50 in the morning.
- shining shoes and studying menus is a pastime.
- you're afraid not to read the newspaper.
- going to class is a refuge.
- you have to be in bed by 11pm on Friday night.
- being allowed to watch TV is an honor.
- your quality of life rests on the outcome of a football game.
- you drink no beer.
- you meet your girlfriend at mandatory dance lessons.
- going to 7-Eleven to get a Slurpy involves covert operations.
- your life stops when your computer breaks down.
- your self-esteem suffers because you notice you're getting less email.
- you pray nobody will talk to you.
- being allowed to call someone by their first name is a privilege.

- you find yourself hanging out in the mid-store a lot.
- the only time a woman touches you is when Suzy Q cuts your hair in the barber shop.
- you made more money in high school than you make now.
- you build up your courage every time you want to leave your room.
- you're afraid to go to the bathroom.
- you can count things you enjoy on one hand.
- you have more weekends than firsties' have victories over Army.

You Know You're a PLEBE PARENT When...

- you somehow work into every conversation that your child is a Midshipman at the Naval Academy in Annapolis, MD.
- you find any excuse to break out that picture of your Plebe taken during PPW in their Summer Whites and show it to everyone you know, and even to people you don't know!
- You rush home from work each day to check the USNA-Net Photo Gallery and the Dropshots website for pictures of your Plebe.
- you buy blue and gold sugar to decorate your Christmas cookies...and don't understand why others buy green and red.
- your other children groan, roll their eyes at you and say, "You're Obsessed!"
- you know that the "Yard" is not that un-mowed patch of grass that surrounds your house.
- you actually know the words to "Anchors Aweigh"
- you skip your neighbor's wedding to wait for that all too fast, once a week, 5 minute phone call -- and then he doesn't call until the next day!
- you are on a first name basis with the local Post Office staff.
- you can't get dressed without at least one item from the Mid Store.
- you feel guilty enjoying air conditioning during Plebe Summer and beyond.
- if YOU lost weight during Plebe Summer.
- you cry every time you hear the hymn "Eternal Father."
- Blue and Gold have suddenly become your favorite colors.
- you live on the net hoping the elusive message will arrive.
- you have pre-I Day photos on your desk beside those taken over Parents' Week so that you can see the new maturity on your mid's face.
- you worry about the Bancroft roaches that might hitch a ride to your house during Thanksgiving leave.
- the sight of the engraved marble slab in Memorial Hall makes tears spring to your eyes.
- you begin to use nautical terms and find that you understand them.
- you know that your mid lost more weight over Plebe Summer than the Academy acknowledges.
- you check the mail every day the way you did when you were in college.
- your identity becomes inseparable from your mids and even your signature contains a reference to him/her.
- you sent a taller appointee to I-Day than the one the Academy measured. (...interesting way to camouflage weight loss.)
- the Academy website and USNA-Net are among your list of frequently visited pages.
- the National Anthem has taken on an entirely different meaning.
- you look at your clock every night at "lights out" and thank God your plebe is in the rack, off his/her feet and not being grilled!
- receiving e-mail longer than 4 lines makes you fall to your knees in thanksgiving.

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- you see the world in terms of suitability for care packages: "good box for care Package," "good care package item", "too perishable for care package", "good storage container for Bancroft", etc.
- your prayers include lines like "and please, God, let [my midn] NOT be one of those on crutches at the game" or "help me to appreciate all upperclassmen...even those on the hall who seem to have sadistic tendencies" ...
- your friends start to groan/roll their eyes when you start to talk (again) about your mid, the Yard, the Academy
- you have spent at least 15 minutes since the beginning of August trying to absolve yourself for thinking someone OTHER than your son was in fact your child....
- you have at least one picture of a good looking plebe you actually thought was your own child, in some formation...you don't know who he or she is, but you can't bring yourself to throw away the print...after all, these are members of the Brigade!
- you look for ANY excuse that brings you within a 100 mile radius of Baltimore on business ... "no, really, I think I do need to brush up on legal issues surrounding maritime patents"
- when they forecast the course of the NEXT hurricane, you find yourself worried if it's heading to the mid-Atlantic states...and you live in Kansas
- you have Anchor's Aweigh playing on the answering machine
- your voice mail says Beat Army every time you have mail
- "Annapolis" means much more to you now than it did when it was just the capital of Maryland!
- you shoot a full 36 roll of film of your mid "wearing the same white uniform" and think your friends are as anxious to see them as you are.

United States Naval Academy Guide Lines to Live By



(*As Written by Former Superintendent, Admiral Charles R. Larson)

**Uphold the standards of the Naval Academy.

**Be a person of integrity.

**Lead by example -

(Meet the standard you are holding others to).

**Strive for excellence without arrogance.

**Do your best.

**Treat everyone with dignity and respect.

**Tolerate honest mistakes from people that are doing their best.

**Seek the truth -

(Rumors and unverified anecdotes undermine morale).

**Speak well of others -

(Gossip undermines human dignity).

**Keep a sense of humor and be able to laugh at yourself.

OUR GOAL: MAKE THE CHAIN OF COMMAND WORK BY
ENHANCING MUTUAL TRUST, RESPECT AND GOOD
TWO-WAY COMMUNICATIONS.

Wisdom from Parents who have been there

When we asked parents from a previous class what information they wish someone had given them, they said, "Don't be alarmed if your mid doesn't phone (or write) home for a long time during plebe summer. They are VERY BUSY and only three phone calls are allowed during the summer. Don't panic, they're probably doing fine. 'No news is usually good news.' Do not be alarmed if your plebe complains about not getting mail you know you sent days ago. The mailroom is swamped and some Company leaders are slower than others when it comes to distributing the mail. It gets better during the academic year."

Newspaper: The Trident

You can subscribe to a weekly newspaper called the *Trident* which will keep you abreast of events on the Yard in more detail than your mid can provide. If you're interested in receiving a printed copy of the *Trident* each week, call (301) 921-2800 for annual subscription information. The *Trident* is also available on the Web. Their internet address is:
<http://www.dcmilitary.com/navy/trident>

Academy Slang and Acronyms “What is My Mid Saying?”

When they phone home, they'll be using a new vocabulary.

Block - One of three 4-week segments of the summer, during which mids participate in “cruises” or training exercises (for 2 blocks) or are on leave (for 1 block). Block 1 begins in late May, Block 2 in late June, and Block 3 in late July.

Bulkhead - Wall.

Cables - Electrical Engineering course, also referred to as “Double E”.

Chit - Special request form for something that you don't “rate”.

Chop - In Bancroft Hall, the practice of running everywhere (in the center of the hallway) and squaring corners while yelling “Go Navy” or “Beat Army” at every turn (arms extended with elbows locked at 90 degree angle and knees raised high).

Chow Calls - Ten minutes before all formations, plebes announce uniform, menus and major events of the day.

Cover - Hat.

Cruise - A 4-week summer training activity.

Dant's List - Mids with a 2.9 (out of 4.0) Semester Quality Point Rating or better, B in performance, and a B or better in PE.

Deck - Floor.

Drag - To escort; one who is escorted.

Fry - To assign demerits.

Geek - One who pursues academics to an extended extent.

Gouge - The answers or an easier way to do things.

Happiness Factor - The number of days of Christmas leave divided by the number of days until leave, an equation even the bull majors never forget.

Head - The bathroom.

Rack - A bed, the ultimate goal of most midshipmen.

Rates - Large amount of information memorized by plebes and recited to upper-class on demand.

Sat - (Satisfactory abbr.) Grades above a 2.0 - Below 2.0 is UNSAT.

Supe's List - Mids with a 3.4 (out of 4.0) Semester Quality Point Rating, an A in Performance, and a B or better in PE.

Tours - Fourth Class method of serving off demerits through marching.

Wires - Electrical Engineering taken by most non-engineering majors (also called “Double E”).

(A comprehensive list can be found in Brief Points. See page 41)

Acronyms

The military thrives on acronyms, but regular English speakers sometimes can't understand what's being said. There are a few basic rules that can help:

1. Generally, acronyms are used as nouns, and refer to a person, place or thing.
2. Many “thing” acronyms are shortcuts around the military's arcane naming rules. In these cases, the initials actually are easier to use and understand than the unabbreviated terms.
3. Don't be afraid to ask what an acronym means. Nobody was born knowing this stuff, and people will understand why you're asking.
4. The DOD (department of Defense) has an acronym dictionary at http://www.dtic.mil/doctrine/jel/doddict/acronym_index.html.

Transportation

Southwest Airlines flies direct between Chicago/Midway and Baltimore Washington International Airport (“BWI”). They usually have the best rates. It’s approximately 25 miles from BWI to the Academy. Several airlines also fly out of O’Hare, sometimes at competitive rates.

Transportation between BWI and Annapolis:

- Major car rental companies have cars at an outlying rental car center.
- Yellow limousine – 410-724-0009 - Regularly scheduled shuttles serving 7 major hotels and the Naval Academy and BWI.
- A cab is approximately \$60 one way.
- During the academic year, rides may be obtained from another mid. Some sponsors also provide rides.

FYI...

Omega World Travel is the travel agency on the Yard, 410-280-9755 or 888-314-6956.

They are stationed at the Academy and they are geared to knowing the mids’ travel needs. They usually have only a slightly higher cost, around \$10 to \$15 and they give a portion of their profits back to the USNA, so it’s nice to support them.

Where To Stay In Annapolis

Annapolis has excellent array of hotels and B&B’s, and even homes for rent for major events such as graduation. Many of these facilities are at full capacity during Naval Academy events, conventions, boat shows, and other peak times. Graduation Week in May is by far the most crowded time, but Induction Day and Parents’ Weekend are also very busy periods. If you haven’t done so, **MAKE YOUR RESERVATIONS FOR PLEBE PARENTS’ WEEKEND NOW.**

The Academy is within walking distance from downtown Annapolis hotels and B&B’s, within a 10-15 minute drive (not including parking time!) from non-downtown lodging, and within a 45-minute drive (again, not including parking) from BWI-area hotels.

If you prefer local service and you don’t know where to stay or your favorite hotel is booked, you may wish to contact the following services. Many have special arrangements with the area hotels, inns, and B&Bs and may be able to get better rates than you would on your own.

Lodging Reservations and Information:

Omega World Travel 410-280-9755
Annapolis Accommodation (free service) 800-715-1000

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Google or Yahoo: Open either site and search “Annapolis hotels,” “BWI hotels,” etc. for a comprehensive list of lodging. Google provides maps showing facility locations; Yahoo sorts its selections by pricing. www.Google.com or www.yahoo.com
Naval Academy website: The “Visit USNA” section has lodging links.

FYI -- as family members of a midshipman, you are eligible to stay at the Navy Lodge, but your mid must make the reservations.

House Rentals:

Room Finders (free service)

410-263-3262

If you plan on having a large party visiting during the big event times at the Naval Academy (Parents' weekends, I-Day, Navy football weekends or Commissioning Week) you may want to rent a house in the area. This is a common practice.

Always make your reservations well in advance!

A Few Websites

- Club homepage: <http://www.usna-nipc.org>
- USNA homepage: www.usna.edu
- Gate hours and vehicle access: www.usna.edu/SecuInfoPers/FAQS.htm
- Map of the Yard: <http://usna.org/USNAmap.html>
- Plebe Summer 2013 page: www.usna.edu/PlebeSummer/
- 2015 I-Day: www.usna.edu/PlebeSummer/docs/Parents_Information_Booklet_2015.pdf
- 2015 Oath of Office Program:
www.usna.edu/PlebeSummer/2015_OathOfOfficeCeremonyProgram_0519_PressQuality.pdf
- Visitors Center: www.usna.edu/NAFPRODV/VC/
- Care package directory: www.usna-parents.org/resources/carepackages.htm
- Athletics: www.Navysports.com
- Alumni Association: <https://www.usna.com>
- Navy Federal Credit Union: www.navyfcu.org
- USAA (United Services Automobile Association): www.USAA.com
- Davor Photography: www.davor.com
- Thornton Photography: www.plebesummer.com/about_us.asp
- Alumni Assn Parents page: <https://www.usna.com/SSLPage.aspx?&pid=415&srcid=425>
- Parents page: USNA-Net: www.usna.org
- Parents page Parents Clubs: www.USNA-parents.org
- Parents page / Alumni Assoc: www.usna.com
- DOD Acronym Dictionary: http://www.dtic.mil/doctrine/jel/doddict/acronym_index.html

Annapolis Area Houses of Worship

AME

Mt. Moriah AME
2204 Bay Ridge Ave.
263-8562

Apostolic

Antioch Apostolic
1535 Ritchie Hwy.
757-5000

Assemblies of God

Annapolis Assembly of God
913 Cedar Park Rd.

Baptist

Heritage Baptist Church
1740 Forest Dr.
267-0848

Catholic

St. Mary's
109 Duke of Gloucester St.
263-2396

Charismatic

Annapolis Christian Fellowship
923 Windsor Rd.
268-5589

Christian Science

First Church of Christ Scientist
Maryland Ave. & Prince George St
263-2580

Eastern Orthodox

St. Constantine & St. Helen
4 Constitution Ave.
263-2550

Episcopal

St. Anne's Church
199 Duke of Gloucester St.
267-9333

Jehovah's Witnesses

Jehovah's Witnesses of Annapolis
65 Tarragon Lane
266-8067

Jewish

Kneseth Israel Congregation
1125 Spa Road
263-3924

Latter Day Saints

Church of Jesus Christ & LDS
1875 Ritchie Hwy.
757-3600

Lutheran

St. Paul's Church
Roscoe Rowe Blvd.
268-2400

Methodist

Asbury United Methodist
87 West St.
268-9500

Nazarene

Church of the Nazarene
1308 Bay Ridge Ave.
263-2183

Presbyterian

Evangelical Presby. Church
Ridgley Ave. & Wilson Rd.
266-8090

Seventh Day Adventist

Beacon Light
1943 Drew St.
268-8436

Unitarian

Unitarian Church of A.A. County
333 Dubois Rd.
266-8044

Navy Blue and Gold (official USNA Anthem)

Now college men from sea to sea
May sing of colors true;
But who has better right than we
To hoist a symbol hue?
For sailor men in battle fair,
Since fighting day of old,
Have proved the sailor's right to wear
The Navy Blue and Gold.
So hoist our colors hoist them high
And vow allegiance true;
So long as sunset gilds the sky
Above the ocean blue.
Unlowered shall those colors be,
Whatever fate they meet,
So glorious in victory
Triumphant in defeat.
Four years together by the bay
Where Severn joins the tide,
Then by the Service called away
We're scattered far and wide;
But still when two or three shall meet
And old tales be retold
From low to highest in the Fleet
We'll pledge the Blue and Gold
So give us lots of leave ashore
And lots of work at sea
In every port one girl or more
Wherever we may be,
Just let us live the life we love
And with our voyage through
May we all muster up above
A wearin Navy Blue

Prayer of a Midshipman

Almighty Father, whose way is in the sea, whose paths are in the great waters, whose command is over all, and whose love never fails: Let me be aware of Your presence and obedient to Your will. Keep me true to my best self, guarding me against dishonesty in purpose and in deed, and helping me so to live that I can stand unashamed and unafraid before my shipmates, my loved ones, and You. Protect those in whose love I live. Give me the will to do my very best and to accept my share of responsibilities with a strong heart and a cheerful mind. Make me considerate of those entrusted to my leadership and faithful to the duties my country has entrusted to me. Let my uniform remind me daily of the traditions of the Service of which I am a part. If I am inclined to doubt, steady my faith; if I am tempted, make me strong to resist; if I should miss the mark, give me the courage to try again. Guide me with the light of truth and keep before me the life of Him by whose examples and help I trust to obtain the answer to my prayer, Jesus Christ our Lord. Amen.

The # 1 Thing to ALWAYS Remember

**BEAT
ARMY!**