Virtual Service Academy Day

Congressman Greg Murphy, M.D.
Third Congressional District of North Carolina
Congressional Nominations

One of the many ways you can receive an appointment to the U.S. Military, Naval, Air Force and Merchant Marine Academies is through a Congressional nomination. The Coast Guard Academy does not require such a nomination.

You can apply through your U.S. Representative or your Senator. Prospective cadets from North Carolina’s 3rd Congressional District can click here to find the application on my website.

I have assembled a highly qualified nominating committee who blindly review each application to ensure there is no bias. Applications are due each year on October 1.

Be sure to apply to multiple academies if you have an interest in serving in any capacity. There have been many qualified applicants who did not receive a nomination to their first-choice school but would’ve received one to other academies.

It is very important to me that we have fantastic representation from our district at our prestigious military academies. Best of luck!
Why West Point?

West Point is about choosing a direction in life that puts service to the nation first and allows each graduate to be a standard-bearer for their generation and the generations that follow.

The purpose of the United States Military Academy at West Point is to produce leaders of character who are equipped to provide selfless service to our Army and the nation. The academy has been educating, training, and inspiring leaders of character for the U.S. Army and for the nation for more than 200 years. West Point provides a 47-month leader-development program steeped in academic rigor, military discipline, and physical challenges, all built upon a moral-ethical foundation.

When students enter the United States Military Academy at West Point, they are beginning a profession. Leadership development starts on the first day; everyday cadet’s experience is focused on developing leaders of character who will serve as officers upon graduation, when they are commissioned as second lieutenants in the U.S. Army.
What it takes

Like any top-tier college, West Point is academically challenging, but West Point offers so much more. The West Point experience trains the whole person – academically, physically, and morally.

The physical challenges begin as soon as you report to West Point on Reception Day (R-Day) – and they continue through six weeks of Cadet Basic Training (CBT).

Running, marching, physical and military training will push you harder than you’ve ever pushed yourself before. But when you’ve made it through CBT, you’ll have the confidence and self-assurance that comes with succeeding through hard work and determination.

If you’re up for the challenge, West Point may be the place for you.

Basic Qualifications for Admission

• Be at least 17 years old, but not older than 22 on July 1 of the year entering West Point
• Be neither married or pregnant
• Have no legal or financial responsibility for the support of any children
• Be in good physical and mental health
• Possess strong leadership potential
Physical Qualifications

Exercises – max score men/women
Basketball throw (from a kneeling position) - 102”/68”
Cadence pull-ups - 18/7 or Flexed-arm hang (women option only)
40-yard shuttle run – 7.8/8.6 sec.
Modified Sit-ups (2 min.) – 95/95
Push-ups (2 min.) – 75/50
1-mile run – 5:20/6:00

Administered by
• Physical Education Teacher
• Active Duty (Non)Commissioned Officers
• Team Coach
• (J)ROTC Instructors
• Military Academy Liaison Officers
• Professors of Military Science
Recent Class Statistics

**Admitted**
1,100–1,200 Cadets
83% Men
17% Women

**Rank in High School**
Top 1/5th – 71%
Second 1/5th – 20%

**SAT/ACT Average Scores**
- SAT Critical Reading – 646
- SAT Math – 665
- ACT English – 30
- ACT Math – 30
- ACT Science Reasoning – 29
- ACT Reading – 31
- ACT Comp - 30

**Academic Honors**
- Class Valedictorian or Salutatorians – 11%
- National Merit Scholarship Recognition – 18%
- National Honor Society – 60%

**Activities**
- Boys/Girls State Delegate – 17%
- Class or Student Body President – 18%
- School Publication, Newspaper or Yearbook Staff – 18%
- Debating or Drama – 21%
- Scouting Participants – 35%
- Eagle Scout or Gold Award – 13%
- Varsity Athletics – 92%
- Letter Winner – 87%
- Team Captain – 62%
Majors Offered

Mathematics, Science, and Engineering

Basic Science
Chemical Engineering
Chemical Engineering Studies
Civil Engineering
Civil Engineering Studies
Computer Science
Electrical Engineering
Electronic/Information Technology Systems
Engineering Management
Engineering Psychology
Environmental Engineering
Environmental Geography
Environmental Science
Environmental Engineering Studies
Geospatial Information Science
Information Engineering

Kinesiology
Life Science
Mathematical Sciences
Mathematical Studies
Mechanical Engineering
Studies
Nuclear Engineering
Science
Engineering
Operations Research
Research Studies
Physics
Systems Engineering
Systems Management

Humanities and Social Sciences

American Legal Studies
Art, Philosophy and Literature
Defense and Strategic Studies
Economics
Foreign Area Studies:
  • Africa
  • East Asia
  • Eurasia
  • Latin America
  • Middle East
  • Europe
Foreign Language:
  • Arabic
  • Chinese
  • French
  • German
  • Portuguese
  • Russian
  • Spanish
History:
  • International
  • Military
  • United States
Human Geography
International/Comparative
Legal Studies
Leadership
Management
Political Science:
  • American Politics
  • Comparative Politics
  • International Relations
Psychology
Sociology
Daily Schedule

6:55-7:30 - Breakfast
7:35-11:45 - Class or study
12:05-12:40 - Lunch
12:45-13:40 - Commandant/Dean Time
13:50-15:50 - Class or study
16:10-17:45 - Intramural, club or intercollegiate athletics; extracurricular activities; or free time
18:30-19:15 - Supper (optional except Thursday)
19:15-19:30 - Cadet Duties
19:30-20:30 - Study Conditions/Extracurricular activities
20:30-23:30 - Study time
23:30 - Taps
00:00 - Lights Out
NCAA Sports

**MEN'S SPORTS**
- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Gymnastics
- Hockey
- Lacrosse
- Rugby
- Soccer
- Sprint Football
- Swimming & Diving
- Tennis
- Track & Field
- Wrestling

**WOMEN'S SPORTS**
- Basketball
- Cross Country
- Lacrosse
- Rugby
- Soccer
- Softball
- Swimming & Diving
- Tennis
- Track & Field
- Volleyball

**Co-ED**
- Rifle
- Rabble Rousers
- Strength
# Club Sports

<table>
<thead>
<tr>
<th>Boxing (Men)</th>
<th>Marathon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxing (Women)</td>
<td>Orienteering</td>
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<tr>
<td>Climbing</td>
<td>Powerlifting</td>
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<tr>
<td>Crew</td>
<td>Team Handball (Men)</td>
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<tr>
<td>Cycling</td>
<td>Team Handball (Women)</td>
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<tr>
<td>Equestrian</td>
<td>Triathlon</td>
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<tr>
<td>Fencing</td>
<td>Volleyball (Men)</td>
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<tr>
<td>Judo</td>
<td>Water Polo</td>
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</tbody>
</table>
Company Sports

**Fall Sports**
- Basketball
- Flag Football
- Soccer
- Team Handball
- Functional Fitness
- Wrestling

**Spring Sports**
- Ultimate Frisbee
- Flickerball
- Floor Hockey
- Submission Grappling
Graduation and Service

After graduation Cadets will be commissioned as second lieutenants in the U.S. Army.

They will be required to serve for 8 years in a combination of active duty and the reserve.

Before deployment, graduates will undergo one year of Basic Officer Training and then be assigned to a specific unit.
Summer Leadership Experience

What Happens at SLE?
For two weeks every year, usually near the last week in May and the first week in June, USMA offers high school juniors the opportunity to experience cadet life at the Academy by attending our Summer Leaders Experience, where students from all over the nation are introduced to an experience unlike any other.

While there, each attendee obtains a better understanding of the importance of leadership, as well as how they can help themselves and their country.

What can SLE offer me?
The Summer Leadership Experience is a week of concentrated academic, athletic, military, and social engagement at West Point. As an attendee you will enjoy a sampling of the Academy’s academic offerings while immersed in an environment full of history and culture.

SLE is jam-packed and the activities begin immediately. Arriving on Saturday, you will check in and get acquainted with fellow SLE attendees and your surroundings. The rest of your week’s schedule is full of academic activities, hands-on military training, team sports, tours of our historic grounds and high-tech facilities, and participating in the Candidate Fitness Assessment.

Additionally, you will engage and interact with current West Point Cadets who are using the leadership skills they’ve learned and developed at the Academy to coordinate your every activity.
Summer Leaders Experience

By attending the West Point Summer Leaders Experience (SLE), you gain a better understanding of the academic opportunities at a service academy. In a small way, you will see the importance of developing leaders at one of the most respected academic institutions in the country.

West Point is consistently ranked among the top colleges in the country and is well recognized for consistently producing Rhodes scholars and recipients of Hertz fellowships. Many seniors are also selected for Marshall, Gates Cambridge, Truman, East-West Center, and National Science Foundation fellowships and scholarships.

By applying for the Summer Leaders Experience you are also opening an admissions file at the Academy. If your dream is to become a cadet at the U.S. Military Academy, and ultimately become an officer in the U.S. Army, apply for SLE – over 40% of SLE attendees join USMA as freshman cadets the following summer.

The application portal for the SLE is open for high school juniors between January 15 and March 15.
The United States Military Academy Preparatory School (USMAPS)

Located at West Point, the USMAPS allows qualified Cadet Candidates to spend a year preparing for the lifestyle and academic rigor of the Academy.

After graduation students will progress into the Academy or another service academy.

NO SEPARATE APPLICATION NEEDED
The United States Naval Academy
Why the Naval Academy?

Consistently ranking among the top public universities in the country, the Naval Academy offers Midshipmen an incredible, well-rounded experience.

Professional courses and training are an important part of the Naval Academy’s integrated program. Required courses in naval science, engineering, navigation, and weapons systems give midshipmen a working knowledge of modern naval operations and technology. Courses in leadership, ethics and military law help prepare midshipmen for leadership responsibilities as an upper-class midshipman and commissioned officer. In addition to academic development, physical education courses help instill the importance of fitness and health.

The Naval Academy also has a deep and abiding commitment to the moral development of our midshipmen and to instilling the naval service values of honor, courage, and commitment. This commitment is supported by the Character Development Division which integrates the Navy’s core values into the development plan of every midshipmen. The Character Development program is the single most important feature that distinguishes the Naval Academy from other educational and officer commission sources.
The Brigade of Midshipmen

All 50 States, and foreign countries

Diverse, cultural heritages

Sailors and Marines

Leaders, academic scholars, varsity athletes

4543 Cadets attend the Naval Academy
- 3285 (72%) are men
- 1258 (28%) are women
Majors

Engineering & Weapons
Aerospace Engineering
• Aeronautical Engineering
• Astronautical Engineering
Computer Engineering
Electrical Engineering
General Engineering
Mechanical Engineering
Nuclear Engineering Naval Architecture and Marine Engineering
Ocean Engineering
Robotics and Control Engineering

Mathematics & Science
Chemistry
Computer Science
Information Technology
Cyber Operations
General Science
Mathematics
• Applied Mathematics
Operations Research
Oceanography
Physics
• Applied Physics
• Astrophysics
Mathematics w/ Economics
Quantitative Economics

Humanities & Social Sciences
English
History
Political Science
• American Politics & Law
• Comparative Politics
• International Relations
Chinese
Arabic

Available Minors
Spanish
Russian
Japanese
German
French
Chinese
Arabic
## Core Curriculum

<table>
<thead>
<tr>
<th>4/C Fall</th>
<th>4/C Spring</th>
<th>3/C Fall</th>
<th>3/C Spring</th>
<th>2/C Fall</th>
<th>2/C Spring</th>
<th>1/C Fall</th>
<th>1/C Spring</th>
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<td>Naval Law</td>
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<td>Cyber</td>
<td>Navigation</td>
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</table>

Electives and major’s courses are taken in addition to core curriculum
Close Contact with Faculty
Faculty teach both lectures and labs
Tutoring and extra instruction
Support extra curricular activities
Civilian to military faculty ratio ~1:1

Small Class Size
Student to Faculty Ratio 8:1
Individual lecture halls and small labs
10-25 students per section
Midshipmen Daily Schedule

5:30 – Personal Conditioning
7:00 - Formation & Breakfast
8:00 – 1st-4th Academic Periods
12:00 – Formation & Lunch
13:30 – 5th – 6th Academic Periods
16:00 – Athletic Period
18:00 – Formation & Dinner
20:00-23:00 – Academic Study Period
Varsity Sports

**Men**
- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Gymnastics
- Lightweight Crew
- Heavyweight Crew
- Lacrosse
- Soccer
- Sprint Football
- Squash
- Swimming/Diving
- Tennis
- Track (indoor & outdoor)
- Water Polo
- Wrestling

**CO-ED**
- Intercollegiate Sailing
- Offshore Sailing
- Rifle

**Women**
- Basketball
- Crew
- Cross Country
- Lacrosse
- Soccer
- Swimming/Diving
- Tennis
- Track (indoor & outdoor)
- Volley Ball
- Golf
Club Sports

**Men**
- Ice Hockey
- Lacrosse
- Rugby
- Volleyball

**CO-ED**
- Cycling
- Fencing
- Judo
- Karate
- Marathon
- Pistol
- Power Lifting
- Triathlon
- Boxing

**Women**
- Rugby
- Softball
- Ice Hockey
Intermural Sports / Other Athletic Activities

Fall/Spring/Summer
5 sports voted each season
Flag Football
Basketball
Ultimate Frisbee
Soccer
Street Hockey
Combat Fitness
Racquetball
Volleyball
Fieldball
Softball
Lacrosse

Athletic Activities
Battalion Sailing
Brigade Boxing
Golf Tournament
Half Marathon
Street Hockey
Climbing Wall
Iron Man Contest
Judo
Kayak Race
10K run
3-Point Shoot
Strongest Mid
Swim Relay
Track Relay
Wrestling
Extra Curricular Activities

**Cultural**
- Black Studies Club
- Filipino-American Club
- French Club
- German Club
- International Club
- Korean Midshipmen Club
- Latin American Club

**Music**
- Church Choirs
- Drum and Bugle Corps
- Glee Club Gospel Choir
- Masquerader (theater)
- Pipes and Drums
- String Ensemble

**Service**
- Lucky Bag (yearbook)
- Midshipmen Action Group
- Mids for Kids
- Nat. Eagle Scout Association
- Trident Newspaper
- Tutoring
<table>
<thead>
<tr>
<th>Year</th>
<th>Vacation (4 Weeks)</th>
<th>Fleet Cruise (4 Weeks)</th>
<th>Leadership Development (4 Weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/C (Freshman)</td>
<td>Plebe Summer</td>
<td></td>
<td>Plebe Summer</td>
</tr>
<tr>
<td>3/C (Sophomore)</td>
<td>Enlisted Experience</td>
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<td>Sailing or Yard Patrol, Leadership Detail, Foreign Exchange</td>
</tr>
<tr>
<td>2/C (Junior)</td>
<td>Summer Vacation Summer School Internships</td>
<td>Career Exposure</td>
<td>Sailing or Yard Patrol, Leadership Detail, Foreign Exchange</td>
</tr>
<tr>
<td>1/C (Senior)</td>
<td>Officer Experience</td>
<td></td>
<td>Sailing or Yard Patrol, Leadership Detail, Foreign Exchange</td>
</tr>
</tbody>
</table>
Graduation and Service

Graduate with Bachelor of Science
Commissioned as an Officer in the US Navy or US Marine Corps
Minimum 5-year service commitment
## 2020 Service Assignment – 1,023 Officers

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Male</th>
<th>Female</th>
<th>Assignment</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>SWO (Conventional)</td>
<td>137</td>
<td>79</td>
<td>Cryptologic Warfare</td>
<td>11</td>
<td>6</td>
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<tr>
<td>SWO (Nuclear)</td>
<td>22</td>
<td>17</td>
<td>USMC Cyber</td>
<td>2</td>
<td>4</td>
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<tr>
<td>Submarines</td>
<td>108</td>
<td>31</td>
<td>Intelligence</td>
<td>0</td>
<td>4</td>
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<tr>
<td>SEALs</td>
<td>30</td>
<td>0</td>
<td>Oceanography</td>
<td>0</td>
<td>2</td>
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<tr>
<td>Explosive Ordnance Disposal</td>
<td>14</td>
<td>2</td>
<td>Medical Corps</td>
<td>7</td>
<td>1</td>
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<tr>
<td>Naval Pilot</td>
<td>173</td>
<td>54</td>
<td>Civil Engineering</td>
<td>3</td>
<td>1</td>
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<tr>
<td>Naval Flight Officer</td>
<td>27</td>
<td>20</td>
<td>Supply Corps</td>
<td>0</td>
<td>4</td>
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<tr>
<td>Marine Corps Pilot</td>
<td>76</td>
<td>15</td>
<td>Information Professional</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Marine Corps Ground Officer</td>
<td>119</td>
<td>42</td>
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</tr>
</tbody>
</table>

Unrestricted Line

Restricted Line
STEM – Science, Technology, Engineering, Mathematics

Hands-on academic program exposing young student to the possibility of a STEM career

6-day program in June

Taught by professors and Midshipmen in USNA facilities

Applications for STEM opened on January 6, 2020 and close on April 15, 2020

Financial Aid is available for tuition and travel
Naval Academy Summer Seminar

6-day program for high school students during the summer between Junior and Senior year

2,550 rising seniors attend and experience life at USNA

Not a requirement for application to USNA

Applications for NASS opened on January 3, 2020 and close on March 31, 2020

Financial Aid is available for tuition and travel
Basic Eligibility

At least 17 years of age and must not have passed 23\textsuperscript{rd} birthday on July 1\textsuperscript{st} of year of entry

United States Citizen by I-Day

Unmarried, not pregnant, and have no legal obligation to support a child or other individual

Good Moral Character
The Online Application

• Personal Statement
• Fitness Assessment
• Activities Record
• Academic Information
• Math Recommendation (completed by previous or current year teacher)
• English Recommendation (completed by previous or current year teacher)
• High School Transcript (by mail)
• College Transcript (by mail)
• Official SAT or ACT scores
Physical Qualification

Candidate Fitness Assessment – (max score man/woman)

- Basketball Throw – 102”/66”
- Pull-Ups – 18/7
- 40 Yard Shuttle Run – 7.8/8.6
- Sit-ups – 95/95
- Push-ups – 75/50
- 1-Mile Run – 5:20/6:00

Administered by

- Physical Education Teacher
- Active-Duty Commissioned Officers
- BGO
- Team Coach
- (J)ROTC Instructors
Medical Qualifications

Department of Defense Medical Examination Review Board (DoDMERB) schedules medical exams for all officer accessions.

DoDMERB medical exam will be scheduled when candidate completes 50% of the application.

Status reported to candidate & Office of Admissions.

Each Service Academy/officer accession program has different standards for entry.
Nominations

Nominations are required
Most students are eligible to apply to at least 4 nomination sources
Vice President
Both U.S. Senators
Congressional Representatives

Domicile requirement
Nominating Sources have varying deadlines
Check your nominating sources for individual deadlines
Congressional websites are the best source of information
The Candidate Cycle

Junior Year
- Summer Seminar
- Application Opens
- Preliminary Application Opens
- Admissions Board Deadline to open new application

Summer Seminar
- All Candidates notified of Status

Senior Year
- Application Deadline
- College Signing Deadline

Plebe Summer
- Begin taking ACT/SAT

Jan.  
Feb.  
Apr.  
Jun.  
Sept.  
Dec. 31  
Jan. 31  
Apr. 15  
May 01  
July
Admissions Process

- Offer of Appointment
- Eligible to Compete
- Admissions Board
- Physically Qualify
- Medically Qualify
- Obtain a Nomination
- Official Candidate
- Preliminary Application
Preparatory Schools

Foundation Program

16 civilian/military Prep Schools across the nation

~40-50 students

Naval Academy Preparatory School

Located in Newport, Rhode Island

~230-250 students, sailors, and marines
Advice for Admissions

Strong Foundation in Math and Science
• Algebra, Geometry, Trigonometry, Pre-Calculus
• Chemistry and Physics (with a tab if possible)

No Minimum GPA
• Strive to be in at least the top 20% of your high school class

Take your SAT/ACT early and often (no minimum)

AP/Honors/IB Courses are encouraged

Well-rounded
• Demonstrated leadership potential
• Active in athletic and non-athletic activities
The United States Air Force Academy
Why the Air Force Academy

The United States Air Force Academy doesn’t just expand students’ minds, it prepares them to become some of our nation’s greatest leaders. A dynamic and diverse mix of civilian and military faculty teach lessons with real-world applications. With a student-to-faculty ratio of just nine-to-one, the U.S. Air Force Academy provides a uniquely accessible learning environment.

Attending the U.S. Air Force Academy is an investment in your future. The Air Force Academy takes away the burden of trying to pay for tuition so you can focus fully on your studies. In exchange, after graduation, you will serve as a commissioned officer in the U.S. Air Force or U.S. Space Force in your chosen career field, putting your education into practice.

Every cadet receives:
• Cost Free Tuition
• Cost Free Room and Board
• Cost Free Medical Care
• Outpatient treatment, physical examinations and routine dental examinations
• Pay and benefits
• Access to a low-cost, government sponsored life insurance program
The Cadet Wing

Location
- Colorado Springs, Colorado
- 60 Miles from Denver
- World Class facilities on an 18,000-acre campus

Student Body
Cadets from:
- All 50 states, territories and foreign countries
- Diverse cultural heritages
- Active-duty airmen
- Leaders, academic scholars, varsity athletes
- 3,057 Men
- 1,165 Women
Class of 2022

Average Test Scores
SAT Verbal – 670
SAT Math – 695

ACT English – 31.3
ACT Reading – 31.3
ACT Math – 30.0
ACT Science – 30.6

Leadership
Athletic Letter – 82%
National Honor Society – 66%
Scouting – 20%
Class President or VP – 17%
Boys/Girls State – 18%
JROTC Cadets – 13%
Application Process

- **Junior Year**
  - Summer Seminar Application opens: Dec.
  - Pre-Candidate Questionnaire (PCQ) Opens: Jan. 15

- **Summer Seminar**
  - Application opens: Mar.
  - Application closes: June

- **Senior Year**
  - ACT/SAT Deadline: Sept.
  - All Candidates notified of Status: Dec. 31
  - College Signing Deadline: Jan.

- **Summer**
  - Summer Seminar Application closes: Feb. – Apr.
  - Summer Seminar Application opens: May 01
  - Summer Seminar Application closes: July
Physical Qualifications

Exercise - (Av. Man / Av. Woman)
Basketball Throw – 69’/42’
Pull-ups – 12/2 (2 min.)
Flexed Arm Hand (Women only) – 31 sec.
Shuttle Run – 8.1/9.4 sec.
Modified Sit-ups – 81/78 (2 min.)
Push-ups – 62/41 (2 Min.)
One-mile Run – 6:29/7:30

Administered by
• Physical Education Teacher
• Active-duty Commissioned Officers
• Service Academy Liaison Officer
• (J)ROTC Instructors
## Core Curriculum

<table>
<thead>
<tr>
<th>4/C Fall</th>
<th>4/C Spring</th>
<th>3/C Spring</th>
<th>3/C Fall</th>
<th>2/C Fall</th>
<th>2/C Spring</th>
<th>1/C Fall</th>
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<td>Intro to AF Engineering</td>
<td>Military History</td>
<td>Law for AF Officers</td>
<td>Airpower</td>
<td>Leadership</td>
<td>Ethics</td>
<td>Joint Ops</td>
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</table>

Core = 96 hrs. of academic courses + 5 hrs. of phy. ed.
The College Classroom

Small Class Size
- Student to Faculty Ratio - 8:1
- Individual lecture halls and small labs
- 15-20 students per class

Accessible Faculty
- Faculty teach both lectures and labs
- Tutoring and Extra Instruction
- Full-Time Faculty (no TA’s)
- Civilian to Military ratio - 4:6
Cadet Daily Schedule

5:15 – Personal Development
6:30 – Formation & Breakfast
7:30 - 1st – 4th Academic Periods
11:30 – Formation & Lunch
12:30 – 5th – 7th Academic Periods
15:30 – Development Time (Intramurals & Training)
17:00 – Dinner
20:00-23:00 – Academic Study Period
23:00 - TAPS/Lights Out
Varsity Sports

Men
Baseball
Basketball
Cross Country
Football
Golf
Gymnastics
Fencing
Lacrosse
Soccer
Swimming/Diving
Tennis
Track
Water Polo
Boxing Wrestling
Ice Hockey

Co-ED
Cheerleading
Rifle

Women
Basketball
Cross Country
Soccer
Fencing
Swimming/Diving
Track
Volleyball
Tennis
Gymnastics
Club & Intramural Sports

**Women**
- Boxing
- Rugby
- Soccer
- Softball
- Lacrosse
- Water Polo

**Men**
- Rugby
- Volleyball
- Soccer
- Softball
- Golf

**Co-ED**
- Ultimate Frisbee
- Cycling
- Judo
- Karate
- Marathon
- Rodeo
- Ski
- Handball
- Snowboard
- Triathlon
- Powerlifting

**Fall & Spring Intramurals**
- Flag Football
- Basketball
- Ultimate Frisbee
- Soccer
- Cross-Country
- Rugby
- Racquetball
- Volleyball
- Softball
Clubs & Extracurriculars

**Academic**
- Mock Trial
- Model United Nations
- Forensics
- Business Leaders
- Robotics
- STEM Club

**Religious**
- Baptist Student Union
- Fellowship of Christian Athletes
- Cadet Interfaith Council
- The Navigators (Intl. Christian)
- Special Program of Religious Ed.
- SPIRE (Jewish, Muslim, Buddhist, Catholic, Protestant, Orthodox)

**Military Professional**
- Sandhurst
- Flying Club
- Aviation
- Airsoft
- Combat Shooting
- Emergency Medical Technicians
- Honor Guard

**Cultural**
- Freethinkers
- Hispanic/Latino Club
- International Club
- Native American Heritage
- Schulte Assembly
- Pacific Rim
- Way of Life
- Spectrum

**Music**
- Church Choirs
- Drum and Bugle Corps
- Blue Bards (theatre)
- In the Stairwell
- Show Choir
- Orchestra

**Service**
- Arnold Air Society
- Cadet for a Day
- Big Brothers/Big Sisters
- Unchained (Human Trafficking)
## Summer Training

<table>
<thead>
<tr>
<th>Year</th>
<th>Vacation (3 Weeks)</th>
<th>Military Training (3 Weeks)</th>
<th>Leadership Development (3 Weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/C (Freshman)</td>
<td></td>
<td>Basic Training</td>
<td>Basic Training</td>
</tr>
<tr>
<td>3/C (Sophomore)</td>
<td>Summer Vacation</td>
<td>Mock Deployment &amp; Survival Training</td>
<td>Airmanship Program</td>
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<tr>
<td></td>
<td>Summer School Internships</td>
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<td></td>
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<tr>
<td>2/C (Junior)</td>
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<td>Operations Exposure</td>
<td>Leadership Program</td>
</tr>
<tr>
<td></td>
<td>Cultural/Language Immersion Trips</td>
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<td></td>
</tr>
<tr>
<td>1/C (Senior)</td>
<td></td>
<td>Leadership Program</td>
<td>Leadership Program</td>
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### Class of 2019 Job Assignments

<table>
<thead>
<tr>
<th>Rated</th>
<th>Total</th>
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<tbody>
<tr>
<td>Pilot</td>
<td>518</td>
</tr>
<tr>
<td>Combat Systems Operator</td>
<td>5</td>
</tr>
<tr>
<td>Air Battle Manager</td>
<td>2</td>
</tr>
<tr>
<td>Remotely Piloted Aircraft</td>
<td>38</td>
</tr>
<tr>
<td><strong>Non-Rated Operations</strong></td>
<td><strong>Total</strong></td>
</tr>
<tr>
<td>Special Tactics Officer</td>
<td>5</td>
</tr>
<tr>
<td>Combat Rescue</td>
<td>3</td>
</tr>
<tr>
<td>Nuclear &amp; Missile Ops</td>
<td>14</td>
</tr>
<tr>
<td>Space Ops</td>
<td>31</td>
</tr>
<tr>
<td>CyberSpace Ops</td>
<td>55</td>
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<tr>
<td><strong>Other Specialty Career Fields</strong></td>
<td><strong>Total</strong></td>
</tr>
<tr>
<td>Cross-Commission</td>
<td>4</td>
</tr>
<tr>
<td>Medical</td>
<td>27</td>
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<tr>
<td>Legal</td>
<td>1</td>
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</table>

<table>
<thead>
<tr>
<th>Operations Service Support</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Scientist</td>
<td>23</td>
</tr>
<tr>
<td>Acquisition</td>
<td>90</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Operations Support</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Liaison Officer</td>
<td>5</td>
</tr>
<tr>
<td>Airfield Ops</td>
<td>2</td>
</tr>
<tr>
<td>Info Ops</td>
<td>6</td>
</tr>
<tr>
<td>Intelligence</td>
<td>44</td>
</tr>
<tr>
<td>Weather</td>
<td>1</td>
</tr>
<tr>
<td>Aircraft, Munitions &amp; Missile Maintenance</td>
<td>33</td>
</tr>
<tr>
<td>Logistics Readiness</td>
<td>25</td>
</tr>
<tr>
<td>Security Forces</td>
<td>9</td>
</tr>
<tr>
<td>Civil Engineer</td>
<td>22</td>
</tr>
<tr>
<td>Developmental Engineer</td>
<td>32</td>
</tr>
<tr>
<td>SE Human Factors</td>
<td>2</td>
</tr>
<tr>
<td>Special Investigations</td>
<td>5</td>
</tr>
</tbody>
</table>
Graduation and Service

Cadets will graduate with a bachelor’s degree and will receive a commission as a second lieutenant in the Air Force or the Space Force.

Cadets are required to serve 5 years on active duty and 3 years on active reserve.

Cadets who attend flight school after graduation are required to serve for 10 years on active duty.
Preparatory Schools

**Air Force Academy Preparatory School**  
Located in Colorado Springs, Colorado  
230-250 students and Airmen

**Falcon Foundation Program**  
5 Civilian/military prep. Schools across the nation  
~60 Students

Extra academic preparation prior to USAFA  
**NO separate application**
Summer Seminar

640 rising seniors attend to experience life at USAFA

Not a requirement for application to USAFA

Cadets serve as cadre/mentors

Application opens each year on the 1st of December
The United States Merchant Marine Academy
The Academy’s Mission

To educate and graduate leaders of exemplary character who are inspired to serve the national security, marine transportation, and economic needs of the United States as licensed Merchant Marine officers and commissioned officers in the Armed Services
Merchant Marine Act of 1936
Established the U.S. Merchant
Marine Cadet Corps

1942
The Academy’s permanent site in Kings Point, New York was acquired

September 30, 1943
Dedication by President Franklin D. Roosevelt

1974
Became the first federal service academy to enroll female students

WWII
Shipboard training continued; 142 midshipmen gave their lives
What Do Merchant Marines Do?

The U.S. Merchant Marine consists of privately-owned, U.S. registered merchant ships

Provide waterborne transportation for passengers and cargoes moving in domestic and international commerce

In time of war or national emergency, the U.S. Merchant Marine serves as a “fourth arm of defense”
Industries Served by USMMA Graduates

Maritime Shipping Companies

Federal & State agencies with maritime missions

Cargo and terminal operations
  • Maritime transportation management
  • Maritime transportation logistics
  • Port traffic management

Marine Engineering
  • Shipboard engineering and design
  • Navigation systems and instrumentation

Offshore energy industry

Maritime Security

Maritime environmental companies

Vessel Chartering and Brokerage
  • Ocean surveying
  • Marine insurance
  • Salvage adjustment

Marine pilots associations and harbor masters

Stevedoring companies
  • Labor relations
  • Safety management

Naval architecture and ship construction
  • Vessel design
  • Offshore oil equipment
  • Shipbuilding/ship repair/ship design
What Graduates Earn

Bachelor of Science Degree

Commission as Ensign in the Navy Reserve

U.S. Coast Guard License as Merchant Marine officer
3rd Mate or 3rd Assistant Engineer
Obligation

Work in the maritime industry for 5 years

Maintain U.S. Coast Guard License for 6 years

Serve in the U.S. Navy Reserve for 8 years

Military Options

5 years on active duty in any of the nation’s armed forces or in the National Oceanic and Atmospheric Administration (NOAA) Corps.
## Active-Duty Assignments

<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Navy</td>
<td>23</td>
<td>14</td>
<td>24</td>
<td>20</td>
<td>19</td>
<td>19</td>
<td>21</td>
</tr>
<tr>
<td>Coast Guard</td>
<td>5</td>
<td>7</td>
<td>5</td>
<td>13</td>
<td>14</td>
<td>13</td>
<td>16</td>
</tr>
<tr>
<td>Air Force</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>13</td>
<td>5</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Army</td>
<td>9</td>
<td>5</td>
<td>8</td>
<td>3</td>
<td>10</td>
<td>6</td>
<td>11</td>
</tr>
<tr>
<td>Marine Corps</td>
<td>3</td>
<td>4</td>
<td>2</td>
<td>8</td>
<td>4</td>
<td>7</td>
<td>15</td>
</tr>
<tr>
<td>Percent of Class</td>
<td>23%</td>
<td>15%</td>
<td>19%</td>
<td>27%</td>
<td>33%</td>
<td>32%</td>
<td>37%</td>
</tr>
<tr>
<td>Reserve or Guard</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>5</td>
<td>2</td>
</tr>
</tbody>
</table>
Curriculum Structure

Trimester System

Hands-on training philosophy

Engineering Laboratories

Nautical Science Laboratories

Sea-Year Training

Training Vessel Kings Pointer
Academic Majors

Department of Marine Transportation (Deck License)
• Marine Transportation – nautical science and maritime business management
• Maritime Logistics and Security – nautical science, managing complex maritime and intermodal supply chains, security challenges facing the marine transportation system

Department of Marine Engineering (Engine License)
• Marine Engineering – shipboard engineering operations
• Marine Engineering Systems (ABET Accredited) - design of shipboard systems and machinery
• Marine Engineering and Shipyard Management (ABET Accredited) – management of shipyards, and the production and repair of marine vehicles
<table>
<thead>
<tr>
<th>Marine Engineering</th>
<th>Marine Transportation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calculus I, II, III</td>
<td>Calculus I, II</td>
</tr>
<tr>
<td>Physics I, II, III</td>
<td>Physics I, II</td>
</tr>
<tr>
<td>Engineering Shop I, II</td>
<td>General Chemistry</td>
</tr>
<tr>
<td>Engineering Graphics</td>
<td>Terrestrial Navigation I, II</td>
</tr>
<tr>
<td>General Chemistry</td>
<td>Introduction to Navigation Law</td>
</tr>
<tr>
<td>Chemistry for Marine Engineers</td>
<td>Maritime Communications</td>
</tr>
<tr>
<td>Differential Equations I, II</td>
<td>Liquid Cargo Operations</td>
</tr>
<tr>
<td>Operations Research I, II</td>
<td>Ship Construction and Stability</td>
</tr>
<tr>
<td>Introduction to Marine Engineering I, II</td>
<td>Integrated Navigation I, II, III</td>
</tr>
<tr>
<td>Introduction to Electrical Engineering</td>
<td>Celestial Navigation</td>
</tr>
<tr>
<td>Thermodynamics</td>
<td>Meteorology</td>
</tr>
<tr>
<td>Electric Circuits</td>
<td>Dry Cargo Operations</td>
</tr>
<tr>
<td>Strength of Materials</td>
<td>Fundamentals of Business Law</td>
</tr>
<tr>
<td>Fluid Mechanics</td>
<td>The Business of Transportation</td>
</tr>
<tr>
<td>Marine Engineering Management</td>
<td>Accounting &amp; Finance</td>
</tr>
<tr>
<td>Electric Machines Electronics</td>
<td>Admiralty and International law of the Sea</td>
</tr>
<tr>
<td>Basic Tanker Operations-Dangerous Liquids</td>
<td>Principles of Management</td>
</tr>
<tr>
<td>Internal Combustion Engines</td>
<td>Principles of Economics</td>
</tr>
<tr>
<td>Gas Turbines and Marine Auxiliary Equipment</td>
<td>Integrated Logistics Management</td>
</tr>
<tr>
<td>Marine Plant Automation and Controls</td>
<td>The Maritime Regulatory Environment</td>
</tr>
<tr>
<td>Naval Architecture for Marine Engineers</td>
<td>Maritime Economics</td>
</tr>
<tr>
<td>Shipyard processes and Procedures</td>
<td>Port and Terminal Operations</td>
</tr>
<tr>
<td>Marine Project &amp; Product Management</td>
<td>International Business</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Regimental Program

All students are sworn into the U.S. Navy Reserve – Merchant Marine Reserve Program as Midshipmen and wear Navy uniforms

First Classmen, under the supervision of the Academy’s Commandant of midshipmen, exercise command of the regiment
• Develops followership and leadership skills
• Emphasizes respect, honor, service, and courage
A Typical Day at the Academy

0600 - Reveille (All Hands)
0635 - Morning Inspection
0645-0730 - Buffet Breakfast
0730 - Morning Muster/Colors
0745 - First Class Period Begins
1210 - Muster for Noon Mess
1220-1250 – Noon Mess
1300 - Fifth Period Class Starts
1700-1900 - Athletics & Extracurricular
1730-1945 - Buffet Dinner
2000-2200 - Study Hall for All Classes
2200-0600 - Late Lights Period
Athletics Programs

Men
Baseball
Basketball
Cross Country
Football
Lacrosse
Soccer
Swimming & Diving
Track & Field
Wrestling

Women
Basketball
Cross Country
Lacrosse
Swimming & Diving
Track & Field
Volleyball
Soccer

Waterfront Programs
Capital Vessels
Offshore Sailing
Power Squadron
Keelboats
Dinghy
Rowing

Club
Ice Hockey
Rugby
Water Polo
General Eligibility Requirements

United States Citizen

Be between the ages of 17 and 24 by July 1 of the year of admission

Be of good moral character

Meet the physical, security, suitability, and character requirements necessary for a commission in the U.S. Navy Reserve
Evaluation

Admission Test Middle 50% Ranges

ACT
English – 25-31
Math - 26-29

SAT
Reading – 30-34
Math – 600-660

Academics – 75%
Transcript Review
ACT/SAT Scores
High School Class Rank

Leadership – 25%
School Official Evaluations
Athletic Activity
Non-athletic Activity
Physical Qualification

Candidate Fitness Assessment (Av. Man/Av. Woman)
Basketball Throw (Kneeling Position) – 67”/41”

Pull-ups – 9/3 (2 min.)

Flexed-Arm Hang (Women Only) – 19.8 sec.

Shuttle Run – 9.1/10 sec.

Modified Sit-ups – 72/68 (2 min.)

Push-ups – 54/33 (2 min.)

1-Mile Run – 6:43/8:06

Administered by
• Physical Education Teacher
• Active Duty (Non)Commissioned Officers
• Service Academy Liaison Officer
• (J)ROTC Instructors
• Professors of Military Science
Medical Qualification

Department of Defense Medical Examination Review Board

Good Physical and Mental Health

Height/Weight Requirements

Waivers given on a case-by-case basis

Candidates assessed as:
• Qualified
• Disqualified
• Remedial

Start as EARLY as possible!
Nomination

Everyone is eligible for at least three nominations: two senators, one representative.

A nomination is the legal authority to tender an offer of admission.

Be aggressive in pursuing a nomination!
Application Process

Submit Online starting May 1st of Junior Year and start seeking a nomination soon after

Required Components
Official High School transcript
  Official test scores
  School profile
Candidate Activities Record
  Biographical Essay
School Official Evaluations:
  • Math
  • Chemistry or Physics
  • English

File with DoDMERB and take your CFA before you start your senior year

Deadline to submit is February 1st
Admissions Strategy

Applicant (not parents) drives the process

Apply to all available nomination sources early

Complete Application early

Take the ACT and/or SAT multiple times

Take Chemistry, Physics, and Calculus

Practice for the Candidate Fitness Assessment

Complete the DoDMERB Physical

Visit Kings Point

Explore all your options

Decide what is right for you
Class of 2023

Average SAT Scores: 632 Reading; 666 Math
34% Ranked in top 10% of HS Class
67% Ranked in top 20% of HS Class
86% Ranked in top 40% of HS Class
Members of National Honor Society: 60%
National Merit Scholars or Finalists: 4%
Class Valedictorian/Salutatorian: 5%
Presidents of Class/Government: 11%
Earned 1 (or more) Varsity Letters: 85%
Team Captain of 1 (or more) Sports: 69%
Participated in Boys State/Girls State: 17%
Completed college credits after H.S. Graduation: 15%
Dual enrollment in college coursework during H.S: 38%
Members of JROTC: 10%
Members of Navy Sea Cadets or Civil Air Patrol: 9%
Members of Boys/Girls Scouts: 15%
Earned Eagle Scout/Gold Award: 12%
Candidate Orientation Visits

Available Tuesdays and Thursdays during the academic year

Day Visits: students who are at least in their junior year of high school

Overnight Visits: students who are at least seniors and submitted part 1

Midshipmen-escorted / a real “inside look”
Prep School

The New Mexico Military Institute

Located in Roswell, New Mexico

A year long program to prepare cadets with an atmosphere they can expect at other service academies

A cost-effective way to receive an academy-level education

Can be a springboard into any of the service academies
The United States Coast Guard Academy
Academy Overview

Smallest U.S. federal service academy (~1,000 Cadets)

40% of Class 2023 and 38% of Corps of Cadets are women, every officer billet in the Coast Guard has always been available to women

Nine Academic majors: seven STEM and two Humanities

Division III/I NCAA Athletics: 25 Varsity Teams; eight Club Teams; Company Intramurals

Swab Summer; Operational Summer Training Programs
Preparatory Schools

Qualified candidates with high potential may be sent to a one-year preparatory program to get them ready for the academic, military and athletic demands of the Academy.

They will be sent to one of the following three schools:

**Marion Military Institute**
Located in Marion, Alabama

**Naval Prep School**
Located in Newport, Rhode Island

**Georgia Military College**
Located in Milledgeville, Georgia
The Academy Introduction Mission (AIM)

The Academy Introduction Mission (AIM) is a one-week summer program where you'll immerse yourself in Academy life. Exclusively for students entering their senior year of high school, AIM is regarded as the most realistic of the service academy summer orientation programs.

AIM will test and inspire you. It will push you to your limits. You'll rise early. You'll study. You'll compete. For six non-stop days, you'll test your mind, body and spirit in every way.

Intense, yet rewarding, AIM will help you to discover whether the Academy experience is truly what you want from college, and whether you have what it takes to succeed.

Key Dates (During Junior Year)
April 6 – Deadline to apply
May 1 - Decision Notification
May 18 - Enrollment Process Begins
June 1 - Scholarship Applications Due
June 5 - Scholarships Awarded
June 15 - Deadline for Session Selection
June 20 - Enrollment paperwork Due
Majors Offered

Civil Engineering
Electrical Engineering
Cyber Systems
Mechanical Engineering
Naval Architecture and Engineering

Operations Research and Analysis
Marine and Environmental Sciences
Management
Government
## NCAA Sports

**Men's Sports**
- Baseball
- Basketball
- Cross Country
- Football
- Lacrosse
- Pistol
- Rifle
- Rowing
- Sailing
- Soccer
- Swimming & Diving
- Tennis
- Track & Field
- Wrestling

**Women's Sports**
- Basketball
- Cross Country
- Lacrosse
- Pistol
- Rifle
- Rowing
- Sailing
- Soccer
- Softball
- Swimming & Diving
- Track & Field
- Volleyball

**Club Sports**
- Men’s Ice Hockey
- Triathlon
- Men’s Rugby
- Women’s Rugby
Application Dates

July 15 – Application opens
October 15 – Early Action deadline
By December 23 – Early Action decisions released
January 29 – Regular Admission deadline
By April 1 – Regular Admission decisions released
April 15 – Medical Examination deadline
May 1 – Appointment acceptance deadline
May 15 – Medical Exam qualification/waiver deadline
June 1 – Enrollment paperwork due
June 28 - Swab Summer starts

A complete application includes:
Online Application
Standardized Test Scores
Medical Examination
Physical Fitness Examination
Interview - when requested by Admissions
Physical Qualifications

Exercise - (av. man/av. woman)
Cadence push-ups – 38/27
Two-minute sit-ups – 79/75
1.5 Mile Run - 10:31/12:29

Administered by
• Physical Education Teacher
• Active-Duty Commissioned Officers
• Service Academy Liaison Officer
• (J)ROTC Instructors
Class Profile

Class Rank
46% in the top 10% of high school class
82% in the top 25% of high school class
99% in the top 50% of high school class

Test Scores
Median SAT: Math 680, Critical Reading 660, Writing 6
Median ACT: Math 28, English 28

85% earned a varsity letter in high school
47% were team captains in high school
13% played in the high school band
3% performing arts members
41% have a parent who has served in the military
75% plan to pursue a technical major
Daily Schedule

06:00  – Reveille
06:20  – Morning Formation/Breakfast
07:00  – Military Training
08:00  – Morning Classes
12:00  – Lunch
13:00  – Afternoon Classes
16:00  – Athletics
18:00  – Dinner
19:00  – Evening Study Period
20:00  – Taps
Graduation and Service

Cadets will graduate with a Bachelor's of Science degree and be commissioned as an Ensign in the U.S. Coast Guard.

Graduates are required to serve 5 years on active duty, but over 80% choose to serve beyond their requirement.
Coast Guard Overview

11 Primary missions: Ports, Waterways, Coastal Homeland Security; Drug Interdiction; Aids to Navigation; Search and Rescue; Living Marine Resources; Marine Safety; Defense Readiness; Migrant Interdiction; Marine Environmental Protection; Ice Operations; Other Law Enforcement

USCGA Graduates: 85% Afloat; 10% Flight; 5% Ashore

USCG Officers: 55% OCS/Programs; 45% USCGA

USCGA Graduates: 80% 5+ Years; 40% 20+ Years