
West Point



INFORMATION FOR NEW CADETS AND PARENTS CLASS OF 2011



THE CADET BASIC TRAINING CHALLENGE AT WEST POINT

A New Cadet rappels down the side of a mountain in Cadet Basic Training '06.



Cadet First Captain Jonathan C. Nielsen at Acceptance Day '06.

An upper-class cadet instructs a New Cadet on the proper way to report.



A New Cadet works through the Warrior Exercise Course during Cadet Basic Training '06.



The Class of 2010 returns to West Point after completing Cadet Basic Training.



OFFICE OF THE SUPERINTENDENT
UNITED STATES MILITARY ACADEMY
WEST POINT, NEW YORK 10996-5000



*Lieutenant General Franklin L. Hagenbeck,
Superintendent*

To the Class of 2011:

Congratulations on your appointment to the United States Military Academy.

You are about to enter an institution steeped in tradition. West Point is a special place, and you will soon become a part of what makes it special. It is not the location or the buildings – it is our graduates. Douglas MacArthur, Dwight Eisenhower, Norman Schwartzkopf, and the many others who have developed into leaders of character during their four years at our Army’s Academy, have made West Point a national treasure.

You have taken the first step in adding your name to “The Long Gray Line.” There are many steps before you, but everyone here at the Military Academy is ready, willing, and committed to helping you on this journey.

We will challenge you, but always remember that we also want you to succeed. Our academic, military, and physical programs are among the best in the world. They are integrated and immersed in a rich moral-ethical climate that is unsurpassed. All of these programs working together will prepare you for a career of professional excellence and service to the Nation as an officer in the United States Army. You will be the leaders of America’s finest Soldiers in war and peace.

Good luck as you prepare to join us, and welcome to the Class of 2011!

F. L. Hagenbeck
LTG, US Army
Superintendent



A NOTE OF INTRODUCTION

In a few short weeks you will report to Eisenhower Hall at West Point, beginning a new chapter in your life unlike anything you have experienced. We have designed this booklet to help you understand and meet the challenges that await you during the next few months at the United States Military Academy. Prior knowledge about the journey is a powerful tool in preparing yourself for success at West Point. You and your parents or guardians should read and discuss this information.

The following pages contain a brief description of your first year at West Point, a year that will

challenge you physically and mentally. Although it is challenging, thousands of young men and women have passed this way before. Like them, you, too, will develop here under the many programs that make up the West Point Experience. You will also discover that this commitment to intellectual, physical and military professional growth continues beyond your four years at the Academy.

The West Point Experience will inspire you to a career as a commissioned officer in the United States Army.

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CADET COMMANDERS' CHALLENGE



Cadet Jason Crabtree
CBT I Commander



Cadet John Trimble
CBT I Command Sergeant Major



Cadet Adam Johnson
CBT II Commander



Cadet Karl Kocher
CBT II Command Sergeant Major

Congratulations on accepting your appointment to the United States Military Academy. This significant achievement demonstrates your potential for excellence and your dedication to service. You are about to embark on a 47-month adventure that will be extremely challenging and immensely rewarding. The first step in your quest to join the Long Gray Line will require you to transition from civilian to Soldier. Cadet Basic Training will facilitate your transition into military life. This summer you will be pushed mentally and physically to excel as a member of a team. It is imperative that you come physically fit, mentally prepared, and ready to train. Coming prepared and maintaining a positive attitude will ensure your success.

Becoming a member of the Corps of Cadets is your first step on the road to serving as an Army Officer. West Point will help you to further codify your personal values and develop a professional military ethic that will guide you, both in the Army and in life. We look forward to leading you and commend your decision to serve our Nation.
Do Right—Fear Nothing!

A handwritten signature in black ink, appearing to read "Jason Crabtree".

Cadet Jason Crabtree
Cadet Commander 2007
Cadet Basic Training I

A handwritten signature in black ink, appearing to read "Adam Johnson".

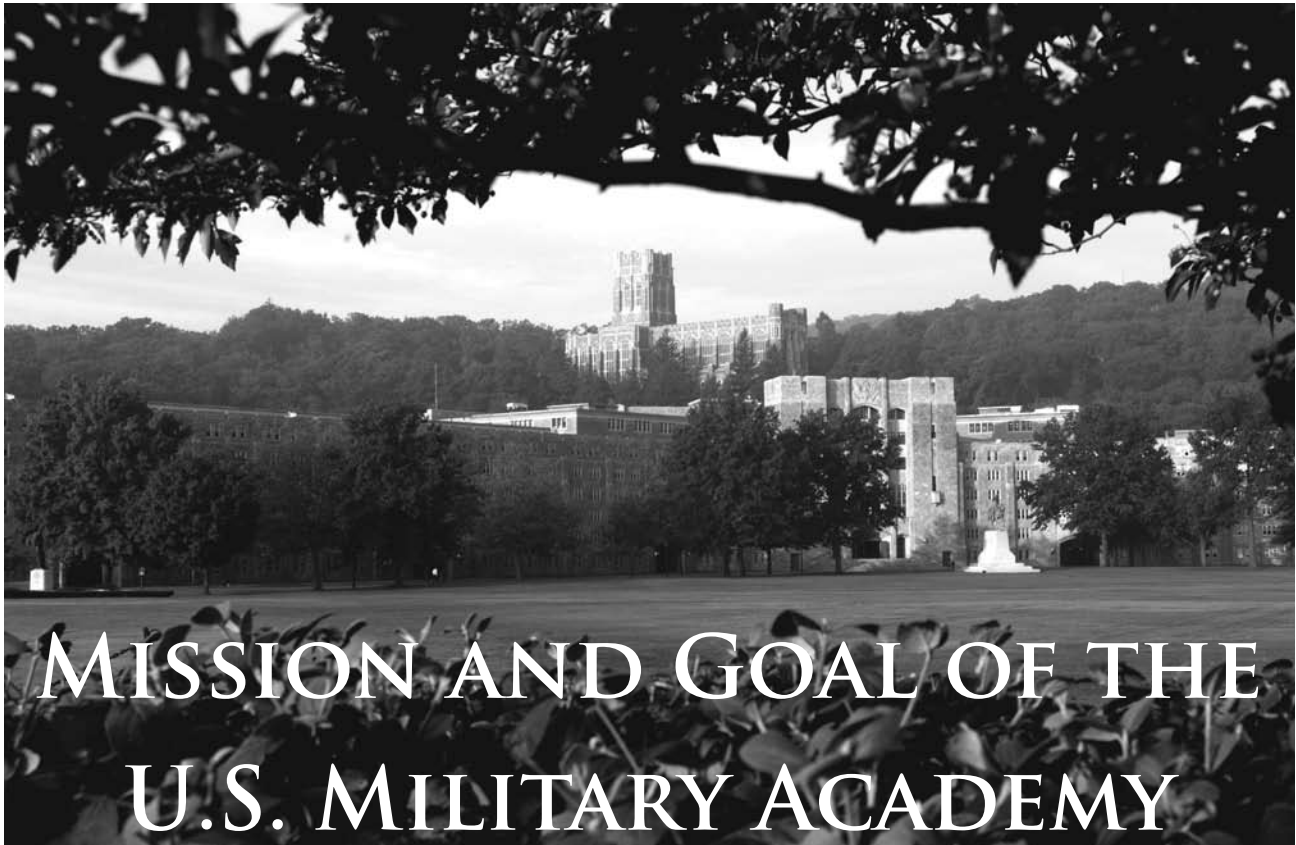
Cadet Adam Johnson
Cadet Commander 2007
Cadet Basic Training II

A handwritten signature in black ink, appearing to read "John Trimble".

Cadet John Trimble
Cadet Sergeant Major 2007
Cadet Basic Training I

A handwritten signature in black ink, appearing to read "Karl Kocher".

Cadet Karl Kocher
Cadet Sergeant Major 2007
Cadet Basic Training II



MISSION AND GOAL OF THE U.S. MILITARY ACADEMY

The mission of the United States Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of “Duty, Honor, Country” and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

The Academy envisions that graduates will be commissioned leaders of character who, in preparation for the intellectual and ethical responsibilities of officership, are broadly educated, professionally skilled, moral-ethically and physically fit, and committed to continued growth and development both as Army officers and as American citizens.

As such, graduates must understand the profession of arms and the application of a broad liberal education in the arts and sciences to that profession; the fundamentals of the American Constitution and the responsibilities

of commissioned officers to its defense; and the values and ethical standards of the United States Army: the Professional Military Ethic.

Graduates must also demonstrate personal devotion to the duties of a commissioned officer: intellectual curiosity, imagination, and creativity; ability to act rationally and decisively under pressure; mastery of the basic military and physical skills required for entry into commissioned service; inspiration and motivation to lead American Soldiers in war and peace – leadership characterized by a winning spirit; the ability and motivation to achieve and sustain unit climates that are conducive to military effectiveness and professional excellence; and personal commitment to the selfless standards of officership within the United States Army.

Academy systems and programs have been structured to contribute to instilling these characteristics in each graduate.

THE PROFESSION OF OFFICERSHIP

“Officership” is the practice of being a commissioned Army leader. Officers swear an oath of loyalty and service to the Constitution. They serve at the pleasure of the president, who is the commander-in-chief of the Armed Forces. Officers are accountable for the state of the Army and the accomplishment of its missions.

Officers apply discretionary judgment and bear ultimate moral responsibility for their decisions. Their commission imposes total accountability and requires service of unlimited liability. Essential to officership is a unique self-concept, shared throughout the profession, consisting of four roles – servant of the Nation, warrior, member of a profession, and leader of character. Grounded in the Army Values



LTG Hagenbeck greets upper-class cadets after the Acceptance Day Parade 2006.

– Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage – this shared self-concept inspires and shapes the officer and the Army Officer Corps.

Officers must be self-aware and adaptable leaders. As professionals, officers are committed to mastery of the arts and sciences of the profession of arms through an inspired quest for lifelong learning. Officers gain expertise through progressive education, technical training and the experiences provided through

increasingly challenging operational assignments. Officers must also be highly educated, not just in military skills, but in a broad range of disciplines, including basic sciences, engineering, the humanities, and social sciences.

THE PROFESSIONAL MILITARY ETHIC

Commissioned officers are guided by a unique standard of conduct, derived originally from the content and spirit of the commissioning oath, the commission document, the nature of the professional function, and the expectations of the American people. This standard is referred to as the “Professional Military Ethic.” West Point has long adhered to a standard of conduct characterized as the values of “Duty, Honor, Country.” As members of the Army, cadets and officers adhere to the seven Army Values. In addition, as part of its Cadet Leader Development System, West Point has identified what it believes are the governing principles of officership. These are:

DUTY. Professional officers always do their duty, subordinating personal interests to the requirements of the professional function.

HONOR. An officer’s honor is of paramount importance. It includes the virtues of integrity and honesty. Integrity is the personal honor of the individual officer, manifested in all roles.

LOYALTY. Military officers serve in a public vocation;

their loyalty extends upward through the chain-of-command to the President as Commander-in-Chief and downward to all subordinates.

SERVICE TO COUNTRY. An officer’s motivations are noble and intrinsic: a love for the technical and human aspects of providing the Nation’s security and an awareness of the moral obligation to use that expertise self-sacrificially for the benefit of society.

COMPETENCE. The serious obligations of officership – and the enormous consequences of professional failure – establish professional competence as a moral imperative. More than proficiency in the skills and abilities of the military art, professional competence in this sense includes attributes of creativity, confidence, and self-awareness.

TEAMWORK. Officers model civility and respect for others. They understand that Soldiers in a democracy value the worth and abilities of the individual, both at home and abroad. But because of the moral obligation accepted and the means employed to carry out an officer’s duty, the officer also emphasizes the importance of the group above



Honor: The Cadet Honor Code

At West Point, cadets prepare for the ethical demands of officership by living in harmony with the principles of our Honor Code. The code states: “A cadet will not lie, cheat, steal or tolerate those who do.” Its purpose is to foster a commitment to honorable living in cadets in preparation for their service as leaders of character for the Army. Cadets who live and abide by the spirit of the code are truthful, fair, respectful, and professionally responsible.

Throughout the evolution of the code, the essential core has remained unaltered: A cadet’s

the individual. Success in war requires the subordination of the will of the individual to the task of the group.

The military ethic is cooperative and cohesive in spirit, meritocratic, and fundamentally anti-individualistic and anti-careerist.

SUBORDINATION. Officers strictly observe the principle that the military is subject to civilian authority and do not involve themselves or their subordinates in domestic politics or policy beyond the exercise of the basic rights of citizenship. Military officers render candid and forthright professional judgments and advice, and eschew the public advocate’s role.

LEADERSHIP. Officers lead by example, always maintaining the personal attributes of spiritual, physical, and intellectual fitness that are requisite to the demands of their profession and which serve as examples to be emulated.

“DUTY, HONOR, COUNTRY”

In his acceptance speech for the Thayer Award in 1962, General Douglas MacArthur described *Duty, Honor, Country* as the foundation for a “great moral code – a code of conduct and chivalry ... an expression of the ethics of the American Soldier.” As such, the motto of the Military Academy serves as more than just the guiding moral imperative for a cadet; it is the foundation for the Army’s Professional Military Ethic.

word is unquestioned. The Honor Code demands and expects all members of the Corps of Cadets to conduct themselves with absolute integrity, both in word and deed. Cadets accept this obligation freely and with great pride.

Although the duty to uphold and enforce the Honor Code resides in each cadet, the responsibility for administering and regulating the Honor System lies with a small body of cadets on the Cadet Honor Committee. The members of this committee are elected from and represent the 32 cadet companies. The Honor Committee performs two main functions: honor education within the Corps and the investigation of potential violations of the Honor Code.

Cadets suspected of violating the Honor Code undergo an extensive investigation under the supervision of the Honor Committee. Where sufficient evidence of a violation exists, the Commandant of Cadets convenes a formal investigative hearing to examine the facts. In those instances where the hearing determines that the cadet violated the code, the case is forwarded to the Superintendent for final disposition.

The Honor Committee, through the Professional Military Ethic Education Teams (composed of officers, noncommissioned officers, civilian staff and faculty, and cadets), is responsible for conducting honor instruction throughout the Corps of Cadets. This program instructs

cadets on the dynamics of the Honor System. New Cadets are expected to adhere to the precepts of the Honor Code beginning on R-Day. During their 47-month experience, they will learn the importance of honor and integrity to a commissioned officer in America’s Army.

Respect: The Priceless Value of Every Person

Cadets come to West Point from all geographic regions, socioeconomic status, and ethnic groups within our country, and from other nations, as well.

The Military Academy and the Army do not tolerate prejudicial, discriminatory, or unfair treatment based upon race, religion, national origin, color, or gender. Such behavior is simply not consistent with the profession of officership, the Army, and service to the Nation.

Like honor instruction, all cadets actively participate in the Respect Program’s formal course of instruction as part of the Professional Military Ethic Education (PME2). The Respect Program’s goal is to teach cadets how to take an active role in the development of a positive command climate within their units as they assume greater leadership responsibilities. Specific instruction includes: equal opportunity, prevention of sexual assault and harassment, alcohol- and drug-abuse prevention, and



health-awareness topics. The instruction begins during CBT and continues until graduation four years later. The course of instruction is progressive, because it deals with increasingly complex issues cadets will face as commissioned officers.

Respect Program classes during CBT are structured to ensure that each New Cadet fully understands proper leader/subordinate relationships; equal opportunity, sexual harassment, sexual assault, and discrimination issues; and conflict resolution.

WHEN YOU ARRIVE ... (WHAT TO BRING)

NOTE: Candidates must report to Eisenhower Hall on July 2 according to the following time schedule, which is determined by the last digit of his/her social security number:

A candidate whose last digit of his/her Social Security No. is:	Reporting Times, Eastern Daylight Time:
0, 1, 2, 3	6:30 a.m.
4, 5, 6	7:30 a.m.
7, 8, 9	8:30 a.m.

Visitors should arrive early, entering West Point through **Stony Lonesome Gate** where you will be directed to convenient parking areas. Place the Reception Day ID pass on your dashboard so the security personnel can more easily assist you with directions. The automobile driver and all occupants over the age of 16 must have valid photo

identification (driver’s license or school photo identification will suffice) to enter the Academy. Allow extra time at the entrance gates for the ID check.

A. Personal Items

1. Men will be issued all clothing and personal hygiene products. Women will be issued all clothing except regular brassieres (see Pages 5-6 of “Instructions for Candidates Offered Admission”), which they must bring with them. Women should also bring a 14-day supply of personal hygiene products in case the Cadet Store does not carry a personal preference of these items.
2. Both men and women should bring the following:
 - a. All dental and medical x-rays, if sent to the candidate by DoDMERB.
 - b. One small piece of luggage.



c. A pair of “broken-in” shoes of the following description should be worn when reporting in: black, plain-toe, smooth all-leather, laced uppers, replaceable rubber heels, and replaceable rubber or leather sole. ***Failure to bring broken-in shoes may cause foot injuries that could interfere with New Cadet training.*** If possible, buy a pair of Army-issue low-quarters (leather). These can be mail ordered or purchased from the Army Air Force Exchange System (AAFES).

d. One pair of “broken-in” running shoes that are in good condition. New Cadets will be participating in a physical conditioning program beginning the next day. Running shoes are not issued.

e. Because cadets will be measured for uniforms on R-Day, we suggest that all New Cadets arrive in appropriate outfits, such as slacks or shorts.

f. If you wear glasses, bring an eyeglass security/sports strap.

3. The following items are optional:

- a. Framed picture (boyfriend, girlfriend, family, etc.), not larger than 8” x 10”.
- b. Wristwatch.
- c. Small handheld hair dryer and/or curling iron.
- d. Electric razor (if regular razor and blades not used).
- e. Religious reading material.
- f. Passport.
- g. Tennis racquet, lacrosse stick, hockey stick, baseball glove, etc., for corps squad screening. These items should be marked and left with your personal baggage.

4. It is recommended that bulky items or an excessive number of items not be brought initially, because storage space is limited. **DO NOT BRING:**

- a. An excessive number of toilet articles/cosmetics.
- b. Towels, handkerchiefs, night wear.
- c. Civilian clothes in excess of those needed for travel to West Point.
- d. Rings and excessive jewelry.
- e. Stereo equipment or radios.
- f. Bicycles and sporting goods.
- g. Electrical appliances, i.e., TVs, coffeepots, irons.
- h. A large amount of money (exceeding \$100).
- i. Typewriters or computers.

5. The following are **FORBIDDEN ITEMS:**

- a. Vehicles of any kind. (You are not permitted to maintain a car at West Point until the spring of your junior year.)
- b. Alcohol and drugs.
- c. Fake IDs.
- d. Firearms.
- e. Food, snacks, etc.
- f. Cell phones (not allowed during CBT).

6. Cadets who enter from prior active duty, National Guard duty or Reserve duty must turn in their military files and military ID cards to Cadet Personnel at In-Processing Station #3 on R-Day.

B. Hairstyles

Many of today’s civilian hair styles are not the same as the requirements set by the U.S. Army. All members of the U.S. Corps of Cadets enjoy a reputation for their standards of personal appearance. Since hair length and style are personal and sensitive issues, we strongly recommend that you prepare for your first military haircut. If you now have long hair, we suggest that you have it shortened or styled, conforming as closely as possible to the hair requirements described below.

Haircut Standards.

1. Men.

a. On R-Day, new male cadets will receive the haircut standard to all basic trainees in the Army. The maximum length or depth of hair on the crown (top) of the head will

not exceed one inch. The sides will be close-cut, tapered from the lower edge (clean-shaven) to the end of the crown (1/4 inch). This style of haircut is maintained during the summer because of its “low-maintenance” requirements.

b. With the beginning of academics in August, male cadets may maintain their hair so the length does not exceed 3 inches nor the depth exceed 1 1/2 inches.

c. Mustaches and beards are not permitted.

2. Women.

a. The Academy has a full-service hair-care salon for cadets, but a cadet’s summer schedule does not allow time for extensive hair treatments. A hairstyle conducive to wash-and-go is the preferred style. Hair should be in good condition upon arrival. If permanents or relaxers are used, they should be applied prior to reporting in July.

b. During CBT, new female cadets must have a hairstyle that is easy to maintain and requires only minimal time to prepare for training.

c. There is no requirement for New Cadet women to cut their hair, as long as the hair does not interfere with the proper wear of headgear and other training equipment. Women who intend to keep their hair long must pin it up for training. These women are responsible for arriving on R-Day with their hair already pinned up. Hair will not at any time fall over eyebrows or extend below the bottom collar of all issued uniforms. All women should bring their own hair care and grooming products including, but not limited to: brushes, combs, elastic bands (must be as close to natural hair color as possible), gel, hair spray, etc., as the ability to buy such products varies due to different training schedules.

d. The length and bulk of the hair will not be excessive or present a ragged, unkempt, or extreme appearance. Hair that cannot be maintained or fit properly while wearing headgear or a protective mask will be cut to adhere to standards.

C. Fitness

We cannot overemphasize the importance of arriving at CBT fit enough to perform the active summer physical training. The goals for the summer experience include: 1) preparing you for the physical demands of the academic year physical education program; 2) developing character, teamwork, self-confidence, toughness, and courage; and 3) introducing you to physical conditioning in the Army. Emphasis will be placed on aerobic fitness, as well as muscular strength and endurance. You will also complete



a 15-mile foot march in combat gear. To prepare your feet and minimize blisters you should begin preparing yourself before arriving at CBT. You should purchase two pairs of Army-issue, ACU boots. You are now authorized to purchase both the low-quarter shoes and pumps at any Army & Air Force Exchange Service. The shoes can also be ordered using the AAFES mail-order catalog service. In order to purchase footwear at AAFES, a copy of the letter of authorization signed by the Chief of Staff, U.S. Corps of Cadets, must be presented to the salesclerk. Your walking workouts should start with a 1-mile distance for a week, increasing one more mile each week. To condition and protect your feet, wear a thin nylon or polypropylene sock under a thicker, padded, cotton or wool sock. The thin sock will adhere to your foot, keep moisture away from your skin, and absorb most of the friction coming from the wool sock and the boot. The thicker sock provides additional padding. In addition, you will take a fitness test consisting of a 2-mile run, 2 minutes of push-ups and 2 minutes of bent-leg

sit-ups. Minimum scores of these three test items for New Cadets are listed in the chart below. You will be tested within four days of arrival and again at the end of Cadet Basic Training.

During CBT you will also be assessed on your ability to swim 150 yards to classify you into a swim group as part of your physical education program. Your goal should be to swim 150 yards in 3 minutes or less using any stroke you desire. If you cannot swim, it is recommended that you take steps now to learn basic strokes. The ability to swim is not required for admission to West Point; however, all cadets at the Military Academy must successfully complete the swim course in order to graduate from the Academy.

Physical preparation for the rigors of the Academy is critical. The better prepared you are when you arrive, the



easier you will be able to adjust to the challenging physical program. A solid base of fitness training prior to CBT will reduce the risk of injuries, such as shin splints and stress fractures.

	Push-ups	Sit-ups	2-Mile Run
Age	17-21	17-21	17-21
Men	35	47	16:36
Women	13	47	19:42

— CANDIDATE MEDICAL NOTICE —

Candidates should not bring any non-prescription drugs such as Tylenol or aspirin, vitamins, sports drinks or powders with them to West Point. Do not bring any medication in an unmarked bottle.

All such items will be confiscated at the medical station. You will be able to purchase non-prescription items after R-Day. Prior to your arrival at West Point, place all prescription drugs and any eye-care products in a clear plastic zip-lock bag with your name clearly marked on the bag. These items will be inspected by medical personnel during your in-processing.

CADET BASIC TRAINING

West Point selected you because you have the qualities needed for success. You must still be determined and persevere through the challenges of Cadet Basic Training to achieve your goals.

Since most New Cadets are entering the military abruptly from the civilian world, what may seem like the toughest military training you will experience at West Point will come during your initial summer. Plebe (freshman) year begins with Reception Day, when you start six-and-one-half weeks of basic military training. Called “CBT,” it is known to all who have gone through it as “Beast Barracks.” This, the most physically and emotionally demanding part of the four years at West Point, is designed to help you make the transition from New Cadet to Soldier.

For this reason, and to avoid a quick or rash decision that could result in a New Cadet losing the opportunity he or she worked so hard to gain, those who enter on R-Day are expected to complete the 6 1/2 weeks of CBT. Experience has shown that it is best to take one day at a time, and that

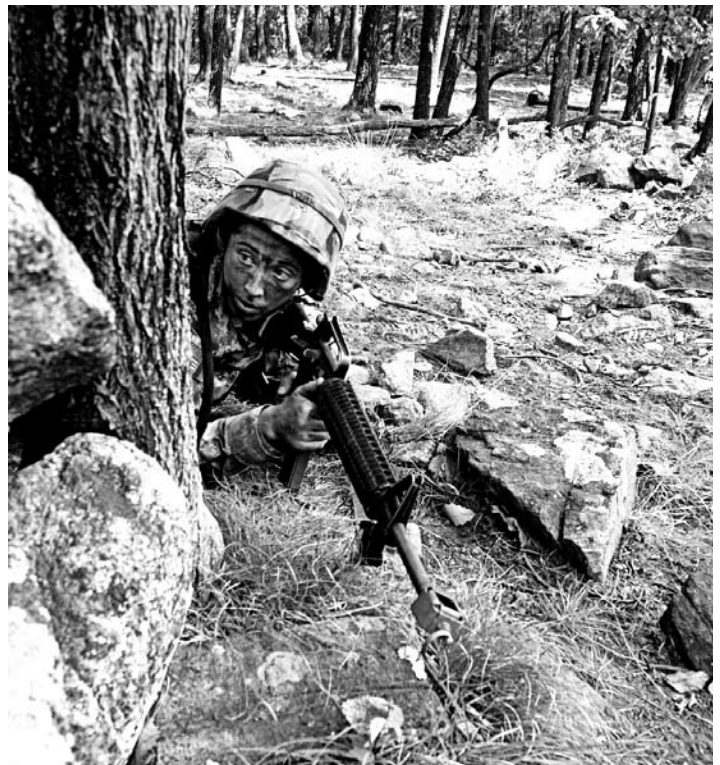


with each new day’s experience, strength and confidence are built. The imposed discipline of CBT will gradually be replaced with self-discipline, the key to success as an Army officer. During your Army career, self-discipline will enable you to do your duty, regardless of the circumstances.

A NEW CADET’S DAY

Below is a schedule showing a New Cadet’s day for July and August:

- 5:00 a.m. Wake-Up
- 5:30 a.m. Reveille Formation
- 5:30 to 6:55 a.m..... Physical Training
- 6:55 to 7:25 a.m..... Personal Maintenance
- 7:30 to 8:15 a.m..... Breakfast
- 8:30 to 12:45 p.m. Training/Classes
- 1:00 to 1:45 p.m. Lunch
- 2:00 to 3:45 p.m. Training/Classes
- 4:00 to 5:30 p.m. Organized Athletics
- 5:30 to 5:55 p.m. Personal Maintenance
- 6:00 to 6:45 p.m. Dinner
- 7:00 to 9:00 p.m. Training/Classes
- 9:00 to 10:00 p.m. Commander’s Time
- 10:00 p.m. Taps



IMPRESSIONS OF CADET BASIC TRAINING FROM NEW CADETS

“Beast is rewarding. There are ups and downs, but the end is worth it. Yes, you pick up all sorts of great experiences and good training you wouldn’t get anywhere else, but you also learn the satisfaction of working hard and working together. You learn how precious it is to render a salute to our flag and take on the Nation as your own, to protect. You learn how much it means to know your buddy is there for you. From just taking everything in, you begin to piece together the essence of the leader you want to become. And then you realize that so much is left to do and learn, and this is only the beginning.”

“Beast made me confront and overcome my fears. It showed me what I am truly capable of doing when I put my mind to it and drive on. The tasks we had to do gave me confidence and a feeling of accomplishment that made it all worthwhile.”

“The friendships you make during Beast are unlike anything I experienced in high school. The kind of challenges you face and successes you have create

a bond that people who weren’t there just can’t understand.”

“When I finished Beast I was proud, not only because of the challenge and the hard work it had taken, but because of all the other amazing people who had done it before me.”

“Beast was an enjoyable experience. It gave me the chance to challenge myself both physically and mentally, and there is nothing better than getting down and dirty in the woods on a hot summer day with a bunch of people who are just as excited and motivated as you. I did so many things during Cadet Basic Training that few people will ever do in a lifetime. The experience really is something to be proud of.”

“Try to think of Beast as a game. It will wear you down after a while, especially if you start taking everything as seriously as they want you to. The secret is to keep your sense of humor and remember that you are bound to mess up – they’ll make sure of that – but as long as you give it your best, you will look back on this someday, as the leader that you come to be, and laugh.”

“I learned more about myself, the Army, and life in one summer than I had in the first 18 years of my life.”

“Something I wish I had realized during Beast is that the upperclassmen are only a few years older than you and making just as many mistakes as you. This doesn’t mean you should disrespect them in any way, because one day you will be in their positions too, but keeping this in mind will help you get through the more frustrating times.”

“At West Point, you are challenged in a variety of ways in every developmental area – mentally, physically, militarily, and socially. The system will find your weaknesses, but that is the point – West Point toughens you.”



THE WEST POINT EXPERIENCE

The West Point Experience is the process that transforms cadets into commissioned officers who possess competence and good character to lead American Soldiers. It provides the essential pre-commissioning preparation for the profession of officership. It starts on the cadet's first day with a solemn oath to support the Constitution and culminates four years later with a second oath – the commissioning oath – whereby the graduate swears to support and defend the Constitution.

Design of the West Point Experience flows from the premise that commissioned officers lead most effectively when they possess both competence and good character. Hence, development is focused in six distinct developmental areas – intellectual, military, physical, spiritual, ethical and social.

The Academy has organized itself into three primary developmental programs: Academic, Military, and Physical. Each of these programs contributes to the development of cadets in all six developmental areas.

The Academic Program

The Military Academy's Academic Program includes a dynamic and integrated undergraduate curriculum, which balances the physical sciences and engineering with the humanities and social sciences. Its goal is for every graduate to be able to anticipate and respond effectively to the uncertainties of a changing technological, social,

political and economic world. In addition, the Academy seeks to instill in cadets creativity, moral awareness, and a commitment to progressive and continued educational growth throughout their careers as commissioned officers.

The Military Program

West Point's Military Program consists of four components, woven throughout the 47-month West Point experience: Military Science education in small-unit tactics and principles of war; Military Training in basic individual and small-unit tactical skills, such as rifle marksmanship, land navigation and movement techniques; Cadet Professional Development in officership, conduct, and decorum and professional ethic education; and the cadet's day-to-day Military Environment of unit training, chain-of-command duties, drill and ceremony, extracurricular activities and classroom duties. The Military Program provides to all cadets a broad, basic military education and training to prepare them for service as commissioned officers and inspire them to careers of Army service.

The Physical Program

The Academy's Physical Program focuses on the physically demanding requirements of being an Army officer. It develops in cadets the ability to maintain personal and unit fitness; nurtures the qualities of courage, aggressiveness, and the will to win; and cultivates a desire to lead a healthy



lifestyle. Specific program activities include physical education classes, regular fitness testing, and competitive athletics.

Spiritual Development

Spirituality is rooted within oneself. Religion is one component for many cadets, and there are many voluntary activities for cadets to grow in their own faith-based spirituality; however, the Academy views spirituality in a much broader context. Spiritual development focuses on those spiritual and religious activities that enable cadets to search for, to create, and to adapt their personal views of their human essence, their places and roles in the world, and their personal conceptions of virtue and what is right, good, and just.



Ethical Development

Ethical development is central to the West Point Experience. The Honor Code – “A cadet will not lie, cheat, steal or tolerate those who do.” – sets the minimum standard for integrity, but the Military Academy seeks to inspire adherence to the complete “spirit” of the Code.

The Academy focuses on developing commissioned leaders of character, men and women who are honest, just, and respectful. Ethical development teaches cadets right from wrong so they not only know what is right, but can do what is right. Cadets are guided by the Academy’s timeless motto, “Duty, Honor, Country.”

Interpersonal Relations

Leadership is about influencing people to accomplish tasks and improve an organization. Leadership, therefore, occurs in a setting of intense interpersonal relations. Teaching cadets to effectively interact with people of diverse backgrounds and cultures is the primary purpose of the Academy’s social-development program. Social development occurs on the training field, in the classroom, in the barracks, in a family setting, and during formal or informal social activities. The Directorate of Cadet Activities provides many activities to help cadets experience intellectual, physical, cultural, moral, and social pursuits.

THE ARMY CAREER: OFFICERSHIP

Education and training prepare cadets not only for the challenges of junior officership but also for a time when they may be charged with responsibilities at the highest levels of the Army.

Young officers spend the first years of their careers qualifying in their specialties as platoon leaders, company commanders, instructors, or junior staff officers. They go on to advanced branch career courses and possibly to civilian graduate school. Senior captains or junior majors begin to serve on higher-level staffs. Some officers will

concentrate in a major specialist program like research and development, logistics, or information technology. Many will attend the Army Command and General Staff College or the Armed Forces Staff College. With this background, Army officers are prepared to meet the increasing responsibilities and challenges as they progress through an Army career.

Considering current basic pay rates, medical and dental care, and retirement, the Army officer’s compensation compares favorably with civilian counterparts in business and industry.

LIFE AT WEST POINT

Fourth-Class Year

Fourth-class year is the most formative time in the 47 months of a cadet's career. Not only does it serve as a key transition step from civilian to cadet life, it also establishes the basis for success in all of USMA's developmental programs. During this important year, the fourth-class cadet will:

- (a) Learn fundamental Soldier and cadet skills, successfully completing all required baseline elements within the developmental programs.
- (b) Receive a foundation for understanding and acceptance of the Army's Professional Military Ethic.
- (c) Develop self-discipline, duty motivation, and a commitment to service and teamwork.
- (d) Learn that success is measured by contribution, performance to challenging standards and continuous pursuit of excellence.

By achieving these goals, the fourth-class cadets are well prepared for the challenges and opportunities awaiting them in the rest of their USMA experience.

As parents, you can be of great help to your son or daughter through the challenging times. Since cadets are new and do not always understand the system and reason for certain actions, they may misunderstand why certain things are done.

Room Assignments

Upon arrival at West Point, New Cadets will be assigned to a CBT company. Room assignments are three to a room and are made on a random basis and are not influenced by race, religion, creed or socioeconomic backgrounds of individual cadets. Roommates are members of the same squad or platoon and will be responsible to the same upper-class leaders. Cadets have the same roommate throughout the summer. Women generally are assigned to squads in pairs, and women will be assigned as roommates. Women live in

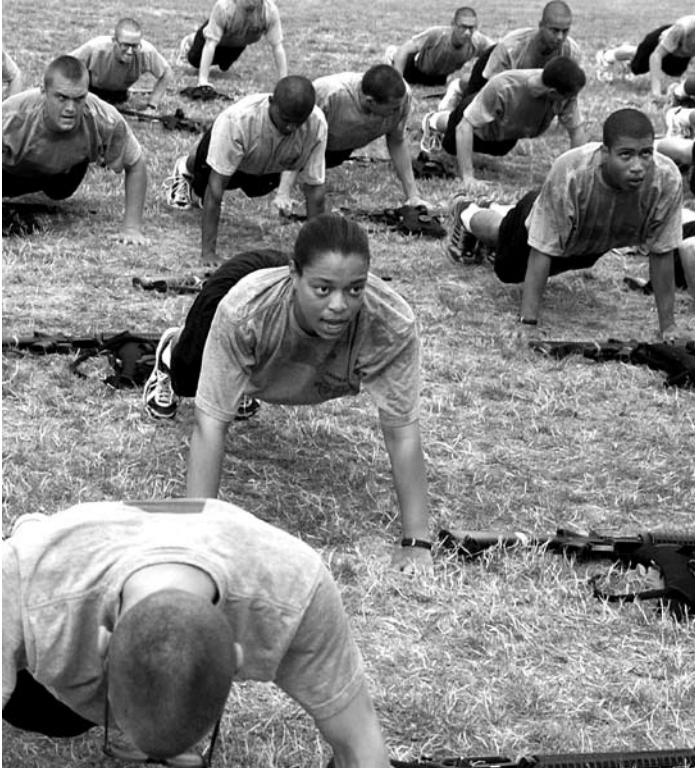


the same buildings as their fellow male company members but will have separate rooms and use separate latrine and shower facilities. New Cadets and cadets are required to lock their room doors each night from Taps until Release from Quarters the following morning.

The military atmosphere at West Point is maintained even in the cadet's room. For example, here is a New Cadet's description of a room arrangement: "The Army has a place for everything and a way to fold everything. In our closet, clothes have to be hung in a certain order. Our underwear has to be folded just so, and in a certain part of the drawer. The inside of our desk is supposed to be neat and our books stacked on the shelf from the tallest to the shortest. In the medicine cabinet, the razor has to be on a certain shelf and turned a certain way. We have to dust, sweep, clean the sinks, and make sure the mirror is clean."

Between the end of Cadet Basic Training and the start of the academic year, cadets will be assigned to a room in their permanent company area. Cadets are generally assigned two or three to a room.

Once assigned rooms, plebes retain the assignments from August through December. Cadets receive new room assignments each semester.



THE TACTICAL OFFICER AND THE TACTICAL NCO

The tactical officers (TACs) and tactical noncommissioned officers (TAC NCOs) – company TAC teams – are the integrators of the Academy’s developmental programs: They oversee each cadet’s individual development in the academic, military, physical and moral-ethical programs. The TAC teams lead, coach, mentor and train the cadets with a continual focus on leader development. The TAC is the legal commander of the cadet company and, as such, is responsible for the establishment and maintenance of a climate that fosters individual and unit excellence in all program areas.

TACs and TAC NCOs are chosen based on their demonstrated abilities and potential in all these areas. All Company TACs have been successful company commanders in the U.S. Army. TAC NCOs have all been successful platoon sergeants, drill sergeants or first sergeants. Their combined abilities, experiences and training inspire and motivate cadets in preparation for service as commissioned officers.

TAC teams interact daily with cadets across the developmental spectrum. They are available to the cadets from reveille until Taps each day. The TAC teams regularly

attend academic classes and teach numerous leadership and professional development classes. They attend drill and ceremonies practice, military training and company athletics with their companies. They perform these same duties during the summer training period at Cadet Basic Training and Cadet Field Training. Additionally, many TACs and TAC NCOs are assistant coaches, officer representatives, or officers-in-charge of intercollegiate and club squad sports and activities.

As program integrators, TAC teams regularly interact with cadets’ professors, mentors, coaches, staff and faculty and parents. The TACs and TAC NCOs are the points of contact for any questions or concerns regarding cadets.

CADET FINANCES

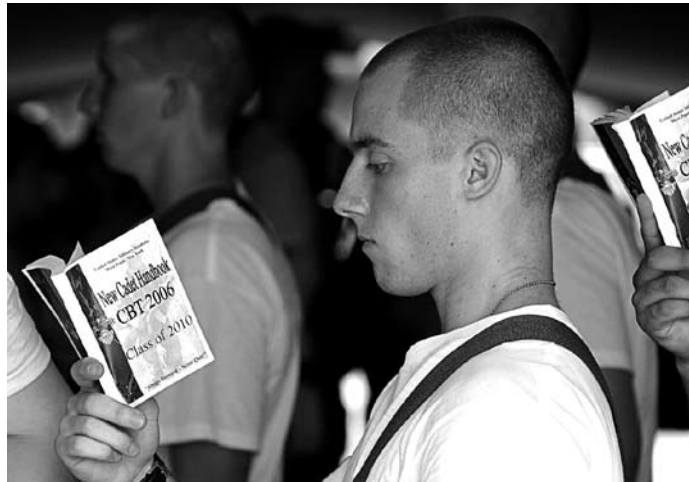
At the U.S. Military Academy, cadets are not charged for tuition, room, board, medical and dental expenses. Cadets are responsible for certain costs, including academic supplies, required equipment, a personal computer, personal services, and laundry and dry cleaning.

To help a cadet meet these expenses, a cadet earns a monthly paycheck and receives a \$5,060 pay advance. This pay advance is necessary because cadet expenses accrue faster than cadet pay during the first few months at the Academy. In addition, the cadet or cadet’s family should make an initial deposit of \$2,900.00 prior to his or her arrival to pay for expenses incurred before receiving the first paycheck. If you are unable to make the deposit, please contact the Treasurer, USMA prior to arrival. This deposit is nonrefundable after the cadet reports to USMA on Reception Day. Questions may be addressed to the Treasurer, USMA at (845) 938-4262, or write the Treasurer, USMA, Official Mail and Distribution Center, 646 Swift Road, West Point, NY 10996-1905.

Two accounts are used to help cadets manage their funds. One is their own personal checking account and the other is known as the “Cadet Account” managed by the Treasurer, USMA.

The Cadet Account is opened upon receipt of the initial deposit. In addition to the initial deposit, the \$5,060 pay advance and a monthly portion of the cadet’s pay are credited to the account. One of the primary purposes of the Cadet Account is to assist the cadet in saving for future expenses. The funds in the Cadet Account will be used to pay for textbooks, uniforms, Academy fees, a personal computer, academic supplies, equipment, and some optional purchases made available to cadets.

Prior to admission each cadet is asked to sign and return a Certificate of Authorization, found in the booklet, "Instructions for Candidates Offered Admission," which allows the Treasurer, USMA, to withhold a portion of pay and disburse funds for all items issued. The Treasurer becomes the custodian of the Cadet Account and acts on behalf of the cadet ensuring that only authorized purchases are charged against the Cadet Account.



per month during 2007-2008. This salary is subject to federal and state withholding taxes and social security deductions.

As you can see, a cadet in the freshman year receives a personal checking account allowance of \$175 each month out of the \$864.30 monthly salary earned. The money that goes into the personal checking account is the cadet's spending money. The amount of spending

West Point has found that the Cadet Account is the best way to manage a cadet's money so that funds are readily available for required purchases. A cadet earns interest on the balance of funds held in the Cadet Account.

The Pentagon Federal Credit Union operates a branch in the cadet area that provides a full range of financial services required by cadets including: check cashing service, travelers checks, money orders, wire transfers, checking and savings accounts, ATM cards and credit cards.

Every cadet must have a personal checking account prior to arrival at USMA. Every cadet's monthly checking account allowance is deposited directly into the cadet's personal checking account. Cadets who have not established accounts should review Page 3 of the "Instructions for Candidates Offered Admission" booklet.

Cadets should not bring more than \$100 in bills and change with them when they report to West Point, after they expend funds for travel. Any amount in excess of \$100 will be collected upon arrival and deposited in the Cadet Account. The first days at West Point are hectic, and there is no place or time to spend pocket money.

The chart on this page depicts the typical monthly distribution of pay for a fourth-class cadet.

Each cadet, regardless of class year, will earn \$864.30

money increases each year as the cadet progresses at USMA. For example, in Academic Year 2007-2008, a third-class cadet (sophomore) receives \$250 each month, a second-class cadet (junior) earns a \$400 monthly checking account deposit, and a first-class cadet (senior) receives a \$500 deposit. Checking accounts are for the personal use of cadets, and it is their responsibility to follow normal banking procedures. The personal checking account is meant to cover average personal expenses such as daily living, leave travel and expenses, cadet activities, savings and car insurance. The commandant has reinstated the past practice of having cadets save for the purchase of their class rings (\$1,100) and their second lieutenant/graduation expense (\$2,054). This policy will affect the classes of 2010 and 2011. The total four-year discretionary allowance is approximately \$15,130 and, if properly managed, will allow cadets to enjoy the full West Point Experience.

Cadets are covered by a government-sponsored life

insurance plan known as Servicemember's Group Life Insurance (SGLI). This policy provides for a maximum coverage of \$400,000, which is automatic. The current cost for this coverage is \$.73 per \$10,000 (\$29), which will be deducted from your monthly pay. Increments of less than \$400,000 may be selected.

The \$5,060 advance noted earlier is paid back in 46 monthly installments of \$110. No interest is charged on the pay advance.

MONTHLY DISTRIBUTION OF PAY	
Salary Earned	\$864.30
Distribution:	
Federal Income Tax.....	36.00
State Income Tax	12.51
FICA (Social Security)	53.59
FICA (Medicare).....	12.53
SGLI (Servicemember's Life Insurance) ..	27.00
Repayment of Advance	110.00
Cadet Account Deposit.....	435.67
Checking Account Allowance	175.00
Total.....	\$864.30



Cadets will be reimbursed by the Defense Military Pay Office for their travel expenses to West Point. Cadets who travel to West Point by air should make travel arrangements through a government contracted travel office (CTO). Before making arrangements, the cadet should ask whether the travel office is government contracted. Subject to change, the current government contracted travel offices are Carlson Wagonlit and SATO. Cadets who do not use a CTO will only be reimbursed at the government rate of the ticket. Please refer to Page 8 of "Instructions for Candidates Offered Admission." A New Cadet should have in his or her possession any transportation and lodging receipts associated with travel to West Point. Receipts are required to receive reimbursement of travel expenses.

See Page 4 of "Instructions for Candidates Offered Admission" for scholarship information. Cadets coming from unusually difficult financial environments are encouraged to apply for scholarships. Scholarships assist in meeting required financial obligations.

CADET PERSONAL AFFAIRS

All cadets must file an individual tax return with the United States Internal Revenue Service. Assistance will be available for all cadets when completing federal income tax returns. Income from interest, dividends, and other sources are all part of taxable income.

Current Internal Revenue Service guidance for parents is quoted for information purposes:

"An Armed Service Academy appointment is not a scholarship, and for the period a student is enrolled, he is supported by the Armed Services. The student may not be claimed as a dependent if he is there for a full year.

"If your cadet is in a service academy for only part of the year you may claim an exemption if the dependency tests are met. In determining whether you furnished more than half of their support, the compensation and allowance provided by the Armed Services while they are in the Academy must be taken into account."

Please note for 2005 that a parent or guardian must have contributed financial support exceeding \$33,811 in order to claim the cadet as an income tax exemption.

West Point's medical facilities are accredited by the Joint Commission on Accreditation of Hospitals. These facilities, located on the grounds, are available to a cadet at no expense.

Should hospitalization or medical treatment be required while your cadet is away from West Point, the cadet is entitled to care at any Armed Forces facility. In emergencies, your cadet may be treated at any civilian facility without expense. (See enclosed medical cards). Should an emergency arise, you should notify your cadet's company Tactical Officer and the Cadet Brigade Surgeon at 845-938-3003/2565 (after hours 845-938-5169) at the earliest possible time. For care that is not an emergency, contact the Cadet Brigade Surgeon for approval of care. If you do not obtain prior authorization in a non-emergency, medical bills may not be approved for payment, and the care may affect your cadet's qualification for commissioning. Contact Keller Hospital's Health Benefits Advisors at 845-938-4838 for assistance with bills for civilian care.

Parents of cadets are encouraged to continue to list their son or daughter enrolled at West Point on their family health insurance programs until they graduate and are commissioned.

It is recommended that candidates have a tourist passport in their possession upon entering the Academy. Experience shows that many, if not all, cadets will need a passport during their tenure as cadets. Obtaining a passport prior to arrival is a convenience many cadets appreciate later.

OPPORTUNITIES FOR CONTACT AND VISITATION

Information in this section provides an outline of the orientation program of R-Day on July 2 for parents, relatives, or friends who may accompany New Cadets to West Point.

Persons accompanying their cadets should plan on attending the initial briefing given at Eisenhower Hall. After the briefing, New Cadets will begin in-processing. Friends and relatives will not be able to visit their cadets again until privilege periods begin later in the summer. Until that time, New Cadets will have no free time, and guests should not plan to come to West Point to visit their cadets. Parking is available in the lettered lots near Michie Stadium. Guests should plan on leaving their vehicles there, as parking elsewhere on the post is extremely limited. Shuttle bus transportation will be available to guests for the remaining events on R-Day. Dress is informal for all activities; comfortable walking shoes should be worn.

Following the initial briefing, relatives and friends may visit the Parents Reception Center in Eisenhower Hall. Videotapes on cadet life, Army Football and military training will be shown there throughout the day. Guided tours



of West Point and shuttle bus service around the post will originate at Eisenhower Hall. Lunch will be available at Eisenhower Hall, as well as other locations easily reached by the shuttle bus. The Cadet, Catholic, and Jewish chapels will host various activities during the day. In the afternoon, the Superintendent and Commandant will speak to parents, friends and relatives in the Eisenhower Hall Theater. Following a question-and-answer period, all guests will be invited to witness the New Cadet Oath Ceremony at Trophy Point. At the conclusion of the ceremony, shuttle buses will be available to take parents and friends to the parking areas.

Those parents not coming to West Point should note that New Cadets will not have access to telephones for the first few days after they arrive. If parents wish their New Cadets to notify them of their safe arrival, cadets should do so before they report to the initial in-processing station.

During CBT, there will be no opportunity to visit New Cadets. After the Acceptance Day parade August 18, when New Cadets officially become members of The Corps of Cadets, most cadets will have time for visits. Please contact the cadet for additional details.

Labor Day weekend, September 1-3, is the first opportunity for Plebes to take an overnight pass away from West

Mailing Address for New Cadets

Mail for New Cadets should be addressed as shown below:

New Cadet John/Jane Doe
P.O. Box*
USCC (Company)*
West Point, New York 10997

*A box number and company of assignment will be issued to the New Cadets in a mailing prior to their arrival at West Point on July 2.

Point. Additionally, classes and military training are suspended on federal holidays, and cadets can escort visitors on these days.

The long weekend of October 12-14 is set aside for an annual event known as Plebe Parent Weekend. During this weekend, parents and friends can visit plebes and examine the facilities at West Point. The weekend will include a Plebe Review, the Superintendent's or Commandant's Orientation, a tour of facilities, open houses and a formal banquet. Parents will be notified officially of the Plebe Parent program. It is advisable that parents who intend to participate make arrangements early; see the listing of tourism agencies on Page 10 of the booklet, "Instructions for Candidates Offered Admission."

Thanksgiving, Winter, and Spring leaves provide all cadets the opportunity to return home. Emergency leave may be granted to a cadet if a serious problem arises involving a member of his or her immediate family. The cadet should make application for such leave to his or her company Tactical Officer.

Parents are encouraged to join a West Point Parents Club. There are more than 100 of these independent, parent-run organizations located throughout the world, and membership affords access to information about the Academy and fellowship with other cadet families. Additional information about Parents Clubs is included in the West Point Parents Almanac, which is enclosed with this booklet.

Information about a West Point Parents Club in a specific area can be obtained by writing to the Public Affairs Office, Community Relations Branch, ATTN Parents Club Coordinator, Building 2107, USMA Mail Distribution, 646 Swift Road, West Point, NY 10996, or by calling the Parents Club Coordinator at (845) 938-5650 or 3614. Parents may also e-mail the Parents Club Coordinator at yd2883@usma.edu.



The Public Affairs Office also maintains a list server that posts official updated information through email. To sign up for this free service, parents should go to USMA's home page – www.usma.edu – and click on "WP Parent Clubs" (under the "USMA News" heading in the center column). On that page, click on "Join the WPPC – News List." From there follow the directions listed.

HOW TO CONTACT NEW CADETS

U.S. Postal System

Each cadet has a unique post office box. These boxes (more than 4,000 of them) are located in the basement of the Cadet Mess Hall. Cadets have access to the boxes and a full-service post office, all in one convenient location. The post office box number will be provided to each cadet on an individual information card in a mailing prior to R-Day. Post Office box numbers remain the same throughout a cadet's four years at West Point.

Telephone

During the academic year parents can reach the cadet directly by calling his or her personal telephone number. Every cadet has his or her own assigned telephone number and telephone.

During the first part of the academic year, each member of the plebe class will be issued a telephone, a personal identification number, and a corresponding phone number, and will be briefed and instructed extensively on the use of the phones and the system. Cadets are charged for any long-distance calls.

In an emergency, parents can attempt to call the cadet's orderly room or tactical officer. If all other attempts to contact the cadet fail and it is an emergency, you may call the Central Guard Room at (845) 938-3030. The Central Guard Room is staffed 24 hours a day, but should only be called in emergency situations.

This summer, your cadet will be placed in one of the eight CBT companies. CBT companies also have orderly rooms that will be staffed during some of the periods of the day. (Normally the entire company goes to all training, leaving no one in the orderly room.) These numbers (along with the name and phone number of the cadet's tactical officer) will be provided to parents on R-Day for their individual cadets. Please keep in mind that during the initial part of CBT, New Cadets are not permitted to accept or make phone calls except in emergencies. Because of the challenging environment, varying schedules, and the demands upon cadet time, once phone authorizations are granted, we recommend that the cadet initiates the calls.

THE CADET COMPUTER AND ELECTRONIC MAIL

Computing and other technologies are integral to the cadet experience. Each cadet is issued a laptop computer during Reorganization Week. The laptop is chosen through a competition that stresses high technical quality, reliability, and the manufacturer's commitment to support. It is equipped to be compatible with the USMA computer network, which connects all 8,000 cadet, faculty, and staff computers, helping people to communicate. Cadet computers have a full, four-year, on-site warranty for routine repairs. Software required to support USMA academics and command functions is already installed on the computer when the cadet receives it.

Interested parents may use any computer that gives Internet access to contact their cadets, through a network or an Internet service provider (ISP). Several sources provide excellent basic computer and Internet education for the beginner, such as bookstores, libraries, parent groups and computer stores.

Parents having no experience with the Internet or electronic mail should begin by consulting the many books and periodicals available on getting started with the Internet. Local computer sellers, and ISPs (see your Yellow Pages) may also be of assistance. Parent groups or the USMA Association of Graduates may also offer advice and assistance. In brief, the required steps are as follows:

- ◆ Obtain a computer equipped with a modem and electronic mail software.
- ◆ Obtain Internet access through an ISP.
- ◆ Learn how to use the Internet and email software packages.
- ◆ Provide your electronic mail address in a letter or phone call.
- ◆ Have your cadet send the first message.

Currently, a new Internet-capable computer and software can be obtained for less than \$1,000. Internet services cost as little as \$10 per month if a provider can be reached through a local phone call, which is possible in most of the United States.

Cadets and parents frequently ask if a computer already on-hand can substitute for the issued computer. Cadets must purchase the computer package (which includes all necessary peripherals) negotiated by the Academy. The computer is a high-end machine guaranteed to meet or exceed all requirements set forth by the academic departments. It is often essential that computers are brought to every class, and, as such, they are an essential part of the teaching environment. The on-site facilities can claim a 24-hour (or better) turnaround time on hardware and software repairs. These repair facilities only work on the computers issued by West Point.



APPENDIX

INDIVIDUAL GUIDANCE FOR HEAT ACCLIMATIZATION

This heat acclimatization guidance is for those New Cadets who will be attending strenuous CBT in hot weather. It provides practical guidance to obtain optimal heat acclimatization to both maximize performance and minimize the risk of becoming a heat casualty.

Should you be concerned about hot weather?

If you are used to working in cool or temperate climates, then exposure to hot weather will make it much more difficult to complete your training course. Hot weather will make you feel fatigued, make it more difficult to recover, and increase your risk of being a heat casualty. New Cadets with the same abilities but who are used to training in hot weather will out perform you.

How do you become heat acclimatized?

a. Heat acclimatization occurs when repeated heat exposures are sufficiently stressful to elevate body temperature and provoke profuse sweating. Resting in the heat, with limited physical activity to that required for existence, results in only partial acclimatization. Physical exercise in the heat is required to achieve optimal heat acclimatization for that exercise intensity in a given hot environment.

b. Generally, about two weeks of daily heat exposure is needed to induce heat acclimatization. Heat acclimatization requires a minimum daily heat exposure of about two hours (can be broken into two 1-hour exposures) combined with physical exercise that requires cardiovascular endurance, (for example, marching or jogging) rather than strength training (pushups and resistance training). Gradually increase the exercise intensity or duration each day. Work up to an appropriate physical training schedule adapted to the required physical activity level for the advanced military training and environment.



c. The benefits of heat acclimatization will be retained for ~1 week and then decay with about 75 percent lost by ~3 weeks, once heat exposure ends. A day or two of intervening cool weather will not interfere with acclimatization to hot weather.

What are the best heat acclimatization strategies?

a. Maximize physical fitness and heat acclimatization prior to arriving in hot weather. Maintain physical fitness after arrival with maintenance programs tailored to the environment, such as training runs in the cooler morning or evening hours.

b. Integrate training and heat acclimatization. Train in the coolest part of the day and acclimatize in the heat of the day. Start slowly by reducing training intensity and duration (compared to what you could achieve in temperate climates). Increase training and heat exposure volume as your heat tolerance permits. Use interval training (work / rest cycles) to modify your activity level.

c. If the new climate is much hotter than what you are accustomed to, recreational activities may be appropriate for the first two days with periods of run / walk. By the third day, you should be able to integrate PT runs (20 to 40 minutes) at a reduced pace.

d. Consume sufficient water to replace sweat losses. A sweating rate of >1 quart per hour is common. Heat acclimatization increases the sweating rate, and therefore increases water requirements. As a result, heat acclimatized

Soldiers will dehydrate faster if they do not consume fluids. Dehydration negates many of the thermoregulatory advantages conferred by heat acclimatization and high physical fitness.

e. Meal consumption is just as important as water consumption. Food will replace the minerals lost in sweat as well as provide the needed calories. Salt food to taste, and do NOT take salt tablets. Rigorous training in hot weather requires a daily calorie consumption of approximately 1800-2100 calories per day.

TABLE OF HEAT ACCLIMATIZATION SUGGESTIONS

STRATEGY SUGGESTIONS FOR IMPLEMENTATION

Start early 1. Start at least 1 month prior to school or training.
 2. Be flexible and patient: performance benefits take longer than the physiological benefits

Mimic the training environment climate 1. In warm climates, acclimatize in the heat of day.
 2. In temperate climates workout in a warm room wearing sweats.

Ensure adequate heat stress 1. Induce sweating.
 2. Work up to 100 minutes of continuous physical exercise in the heat. Be patient. The first few days, you may not be able to go 100 minutes without resting.
 3. Once you can comfortably exercise for 100 minutes in the heat, then continue for at least 7-14 days with added exercise intensity (loads, or training runs).

Teach yourself to drink and eat 1. Your thirst mechanism will improve as you become heat acclimatized, but you will still under-drink if relying on thirst sensation.
 2. Heat acclimatization will increase your water requirements.
 3. Dehydration will negate most benefits of physical fitness and heat acclimatization.
 4. You will sweat out more electrolytes when not acclimatized, so add salt to your food, or drink electrolyte solutions during the first week of heat acclimatization.
 5. A convenient way to learn how much water your body needs to replace is to weigh yourself before and after 100 minutes of exercise in the heat. For each pound lost, you should drink about one-half quart of fluid.
 6. Do not skip meals, as this is when your body replaces most of its water and salt losses.



SCHEDULE OF EVENTS AND PRIVILEGES – CLASS OF 2011

Please make note of the upcoming authorizations, privileges, and events for your cadet. You are welcome to visit West Point at any time during any of these privilege periods.

DAY/DATE	TIME	REMARKS
Monday, 13 August	9:30 a.m.	Cadet Basic Training Regiment returns (March-back) from Lake Frederick.
Saturday, 18 August	10 a.m.	Acceptance Parade, The Plain.
Saturday, 18 August	after parade.....	Released by unit – Walking privileges for fourth-class cadets.
Sunday, 19 August	7 a.m. to 7 p.m.	Walking privileges for the fourth-class cadets only.
Saturday-Monday, 1-3 September.....		*Labor Day Weekend,** Cadets with pass privileges may depart after last duty Friday, 31 August, and must be present for the accountability formation Monday, 3 September, 7 p.m.
Saturday, 1 September.....	TBA.....	Army vs. Akron, away football game at Cleveland, OH.
Saturday, 8 September.....	TBA.....	Army vs. Rhode Island, home football game.
Saturday, 15 September.....	TBA.....	Army vs. Wake Forest, away football game at Winston-Salem, NC.
Saturday, 22 September.....	TBA.....	Army vs. Boston College, away football game at Boston, MA.
Saturday, 29 September.....	TBA.....	Army vs. Temple, home football game.
Saturday, 6 October.....	TBA.....	Army vs. Tulane, home football game.
Thursday-Sunday, 11-14 October.....		Plebe Parent Weekend for the Class of 2011. Parents will receive further information. Upper-class cadets with pass privileges may depart after last duty, 12:30 p.m., Thursday, 11 October, and must be present for the accountability formation, Sunday, 14 October, 7 p.m.
Saturday, 13 October.....	TBA.....	Army vs. Central Michigan, away football game at Mt. Pleasant, MI.
Monday, 15 October		Columbus Day observed; no classes; training holiday.
Saturday, 20 October.....	TBA.....	Army vs. Georgia Tech, away football game at Atlanta, GA.
Saturday, 3 November.....	TBA.....	Army vs. Air Force, away football game at USAFA, CO.
Friday, 9 November	8 p.m.	Army vs. Rutgers, home football game.
Sunday, 11 November		Veterans Day.

(PLEASE NOTE CHANGES)

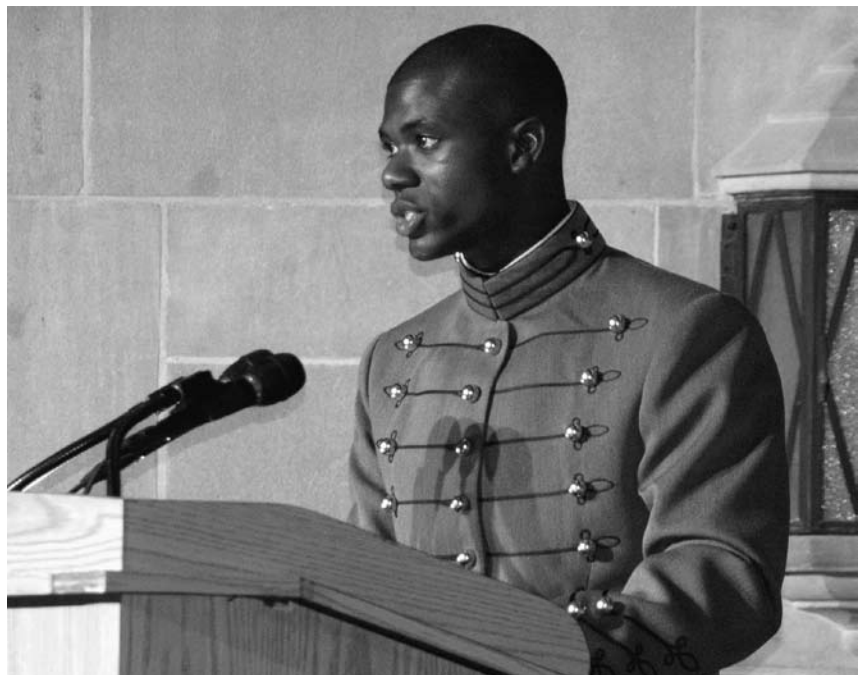
SCHEDULE OF EVENTS AND PRIVILEGES – CLASS OF 2011

Monday, 12 November	Veterans Day observed; no classes.
Saturday, 17 November..... TBA.....	Army vs. Tulsa, home football game.
Thursday-Sunday, 22-25 November.....	*Thanksgiving leave. Cadets may depart after last duty Wednesday, 21 November, and must be present for the accountability formation, Sunday, 25 November, 7 p.m.
Saturday, 1 December..... noon.....	Army vs. Navy, away football game at Baltimore, MD.
23 December-7 January 2008.....	*Winter leave. Term end exams begin Saturday, 15 December. Cadets may depart after last exam and must be present for the accountability formation Monday, 7 January, 7 p.m.
Monday, 21 January	Martin Luther King Jr.'s birthday observed; no classes.
Saturday-Monday, 16-18 February.....	*Presidents' Weekend**. Cadets may depart after last duty Friday, 15 February, and must be present for the accountability formation Monday, 18 February, 7 p.m.
Friday-Monday, 14-24 March.....	Spring Break. Cadets may depart not earlier than 5:20 a.m. Friday, 14 March, and must be present for the accountability formation on Monday, 24 March, 7 p.m.
Saturday, 31 May..... 9 a.m.....	Graduation for the class of 2008. Summer leave begins immediately after graduation.

*Before making airline reservations, parents must know their cadet's individual class schedule. Departure time can vary 6 to 12 hours. Parents also must allow sufficient ground transportation time between West Point and the Greater New York City Area airports.

** Cadets in the Class of 2011 are authorized only one pass per semester of the plebe year.

Football dates, time, location are subject to change.



(PLEASE NOTE CHANGES)

GLOSSARY OF CADET SLANG

ACUn.....	Army combat uniform.	Flirtien.....	Flirtation Walk, scenic walk where only cadets and their escorted guests may go.
AFCn.....	As for class.	Floatern.....	A person without a table at a meal who stands under the poop deck waiting to be seated.
AIn.....	Additional Instruction.	Ghostn.....	A fourth-class cadet who hides in his/her room to avoid the upper class or work duties. Also refers to an upper class cadet who is rarely seen around a cadet company.
A.M.I.n.....	Morning Inspection.	G.I.adj.....	Government issue (not to be used when referring to enlisted personnel.)
APFTn.....	Army Physical Fitness Test.	Goatn.....	A cadet in the lower sections. A cadet near the bottom of their class. Lowest-ranking cadet on graduation day.
ASAPn.....	As Soon As Possible.	Gray Hogn.....	An extremely USMA-oriented cadet.
Army Bratn.....	Son or daughter of a career Army Soldier.	Green Suitern.....	An Army officer, NCO or enlisted Soldier.
Authosn.....	Authorization to miss drill or other company training.	Hell Catsn.....	Musicians who sound reveille and the calls.
Area Tourn.....	Punishment.	Hooahn.....	Meaning "yes" or "I understand."
"A" Squadadj.....	A cadet varsity intercollegiate team.	Hopn.....	Cadet dance.
AWOLn.....	Absent Without Leave.	Hoursn.....	A punishment served by a cadet by walking with their rifle or saber, on a weekend in Central Area.
BDUn.....	Battle Dress Uniform.	IKEn.....	Eisenhower Barracks or Eisenhower Hall.
Beastn.....	"Old Corps" slang for Cadet Basic Training.	IOCTn.....	Indoor Obstacle Course Test.
Blow Offv.....	To not worry about something. To not complete an assignment/homework, as in, "I blew it off."	Juicen.....	Electricity; electrical engineering.
Bogusadj.....	Uncalled for, audacity.	Knowledgen.....	Information that all plebes should know so they can recite it to upperclassmen.
Boodlen.....	Cake, candy, ice cream, etc.	Late Lightsn.....	When a cadet has his/her room lights on after midnight.
BTOn.....	Brigade Tactical Officer.	Limitsn.....	The limits on the reservation to which cadets are restricted.
Bugle Notesn.....	"Cadet Bible"; a book with historical and required knowledge, issued to 4th class cadets.	MACn.....	MacArthur Barracks.
Bustv.....	To reduce in rank as a result of misconduct proceeding.	Maxn.....	A complete success; a maximum.
Buttn.....	The remains of anything, as the butt of a month, the butt of a cigarette.		v. To make an "A" in academic recitation; to do a thing perfectly.
Butter Barn.....	A new second lieutenant.	Minutesn.....	The time remaining before a formation.
CBTn.....	Cadet Basic Training.	New Cadetn.....	A cadet not yet officially recognized as a member of The Corps (i.e., during CBT).
CFTn.....	Cadet Field Training.	O.C.n.....	Officer-in-Charge.
Charlie Mikev.....	Continue Missions.	O.D.adj.....	Olive Drab.
Civviesn.....	Civilian clothes.	Odinn.....	A Norwegian god to whom cadets appeal for rain before parades, inspection, etc.
Coastien.....	One who attends USCGA.	Old Gradn.....	One who has graduated from USMA.
COMn.....	The Commandant of Cadets.	Pn.....	A professor; an instructor.
CORn.....	Cadet Observation Report.	P.D.A.n.....	Public Display of Affection.
Corps Squadern.....	NCAA (Varsity, JV) Athlete.		n. Personal Digital Assistant (palm pilot).
Cown.....	A cadet of the Second Class; a junior.	Pingv.....	For a plebe to walk at a quick pace of 180 steps per minute.
CPRn.....	Cadet Performance Report.	Pleben.....	A cadet of the fourth class; a freshman.
Dirtn.....	The core geography class taken by Yuks.	P.M.I.n.....	P.M. (afternoon or evening) Inspection.
Dirt Departmentn.....	Department of Geography.	Policev.....	To throw away or discard. To clean up.
D.M.I.n.....	Department of Military Instruction.		
D.P.E.n.....	Department of Physical Education.		
Engineern.....	One well up in studies. A cadet in the upper section in academic work.		
F.D.n.....	Full Dress uniform.		
Findv.....	To discharge a cadet for deficiency in studies, conduct or honor.		
Firstien.....	A cadet of the first class; a senior.		

GLOSSARY OF CADET SLANG

Poop.....n..... Information to be memorized.

Poop-Deck.....n..... The balcony in the dining hall from which the orders are published (read to the Corps).

Poop-Sheet.....n..... Page of information.

Pop Off.....v..... Sound-off in a military manner.

Post.....v..... Short for "Take your post."
Go about your business; function.

P.T......n..... Physical Training.

Rabble Rouser.....n..... A cadet cheerleader.

R.H.I.P......n..... Rank Hath Its Privileges (as well as obligations).

Roger.....n..... I understand.

RTO.....n..... Regimental Tactical Officer.

S.A.M.I......n..... Saturday morning (a.m.) inspection.

Sack/Rack.....n..... Cadet bed.
v..... To sleep.

Sham.....v..... To try to get out of doing something that is one's responsibility; take the easy way out.

Short.....adj..... Being close to graduation.

Slug.....n..... A special punishment for a serious offense.
v..... To impose a special punishment on someone.

S.O.D......n..... Senior Officer of the Day.

S.O.G......n..... Senior Officer of the Guard.

Solids.....n..... Engineering mechanics.

Sound Off.....n..... A powerful voice.
v..... To use the voice so as to be heard. Shout.

S.O.P......n..... Standing Operating Procedure.

Spaz.....v..... To make a gross error.
n..... A cadet who consistently makes gross errors.

Spec (speck).....v..... To memorize verbatim, as "to spec blind."

Squid.....n..... One who attends the Naval Academy.

Star Man.....n..... A distinguished cadet.

Strac.....adj..... "Straight, Tough, and Ready Around the Clock." Excellent in appearance, organized.

Straight.....adj..... Observant of the rules; organized; ready.

Squared away.....adj..... To be STRAC.

Supe.....n..... The Superintendent.

TAC.....n..... The Company Tactical Officer.

TAC NCO.....n..... A tactical noncommissioned officer.

TED.....n..... Tactical Eye Device.

T.E.E......n..... Term End Examination (Final Exam).

Turnback.....n..... A cadet sent to the next lowest class.

UNSAT.....adj..... Unsatisfactory performance.

Woop.....n..... What members of other service academies call a West Point cadet.

W.P.R......n..... Written Partial Review; a major examination or mid-term exam.

Writ.....n..... An examination.

Yearling/Yuk.....n..... A member of the third class; a sophomore.

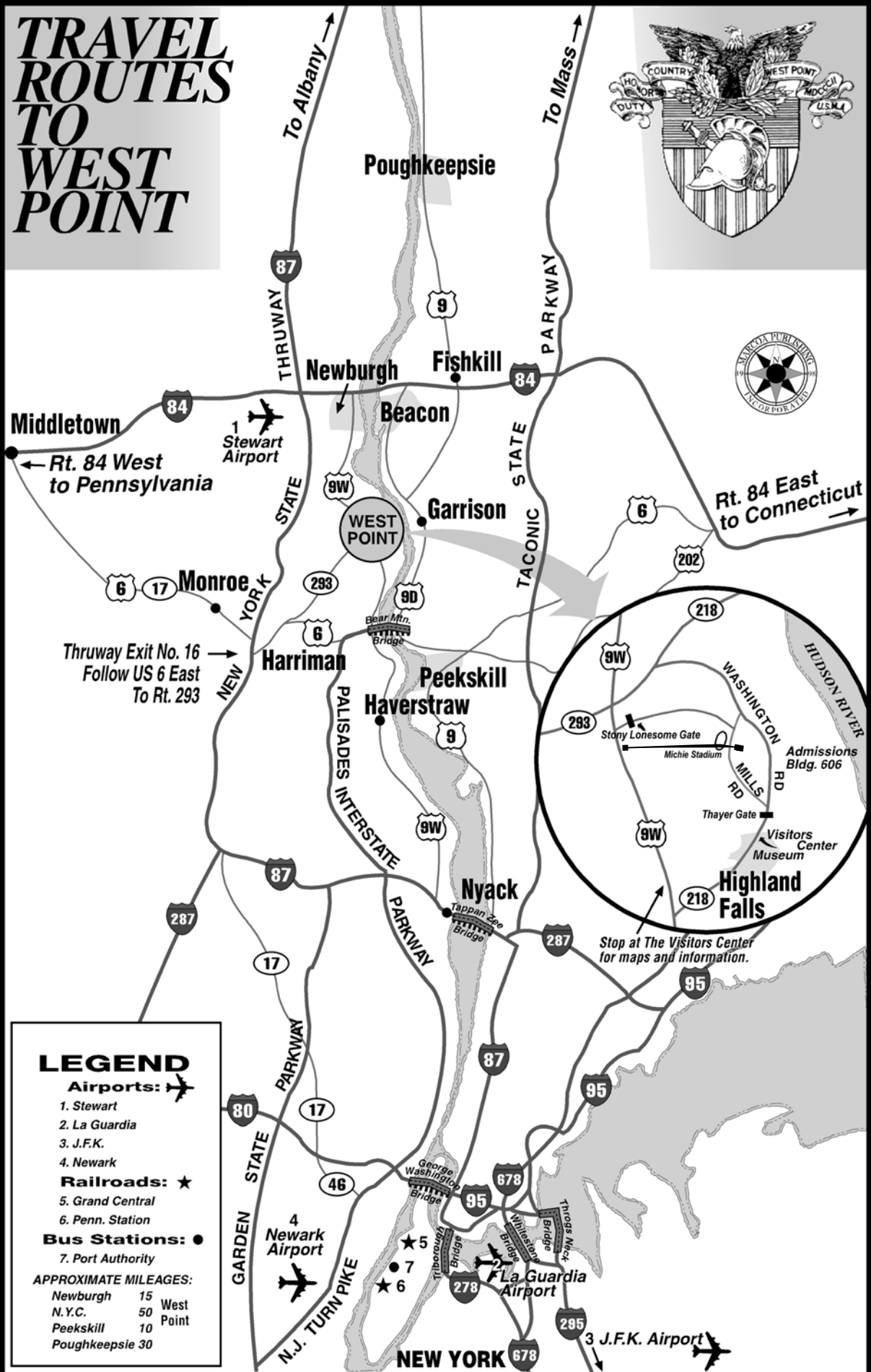
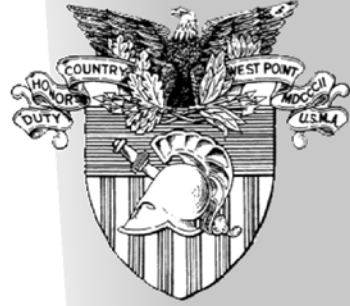
You Fly, I Buy.....phrase..... You pick up the food, and I'll pay for it.

Zoomie.....n..... One who attends the Air Force Academy.

2% Club.....n..... A cadet is in this club if they have had the same girlfriend or boyfriend from R-Day to graduation.



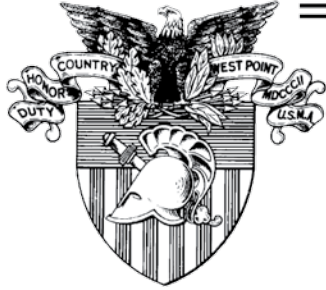
TRAVEL ROUTES TO WEST POINT



LEGEND

- Airports:** ✈️
1. Stewart
 2. La Guardia
 3. J.F.K.
 4. Newark
- Railroads:** ★
5. Grand Central
 6. Penn. Station
- Bus Stations:** ●
7. Port Authority
- APPROXIMATE MILEAGES:**
- | | | |
|--------------|----|-------|
| Newburgh | 15 | West |
| N.Y.C. | 50 | Point |
| Peekskill | 10 | |
| Poughkeepsie | 30 | |

WEST POINT



NOTES
