

West Point

The United States Military Academy

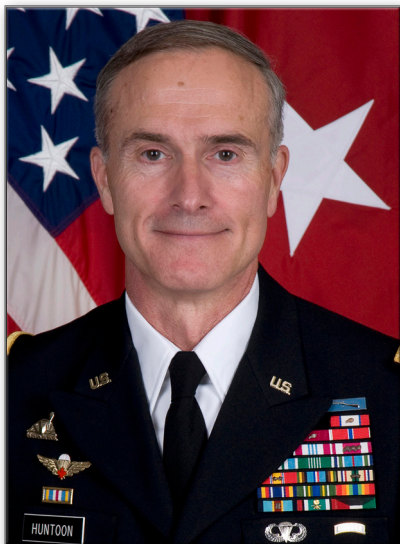


Information for New Cadets and Parents

Class of 2016



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



Lieutenant General David H. Huntoon, Jr.
Superintendent

To members of the Class of 2016 and parents:

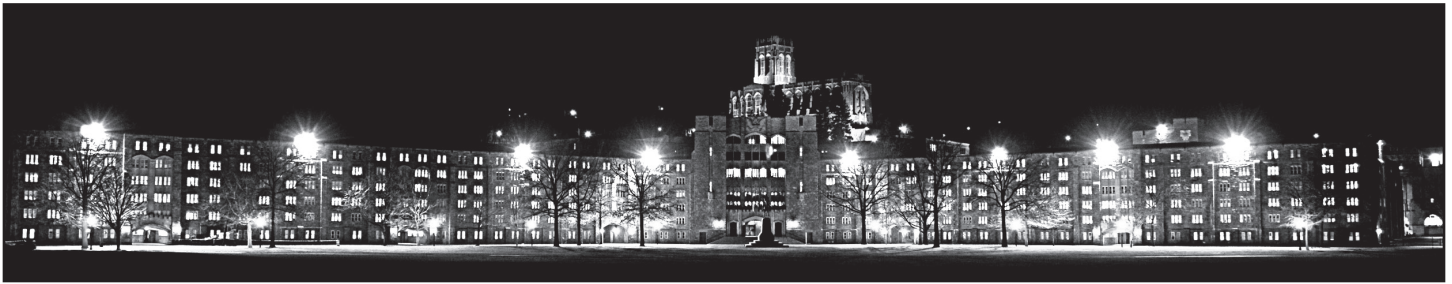
Congratulations on your acceptance to the United States Military Academy at West Point. I assure you that we are committed to your success. As Superintendent, I take equal pride in our professional, competent and caring team, all of whom are focused here on executing our inviolable mission: to educate, 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.

For parents, the West Point Parents Clubs offer an excellent opportunity for mutual support and insight during the coming years. Consider the value of membership with a local club; the fellowship and support you will find there is very helpful for parents of service academy cadets.

This booklet contains useful information about West Point and the cadet experience. Please look it over carefully so you can continue to prepare for your success at West Point.

All of us look forward to meeting you on Reception Day, July 2, 2012.

David H. Huntoon, Jr.
Lieutenant General, US Army
Superintendent



A Note of Introduction

Welcome to West Point! Once your son or daughter reports to Eisenhower (Ike) Hall at West Point, you'll begin a new chapter in your life unlike anything you have experienced. We have designed this booklet to help parents 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 you for the 47-month experience.

The following pages contain a brief description of life and information at West Point.

Table of Contents

Mission and Goal of the U.S. Military Academy.....	p.5	Opportunities for Contact and Visitation.....	p.17
The Profession of Officership.....	p.5	Visiting West Point.....	p.17
Military Ethics.....	p.5	Visitor Center.....	p.17
Ethical Development.....	p.5	West Point Museum.....	p.18
Cadet Basic Training (CBT).....	p.6	Constitution Island.....	p.18
Impressions of Cadet Basic Training.....	p.7	Gift Shops.....	p.18
Cadet Life.....	p.8	Lodging - West Point Area.....	p.19
The West Point Experience.....	p.8	Directions from Airports.....	p.19
Academic Program.....	p.8	Army Football.....	p.21
Military Program.....	p.8	Season Tickets.....	p.21
Physical Program.....	p.9	Football Stadium Seating Chart.....	p.22
Fourth Class Year.....	p.10	Joining the Parents Club.....	p.23
Room Assignments.....	p.10	Appendix	
Reception Day (R-Day).....	p.11	Safety: Heat Acclimatization.....	p.24
Useful numbers.....	p.11	Schedule of Events for Class of 2016.....	p.26
Organization of the Corps of Cadets.....	p.12	Special Event Weekends.....	p.27
Information for New Cadets.....	p.13	Glossary of Cadet Slang.....	p.28
Leaves and Passes.....	p.13		
Cadet Home Address and Mailing Address.....	p.13		
A,B, and F Saturdays.....	p.14		
Walking Privileges.....	p.14		
Computer and Electronic Mail.....	p.14		
Telephone.....	p.15		
Counseling Support for Cadets.....	p.15		
Medical and Dental Treatment for Cadet.....	p.16		



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, morally-ethically grounded 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



– 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.

Military Ethics

Ethical Development

Professional Military Ethic Education (PME2)

The purpose of Professional Military Ethic Education is to provide cadets instruction that reinforces current academy programs and assists in developing the self-concept of Officership and the ethos of the American Military Profession. The PME2 program of instruction attempts to put all lesson objectives into the context of real-life situations. The goal is to show cadets how their education fits into the big picture, both in society as a whole and the Army. The curriculum is designed to reinforce education in three areas fundamentally important to developing leaders of character: Values Education, Officership, and Leader Development.

The Honor Program

“Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying point...”

General Douglas MacArthur spoke these words to the Corps of Cadets, on May 12, 1962, in his farewell address to West Point. The Cadet Honor Program is essential to the character development of cadets throughout their 47-month experience. The program’s foundation is the Cadet Honor Code, which states: “A cadet will not lie, cheat, steal or tolerate those

who do.”

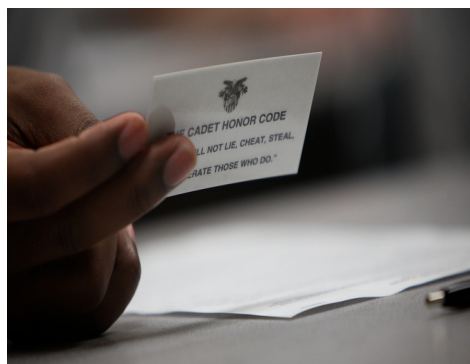
The Respect Program

The West Point Respect Program is centered on the Respect Creed: “Cadets will treat others and themselves with dignity and worth and expect the same from those around them.” West Point teaches that truly exercising respect for others is a leadership discipline and a skill that cadets and

leaders develop over time.

Cadets recognize that, as leaders, they are responsible for instilling a respectful climate in their cadet companies, on their athletic teams, and in their clubs. The Respect Program promotes unconditional respect for all people and courageous communication. The idea of unconditional respect simply

means recognizing that each person deserves a baseline of dignity and worth regardless of their capabilities, and courageous communication focuses on promoting respectful confrontation rather than gossiping or ostracizing.



Cadet Basic Training

West Point selected you because you have the qualities needed for success. You still must 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 for which he or she worked so hard, those who enter on R-Day are expected to complete the 6½ 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

“Cadet Basic Training 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.”

“Cadet Basic Training 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 Cadet Basic Training 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 Cadet Basic Training 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.”

“Cadet Basic Training 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 Cadet Basic Training 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.”

“As much as CBT develops you militarily and physically, it’s the development of the camaraderie over the six weeks of rigor that sticks with you the most.”

“Something I wish I had realized during Cadet Basic Training 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.”



Cadet Life

The West Point Experience

When cadets enter the academy, they become active duty members of the U.S. Army and take the first steps toward joining The Long Gray Line, one of the proudest traditions in the Army and in the nation.

At West Point, cadets will be developed as a leader of character to prepare to serve our Army and country for a lifetime.

The demanding 47-month West Point experience transforms cadets into leaders. This experience includes academic, military, and physical development. A strong emphasis on moral-ethical standards is woven into each developmental area.

You can be enormously proud of the accomplishments of your cadet. West Point is extremely selective, enrolling only the most promising young men and women. They are bright, eager, and enthusiastic; and they demonstrate a high degree of extraordinary leadership potential. They are among the finest young people in America, and we are proud that they have chosen to come to West Point.

Academic Program

During their first two years, the program of study consists of a core curriculum of science, English, mathematics, history, information technology, and behavioral and social sciences. This broad base of knowledge forms the foundation for a higher-level core curriculum, a minimum of three engineering courses, and specialization in an academic major.

Your cadets may wish to keep you informed of how they are doing. If they experience difficulty in a course, they should seek help immediately. Additional instruction (AI) is offered in every course. Cadets may also request tutors through their companies.

Military Program

When new cadets arrive on R-Day, they begin to experience the military environment ever present at the academy. They are required to conduct themselves according to military standards. The first phase of military training is given during the seven-week program known as Cadet Basic Training (CBT). CBT, or “Beast Barracks,” is one of the most strenuous and intense periods of training cadets encounter while at the academy.



During CBT, upper-class cadets, officers, and noncommissioned Officers (NCOs) from the Task Force, Department of Military Instruction (DMI) and Brigade Tactical Department (BTD) train, inspire, and mentor new cadets in basic Soldier skills and prepare them for acceptance into the Corps of Cadets. In addition, the program is designed to inspire each new cadet to internalize the ideals of West Point and the Army. New cadets train in common Soldier skills (marksman-ship, first aid, land navigation) and confidence-building events (leader reaction course, mountaineering, teargas chamber, and buddy team live-fire exercise).

CBT culminates with “CBT Challenge,” which includes an air movement of the new cadets out to the training area via helicopters. Once in the field, the new cadet squads compete against each other over a rigorous course using teamwork and their training to navigate, complete military tasks and solve complex problems. Beast Barracks is officially over when the new cadets complete the “Marchback.” Marching alongside the new cadets will be the 50-year affiliate class, which graduated 50 years before this class is expected to be commissioned.

Once they enter the gate, new cadets, led by the USMA Band, are greeted by well-wishers lining the streets as they pass in review before the superintendent and senior members of the staff. On 18 August 2012, the class of 2016 will be accepted into the corps and acknowledged as cadets during a brigade review on The Plain. Plebes will then be allowed walking privileges.

Each academic year, cadets receive instruction in military subjects. The Military Science instruction during their first academic year is MS100, Introduction to Warfighting; in the Spring Semester, MS100 introduces cadets to the Army. Cadets learn the Seven Army Values; the duties and responsibilities of an officer; and the roles of non-commissioned officers, warrant officers, and DA civilians.

Additionally, MS100 provides cadets a foundation of tactical knowledge necessary for success during Cadet Field Training (CFT), which is held in the summer following the plebe year. Tactical instruction includes map reading, troop-leading procedures, and an introduction to military planning. Cadets are also introduced to dismounted platoon operations, patrolling, the organization of a light infantry squad/platoon, and the characteristics of organic weapons.

Physical Program

The mission of the Department of Physical Education is to create a cadet-centered educational environment that provides a militarily relevant and scientifically based physical development program, and instills a warrior ethos of physical and mental superiority. The Department of Physical Education develops this environment by engaging cadets in activities that promote and enhance the warrior ethos, physical fitness, psychomotor performance, and a healthy lifestyle. The Physical Program helps cadets develop physical skills, self-confidence, respect for fair play, and a commitment to maintain individual and unit physical fitness.

The Physical Program includes physical education instruction, fitness assessments, and a competitive sports program. The Instructional Program is accomplished through enrollment in the Basic Instruction Program (BIP), Fundamentals of Personal Fitness, Army Fitness Development and a variety of Lifetime Physical Activity (LPA) courses. The BIP courses consist of Survival Swimming, Boxing (Men), Fundamentals of Combatives (Women), Military Movement, and Combat Applications. The LPA program

is designed to stimulate individual development through participation in a wide variety of physical activity classes, including rock climbing, tennis, alpine skiing, cycling, and scuba.

The Competitive Sports Program requires cadets to participate in company athletics, competitive club athletics, or intercollegiate athletics. Participation in competitive sports contributes to the will-to-win and moral-ethical and leadership development of cadets. By providing an environment in which Army values are reinforced and the principles of fair play are promoted, cadets learn how to “win the right way,” which transfers directly to their roles as officers. Fair play initiatives focus on demonstrating respect for the rules as well as one’s opponent, coaches, officials, and teammates.

The Fitness Assessment Program is designed to assess a cadet’s progress toward achieving a high level of motor and physical fitness. Cadets are required to pass the Indoor Obstacle Course Test (IOCT) during the Second Class year. Fourth Class cadets are introduced to and evaluated on the IOCT as part of PE 117 Military Movement. This test is designed to monitor progress toward Physical Program goals and to motivate cadets to achieve a high level of physical fitness. In addition to the IOCT, the health-related components of fitness are assessed and embedded in the core curriculum in the Fundamentals of Personal Fitness and Army Fitness Development.

The academic year Physical Program is complemented by an intense and progressive Cadet Summer Training (CST) program. The Cadet Basic Training (CBT) and Cadet Field Training (CFT) programs are designed to prepare cadets for the physical demands of cadet/military service life and the combat environment. CFT provides each cadet repeated opportunities to apply principles learned during the academic year’s physical education curriculum. Specifically, the CST programs integrate military and physical training.



This integration provides a forum where cadets are taught to apply and model the knowledge, psychomotor skills, attitudes, and behaviors that result in a sustained high level of physical fitness and enhanced combat readiness. repeated opportunities to apply principles learned during the academic year’s physical education curriculum. Specifically, the CST programs integrate military and physical training. This integration provides a forum where cadets are taught to apply and model the knowledge, psychomotor skills, attitudes, and behaviors that result in a sustained high level of physical fitness and enhanced combat readiness. The Physical Program contributes to all these aspects of learning. Cadets are challenged to successfully accomplish physically demanding skills; to increase self-confidence, determination, and the will-to-win; and to think and act purposefully under physical and emotional stress.



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 West Point’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 contributing to a team, performing to challenging standards and continuously pursuing excellence.

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

Parents can be of great help to their sons or daughters through the challenging times. Since cadets are new and do not always understand the system and reasons 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 two or 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 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 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 CBT and the start of the academic year, cadets will be assigned to rooms in their permanent company areas. 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.

Reception Day (R-Day)

What to expect on R-Day

If it's feasible, attend Reception Day. It will help you to better understand the academy and what your new cadet will experience during CBT. Be sure to wear comfortable shoes and clothing. The weather can be hot, humid and/or rainy.

Activities/conveniences for parents:

- Initial briefing and farewell (with your cadet)
- Shuttle bus service and guided bus tours around West Point
- Parents Welcome Center
- Briefing by the Superintendent, Dean and Commandant
- New Cadet Swearing-In Ceremony in the late afternoon on the Plain

The new Class of 2016 will return to West Point during the annual Marchback which is the conclusion of CBT. They will pass in review in front of the Superintendent's Quarters that morning. Parents and friends are welcome to come and cheer the new Class of 2016 but will NOT have an opportunity to visit with their new cadets at this time. The new cadets begin Reorganization Week, when they will move into barracks and pick up their books, uniforms, computers, phones, etc., for the start of the academic year.

The Acceptance Day Parade will be held at 10 a.m., when the new Class of 2016 will be welcomed into the Corps of Cadets as plebes. The cadets normally enjoy privileges on Saturday after completion of their last duty, usually early afternoon, and again on Sunday. Cadets must return to their barracks each evening. If you plan to come for the Acceptance Day Parade, you should prearrange a meeting place with your cadet. Families can picnic at various locations around West Point. Barbecue sites are located at South Dock on a first-come, first-served basis. Cadets normally have been allowed to visit Round Pond during the day over this weekend. In addition, some Parents Clubs may set up specific picnic areas for members; check with your local club.

More guidance regarding Acceptance Day and cadet privileges will be published on the Parent Information web page – www.westpoint.edu/parents– and the Class of 2016 web page.



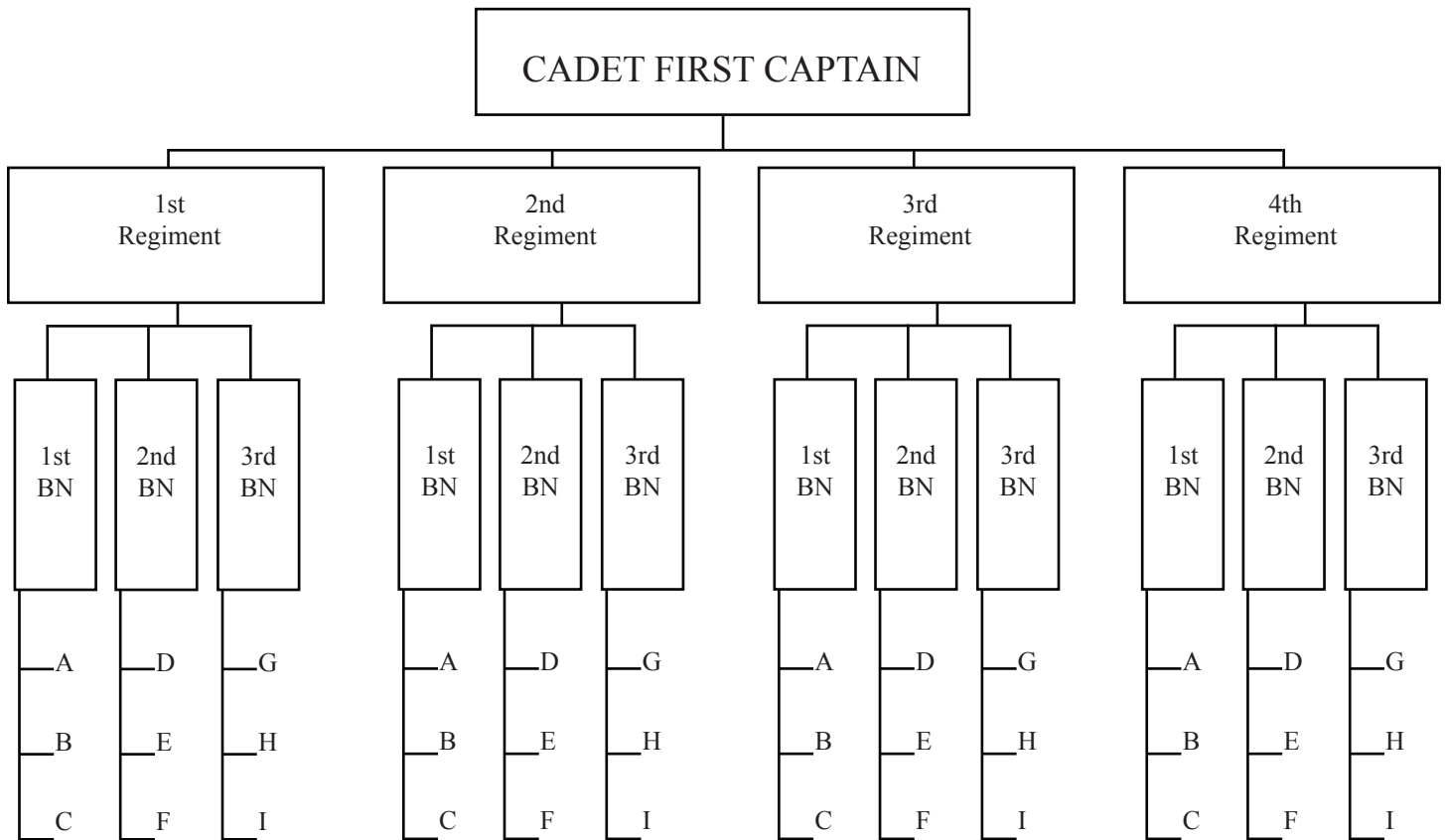
Useful Numbers

(Note: The area code for all numbers is 845)

5-Star Military Lodging.....	938-6816
Admissions Office.....	938-4041
Athletic Ticket Office.....	446-4996
Cadet Bookstore.....	938-5356
Cadet "C" Store.....	938-2121
Cadet Chapel.....	938-2308
Cadet Counseling Center.....	938-3022
Catholic Chapel.....	938-8760
Central Guard Room.....	938-3030
Credit Union (PenFed).....	446-4946
Ike Hall Box Office.....	938-4159
Information Operator.....	938-4034
Jewish Chapel.....	938-2766
Keller Army Hospital Info.....	938-5169
Old Cadet Chapel.....	938-4106
Parents Club Coordinator.....	938-5650
Bus Transportation.....	938-2018/2047
Thayer Hotel Reservations.....	446-4731
Visitors Center.....	938-2638

ORGANIZATION OF THE CORPS OF CADETS

DURING THE ACADEMIC YEAR



BN = Battalion
 Letters denote cadet companies.

Cadet Company Orderly Room Telephone Numbers:

845-938-XXXX

A1 – 2613	A2 – 2725	A3 – 3501	A4 – 3118
B1 – 2905	B2 – 4119	B3 – 3302	B4 – 2922
C1 – 3803	C2 – 2622	C3 – 2101	C4 – 3719
D1 – 3603	D2 – 3643	D3 – 2619	D4 – 3718
E1 – 2903	E2 – 2824	E3 – 4877	E4 – 2009
F1 – 3307	F2 – 2528	F3 – 2902	F4 – 2727
G1 – 2408	G2 – 2620	G3 – 2827	G4 – 2602
H1 – 2427	H2 – 5058	H3 – 2921	H4 – 2627
I1 – 0525	I2 – 0985	I3 – 0986	I4 – 0988

Information for New Cadets

Leaves and Passes

Information about leaves and passes is contained in the USCC Standing Operating Procedures (SOP) and associated privilege memorandums for leave periods. Cadets are responsible for submitting all requests and obtaining approval for leaves or passes. Approval must be obtained from the cadet's Tactical Officer before making any travel arrangements.

A "pass" is a privilege that may be earned. It is approved or disapproved by the company tactical officer (TAC). Plebes are eligible for one baseline pass per semester during their first year.

Generally, all cadets are authorized leave as a part of the curriculum and as a respite from academic and military duties. Unless otherwise notified, cadets may take leave from West Point during Thanksgiving, December Winter Leave period, Spring Break, and the summer. Cadets will receive specific information through privilege memorandums at the start of the academic year that specifies departure and return times for these leave periods. In the event of a family emergency, TACs may approve leave requests that meet the criteria for Army emergency leave status (death of a parent, "in loco parentis," or immediate family member). Passes may be granted for situations that do not meet the criteria for Army emergency leave by the Regimental Tactical Officer after approval from the TAC. Neither of these situations count against the cadet's baseline passes for the semester. If parents cannot reach their cadet, they should call the cadet's tactical officer or TAC NCO.

Parents may also call the Central Guard Room (845-938-3030), which is staffed 24 hours a day.

Cadet Home Address

If your address changes while your cadet is at the academy, he/she must go to the Cadet Personnel Office, S-1, to fill out a change of address form. The cadet is the only person authorized to do this.

If parents do not reside at the same location, remind your cadet to provide addresses for both parents. Each parent will then receive information sent out by the academy as authorized by the cadet.

Suggestions for parents

On R-Day, bring a stamped envelope/card with you, place your cadet's new address on it, and drop it in the mailbox before leaving West Point. Your cadet will enjoy having mail right away.

Write your cadet encouraging words as frequently as possible. Emphasize taking one day at a time and keeping a sense of humor. Send hometown news, cartoons, inspirational cards, and a few pre-addressed and stamped postcards to your new cadet.

Mailing Address for New Cadets
Mail for new cadets should be addressed as shown below:

New Cadet John/Jane Doe
P.O. Box*
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.

Historic Cadet Mess in Washington Hall

The neo-Gothic Cadet Mess at West Point is an impressive structure configured like an enormous spoked wheel with six dining wings radiating from a central elevated "poop deck." The mess hall seats and feeds the entire Corps of approximately 4,400 cadets in less than 25 minutes. It provides well-balanced, nutritional meals that support the cadets very active daily life. To maintain the unity of the Corps, the use of the mess hall by others is highly regulated. Family members may eat in the mess hall with their cadet under the following guidelines:

Official Guests: Cadets of any class may invite and escort an official guest (official as deemed by Protocol or Public Affairs) or a member of the Armed Forces during any meal, with minor exceptions listed in the USCC SOP.

Official Guests: Cadets of any class may invite and escort an official guest (official as deemed by Protocol or Public Affairs) or a member of the Armed Forces during any meal, with minor exceptions listed in the USCC SOP.

Unofficial Guests: Second class cadets may invite and escort guests to informal meals only, with a maximum of five guests. The exception for fourth class cadets is during Plebe Parent Weekend, when they may escort guests to informal meals. Other exceptions are listed in the USCC SOP.

Informal Meals: Saturday lunch and dinner or Sunday brunch.

Official Weekends: Special events are scheduled throughout the year for different classes. At such times guest meal tickets are not authorized.

Meal Hours: Meal hours are posted on the cadet schedule and are strictly enforced.

A, B and F Saturdays

A, B and F Saturdays refer to three kinds of Saturdays in the cadet academic year schedule. The following explanation is from an academy regulation:

Alpha (A) Saturdays are those Saturdays during which all cadets, except those participating in Corps Squad competitions and approved club or academic trip sections at or away from West Point are required to be in attendance for events scheduled on Saturday morning by the Commandant (A/C Saturday) or the Dean (A/D Saturday). Operating rules for A/D weekends include a formal evening study period (ESP) on Friday evening and Dean's activities on Saturday from 7:35 a.m. until 11:45 a.m. Operating hours for A/C weekends are the same as A/D weekends, to include the ESP on Friday evenings and 7:35 a.m. until 11:45 a.m. for Commandant's activities. Bravo (B) Saturdays are those Saturdays during which all events for cadets are discretionary. Extracurricular activities will schedule their away events on Bravo Saturday weekends. Foxtrot (F) Saturdays are those Saturdays during which the only requirements for cadets are in support of the home football game and supporting activities (i.e. guards, parade, march-on and Black Knight Alley). The Corps is required to attend each home game in support of the Army football team. The Commandant and the Dean will schedule no mandatory requirements for any cadets on a Foxtrot Saturday. Operating rules for F weekends include an Evening Study Period on Friday night.

Cadets will receive the specific schedule of Saturdays at the start of the academic year. Many parents who plan a trip to West Point often schedule it on a B Saturday weekend, which may allow them more time with their cadet. Reminder: All information provided in this resource guide is subject to an individual cadet's circumstances, eligibility criteria and duty requirements.

Walking Privileges

After the Acceptance Day Parade, August 18, 2012, cadets in good standing have walking privileges for the weekend upon completion of all duties. On normal weekends, cadets may take walking privileges on Saturdays after their last duty until 11 p.m. and Sundays from 5:20 a.m. to 7 p.m. More guidance regarding privileges for this special weekend will be published during the summer.

As is the case in any explanation of cadet regulations, these are general guidelines that are subject to an individual cadet's circumstances. It is the cadet's responsibility to know the regulations and how to apply them to each particular case.

Parameters of Walking Privileges

To the North: Washington Gate.

To the East: The westerly bank of the Hudson River.

To the West: The easterly side of Route 9W, with the exception that cadets traveling in privately owned vehicles are permitted to ride down the westerly side of Route 9W to access an establishment on the easterly side of Route 9W.

To the South: To the Bear Mountain Bridge Circle. Cadets traveling in privately owned vehicles may travel to Bear Mountain State Park.

Computer and Electronic Mail

Computing and other technologies are integral to the cadet experience. Each cadet is issued a notebook 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 West Point computer network, which connects more than 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 West Point academics and command functions is already installed on the computer when the cadet receives it. Cadets and parents frequently ask if a computer already on-hand can substitute for the issued computer. The answer is no; cadets must purchase the computer package (which includes all necessary peripherals) negotiated by the academy. The computers are intended to meet or exceed all requirements set forth by the academic departments and support the security policies and regulations of a military network. 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 an average 24-hour (or better) turnaround time on hardware and software repairs. These repair facilities only work on the computers issued by West Point due to warranty and training programs.



Telephone

Barracks are equipped on all floors with an internal antenna system, providing high quality cellular coverage for voice and data transmission. Carriers currently providing service are Verizon Wireless, ATT Mobility, Sprint/Nextel and T-Mobile. The Central Guard Room is staffed 24 hours a day, but should only be called for emergency situations. During the 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. Due to the challenging environment, varying schedules, and the demands upon cadet time, once phone authorizations are granted, we recommend that the cadet initiates the calls.

Counseling Support for Cadets

The Center for Personal Development (CPD), established in 1967, has four full-time licensed psychologists providing confidential support for cadets struggling with a wide variety of personal challenges including stress, adjustment issues, relationship concerns, sadness, diminished self-confidence, anger management problems, eating disorders and more.

Despite the fact that the Corps of Cadets includes America's hardest young adults, they are not immune to stress and may, at times, feel isolated in their challenges. For these reasons the academy wants to be sure cadets and their parents are aware of this supportive resource. If you sense your cadet may be confronted by an issue that is reducing his/her performance or exceeds his/her personal resources, encourage your cadet to schedule an appointment with one of CPD's counselors. If you have any questions or would like additional information about CPD, you may call 845-938-3327/3022 or visit room 6306 at Washington Hall.

Medical and Dental Treatment for Cadets

Cadets are considered active duty members of the U.S. Army and are entitled to complete military medical and dental benefits as long as they remain on active duty. Eligibility for military health benefits lasts until midnight of the date of discharge from active duty.

Retention of a civilian medical plan ensures continuous medical coverage after discharge. Please check with your plan's administrator about maintaining coverage for your cadet and before you try to use the private insurance to pay for care while the cadet is still on active duty.

Cadets who are separated from the academy because of an injury or illness suffered while on active duty may apply for medical care from the Department of Veteran Affairs. Cadets who resign for reasons other than injury or illness suffered while at the academy generally are not eligible for VA medical benefits. Cadets receive routine medical care at the Mologne Cadet Health Clinic and Keller Army Community Hospital or in the local TRI-CARE network.

Cadets who have an illness that requires bed rest, such as the flu, are often hospitalized because they do not have the option of missing classes and resting in their rooms. Because of laws protecting the confidentiality of medical information, cadets are responsible for notifying their parents. If a serious injury occurs, the TAC officer will notify the parents.

While in the hospital: Your cadet can call you by using a calling card or dialing collect.

- You can reach your cadet by calling the nurses' station at 845-938-3004/3045. Your call will be transferred to the cadet's room.
- Parents of cadets with significant illness or injury may speak with the cadet's attending physician. However, the physician cannot discuss medical information unless permission is granted by the cadet.

When a cadet is away from West Point on leave, pass or temporary duty (TDY), he or she is entitled to

urgent care or emergency care only. Urgent medical care is treatment for an illness or injury that will not result in disability or death if not treated immediately, but should not be delayed until the cadet returns to West Point. Examples include sprains, earaches, sore throats, rising temperatures. Authorization must be obtained before accessing urgent care.

The cadet calls Health Net Federal Services at 877-874-2273 for authorization and assistance in locating suitable urgent care.

Emergency medical care does not require prior authorization. An emergency is a sudden and unexpected illness or injury that threatens life, limb, or eyesight and/or a sudden,

extremely painful condition that requires immediate treatment. The cadet should go to the nearest military or civilian emergency room or call for an ambulance if needed. Cadets are required to carry a USMA Cadet Medical Benefits card that outlines procedures to be followed in an emergency and where to file medical claims.

Cadets receive routine dental care at the Saunders Dental Clinic at West Point. If emergency dental care is needed while away from West Point, the cadet must call the Military Medical Support Office at 888-647-6676 to find the nearest military dental facility or to obtain authorization for civilian dental care.



Opportunities for Contact and Visitation

Information in this section provides an outline of the orientation program of R-Day 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 Welcome Center in Eisenhower Hall. Guided tours of West Point and shuttle bus service around the post will originate at Eisenhower Hall, and lunch will be available there, as well as at 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, Commandant and the Dean will speak to parents, friends and relatives in Eisenhower Hall Theater. Following a question-and-answer period, all guests will be invited to witness the New Cadet Oath Ceremony on The Plain. 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 discuss any plans with your cadet.

Visiting West Point

General Suggestions

When visiting your plebe, plan to remain on post or to stay within the confines of their walking privileges. (Limits are explained in the Cadets Rules and Regulations section, p. 14)

- Wear comfortable shoes.
- West Point has many picnic areas to enjoy.
- Home football game weekends are a lot of fun. The fall season is beautiful in the Hudson Valley. The games are exciting, and tailgating at West Point is a

unique experience.

- Visiting West Point when no special events are scheduled has the advantage of more free time with your cadet and fewer crowds.

Visitors Center

This facility, located outside of Thayer Gate in the Pershing Center, is open from 9 a.m. to 4:45 p.m. daily, except for New Year's Day, Thanksgiving Day and Christmas Day. Receptionists are available to provide information about West Point and the surrounding area.



Murals, videos, movies, and other displays inform visitors of the mission, history, and operation of the the U.S. Military Academy. A commercial tour company operates from this facility, providing regularly scheduled bus tours that include points of interest like the Cadet Chapel and Trophy Point. Telephone 845-938-2638, or visit the website at www.westpoint.edu/visitors/sitepages/home.aspx. The U.S. Military Academy is a military reservation and is under heightened security. When entering the academy, you will need to have valid, government-issued photo IDs for anyone in the vehicle who is age 16 or older. All vehicles are subject to inspection. When making plans to visit the academy, be sure to allow extra time for possible delays at the gate.

West Point Museum

The West Point Museum, the oldest museum in the Department of Defense, opened in 1854. It is located at Pershing Center behind the Visitors Center. It consists of six galleries that focus on West Point and its history, the history of warfare, the history of the U.S. Army in both war and peace, and a history of military small arms and large weapons.

The collections are diverse and contain military arms, uniforms, and flags, as well as military battle art, portraiture, and other memorabilia related to West Point and the Corps of Cadets. The earliest exhibits date to 3000 B.C. with artifacts from Egypt's Old Kingdom, and the most-current objects are from the Gulf War. Galleries are designed by theme and then chronologically to facilitate self-guided tours. For more information about the museum visit the museum's website at www.westpoint.army.mil/museum.

Constitution Island

During the Revolutionary War, the fortifications at West Point and Constitution Island were critical to the defense of the Hudson River. The Constitution Island Association runs tours to Constitution Island for the public from late June through late September and at special times during the year. To reach the island, visitors take a ferry from the South Dock at West Point. Tours leave the South Dock at 1 p.m. and 2 p.m. on Wednesdays and Thursdays. Tours are approximately 2¼ hours in duration. Visit their web site www.constitutionisland.org or call 845-446-8676 to make reservations.

Gift Shops

Association of Graduates Gift Shop, located in the James K. Herbert Alumni Center, offers a wide variety of fine West Point-related gift items, including china, crystal, pewter, prints, and jewelry. Visit their website at <http://dusagiftshop.org> or call the museum at 1-800-890-8253.

Daughters of the United States Army Gift Shop, located in the museum, has a variety of museum-related items, West Point souvenirs, and other specialty products. Visit their web site at www.dusa-giftshop.org or call the museum at 845-446-0566.



West Point Gift Shop, located in the same building as the Visitors Center, offers a full line of West Point-related clothing and souvenir items. The facility is open the same hours as the Visitors Center. Visit their website at www.goarmysports.com or call 845-446-3085/800-315-USMA.

West Point Women's Club Gift Shoppe, located just north of the cemetery, offers West Point-themed jewelry, stationery, children's items, and scrapbooking supplies. Many of the items are handcrafted by military spouses. Store hours are published on their website at www.shopthepoint.com or call 845-938-7783.

Lodging – West Point Area

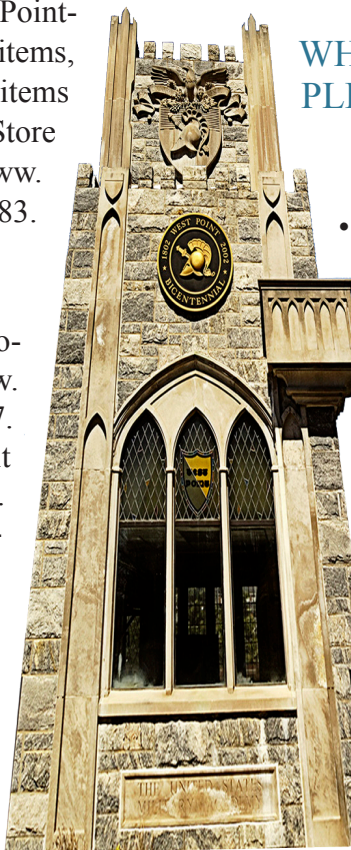
For reservations at the Thayer Hotel (located at West Point) visit their website www.thethayerhotel.com or call 800-247-5047.

To stay at the Five Star Inn, visit their web page at www.westpointmwr.com/ACTIVITY/5STAR or call 845-446-5943. Eligible patrons are active duty or retired military personnel, Air National Guard and Reserve personnel, family members of the above, and DoD or retired civilian employees. Proper identification is required. Cadets can make reservations for parents to use the Five Star but must show their IDs when they make the reservations.

The following policy applies for making reservations at the Five Star Inn:

Reservations may be made 30 days in advance; however, once a reservation is made, the arrival date may not be changed or cancelled. All guests will be charged from the original arrival date of their reservation. Rules for cadets using the Thayer Hotel and the Five Star Inn: Cadets of all ranks may use the lobby and public rest rooms.

When invited, cadets of all ranks may visit the rooms of adult family members or adult family friends. Cadets are not authorized to rent rooms for their personal use or for their peers. During special-event weekends such as home football games, Ring Weekend, Plebe Parent Weekend, and Graduation, non-military parents may make reservations at the Five Star 24 hours in advance.



WHEN MAKING TRAVEL PLANS PLEASE REMEMBER:

- MAKE RESERVATIONS EARLY
- PARENTS CLUB MEMBERS ARE A GOOD SOURCE OF INFORMATION
- CLUBS OFTEN RESERVE BLOCKS OF ROOMS FOR SPECIAL CADET EVENTS
- REMEMBER TO INQUIRE ABOUT THE HOTEL'S/MOTEL'S RESERVATION AND REFUND POLICIES

Directions from Airports

The West Point area has five major airports: LaGuardia, JFK, Newark, Albany, and Stewart International Airport. Stewart International Airport is the closest to West Point (www.stewartintlairport.com/airports/stewart.html). From the

main entrance to Stewart International Airport turn left onto Route 207, which merges with Route 300. Remain on Route 300 until it intersects with Routes 32 and 94 at the Five Corners intersection in Vails Gate.

Continue on Route 32 to the second traffic light, then turn left on Quaker Avenue toward Cornwall. Enter Route 9W south before entering Cornwall. Take 9W south to the second or third West Point exit.

Newark to West Point

<http://www.panynj.gov/airports/newark-liberty.html>

Take 95N/New Jersey Turnpike North to Exit 18. After the final toll, continue on the expressway, but be on the lookout for a large sign for the George Washington Bridge (about four miles after last toll). The highway will divide into express and local lanes – stay in the Local Exit lane (there will be three local lanes – try to stay in the far-left lane). DO NOT take the George Washington Bridge exit.

As you approach a large arch across the lanes, there will be a sign in far left local lane with Fort Lee and/or Palisades Parkway North directions – you will exit off left to a traffic light. Turn left at the light and go on the overpass. You will be in city traffic (stay in the right lane) and after three or so blocks, you will see a sign to exit right to the Palisades Interstate Parkway (PIP) north. Take PIP to the end (Bear Mountain traffic circle). Follow signs for Route 9W north (third exit off circle). Take the West Point/Highland Falls exit. Follow directions to Thayer Gate.

Albany to West Point

www.albanyairport.com

Follow signs to I-87 South to I-90. Take the I-90E/I-87S/I-90W/ New York Thruway to Exit 1 toward Albany/Boston/New York/Buffalo. Merge onto I-87 South, New York State Thruway South via Exit IW toward New York, Buffalo. Take exit 17 (RT 17K exit) toward Stewart Airport; turn left onto NY-17K. Turn right onto S. Robinson Ave/US 9W; continue on 9W S. Take Route 9W south to 2nd or 3rd West Point/Highland Falls exit. Follow directions to Thayer Gate.

From White Plains Airport

<http://airport.westchestergov.com/>

Take Route 684 South to Route 287 West. Go over the Tappan Zee Bridge; take Exit 13 North onto the Palisades Interstate Parkway (PIP) heading north. Take the PIP to the end (Bear Mountain traffic circle). Follow signs for Route 9W North (third exit off circle). Take the West Point/Highland Falls exit. Follow signs to Thayer Gate.

From JFK or La Guardia

<http://www.panynj.gov/airports/jfk.html>

Follow signs to the Bronx Whitestone Bridge. After crossing the bridge, stay on the Hutchinson River Parkway North to Cross County Parkway West to 287 (NYS Thruway). Take the left-lane exit to Tappan Zee Bridge and Interstate 87 (NYS Thruway). Once over the bridge, take Exit 13 North onto the Palisades Interstate Parkway (PIP) heading north. Take the PIP to the end (Bear Mountain traffic circle). Follow signs for Route 9W North (third exit off circle). Take the West Point/Highland Falls exit. Follow directions to Thayer Gate.

From Westchester County and Southern Connecticut:

Take I-95 to Route 287 west; go over the Tappan Zee Bridge. Take Exit 13 North onto the Palisades Interstate Parkway (PIP) heading north. Take the PIP to the end (Bear Mountain traffic circle). Follow signs for Route 9W North (third exit off circle). Take the West Point/Highland Falls exit. Follow signs to Thayer Gate.

From Northern Westchester and Putnam Counties:

Take Route 9 to the Bear Mountain Bridge. Over the bridge, bear right and follow signs to Route 9W North (1st exit off bridge). Take the West Point/Highland Falls exit. Follow signs to Thayer Gate.

From New York City:

Take the George Washington Bridge (upper deck) to the Palisades Parkway (PIP) North. Take the PIP to the end at the Bear Mountain traffic circle; follow signs for Route 9W north/West Point (3rd exit off circle). Take the West Point/Highland Falls exit; follow signs to Thayer Gate.

From Albany:

Take the NYS Thruway South to Exit 16. Pass through toll; take the first exit, and turn left at light. Take Route 6 toward Bear Mountain Bridge. Stay straight on Route 6. Bear left onto Route 293 to Route 9W south. Take 9W south to the West Point/Highland Falls exit.

From Boston/New England:

Take 90 West/Mass Pike to 84 West (Exit 9, Hartford/NYC). Once over the Newburgh-Beacon Bridge, exit at 10S; stay to right at traffic light, then turn right onto 9W South. Follow for approximately 15 miles to the second or third West Point exit.

Army Football

Season Tickets

\$128 per season ticket

Cadet Season Tickets

A cadet may purchase season tickets for themselves, family and friends. That seating will either be with other cadet guests in section 29-32, rows A-K, as availability permits, or elsewhere in Michie Stadium, depending upon the specific seating request(s) and availability. Each year, seating is re-assigned based on each cadet's class year, with the option to keep the same seats as the previous year.

“A” Club Season Tickets

Parents may wish to purchase their own season seats in different areas of Michie Stadium. All seating and parking assignments are based on donation level.

Cadet Single-Game Tickets

Cadets and/or parents may purchase tickets for individual games at the Army Ticket Office located at the Holleder Center. These seats are located on the east side near the Corps of Cadets (sections 29-32).

Other Single-Game Tickets

Parents, family, and friends may purchase single game tickets for Army Football. All seating is assigned based on level of giving to the Army “A” Club. Please contact the Army Ticket Office (1-877-TIX-ARMY) for special group rates and tailgating information, 9 a.m. – 4:30 p.m. Monday through Friday.

R-Day/Plebe Parent Weekend Exception

Plebe parents may purchase the cadet season, single & Army-Navy tickets on R-Day or Plebe Parent Weekend. After R-Day and Plebe Parent Weekend, cadet season and individual game tickets may be purchased by the cadets or parents, however, ONLY cadets can order Army-Navy tickets at the Army Ticket Office.

Army-Navy Game

2012 Army-Navy Ticket prices:

Upper-Upper Level: \$72 per ticket

Lower-Upper Level (cadet guest seating): \$80 per ticket

Lower Level: \$85 per ticket

Donation required to purchase these tickets:

Club Level – Corner/End Zone: \$125 per ticket (Requires a minimum donation of \$600)

Club Level – Sideline: \$140 per ticket (Requires a minimum donation of \$2,500)

Cadet Seating:

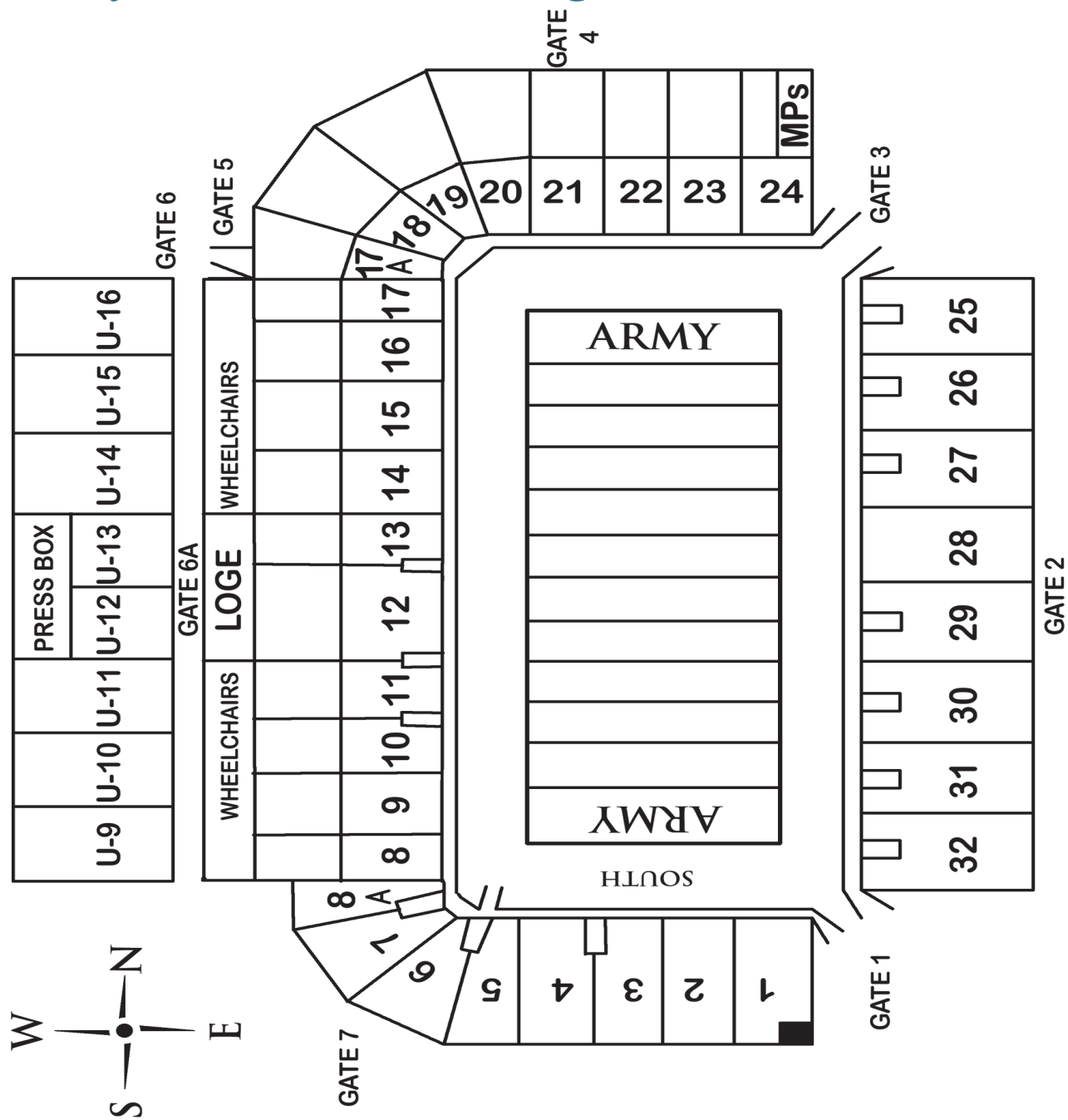
Each cadet is entitled to purchase up to eight tickets to the Army-Navy Game in the cadet guest area (\$75). Seating is assigned by class year. These tickets can be purchased by cadets only and are subject to availability. Please keep in mind that the Ticket Office does not hold 8 tickets for each cadet; cadets must buy their tickets before the Army allotment runs out. It is a good idea for cadets to purchase their Navy tickets prior to leaving for summer vacation. Parents can purchase Army-Navy tickets by joining the Army “A” Club 845-938-2322.

‘A’ Club/Season Ticket-Holder Seating:

By becoming an Army Football season ticket holder, you may purchase as many Army-Navy tickets as you do season tickets. By joining the Army “A” Club (minimum annual contribution of \$75) you may purchase as many Army-Navy tickets as your level of giving permits. Seating for the Army-Navy game is assigned by donation level.

Please keep in mind that if a cadet has a cadet guest area seating tickets are not always located together. Group purchases for individual parents clubs are only possible if the club makes an “A” Club contribution or places orders as individual “A” Club donors along with a “sit-together” request. All Army-Navy tickets are subject to availability.

Army Football Seating Chart



ARMY TICKET OFFICE

Hollender Center
 West Point, New York 10996
 1-877-TIX-ARMY
www.goARMYsports.com

ARMY "A" CLUB MAILING ADDRESS

639 Howard Road
 West Point, New York 10996
 845-938-2322/4444
ArmyAClub@usma.edu

Joining a Parents Club

Membership in a West Point Parents Club offers valuable opportunities for mutual support, fellowship, and access to useful information about the academy and cadet life. Although each club is an independent, autonomous organization, clubs are officially recognized and supported by the academy. The Parents Club network offers a dynamic line of communication between the academy and cadet parents. The Parent Communication Liaison at West Point passes on current information to club presidents, who then communicate with their members through emails and newsletters. Typical club activities are meetings, informal get-togethers, tailgates, holiday balls, new cadet picnics, luncheons or dinners, and other events at which cadet families gather. Parents clubs are not a substitute for communication between you and your cadet's company tactical officer (TAC). Specific concerns or information regarding your cadet should be addressed to the TAC.

Many parents clubs communicate and interact with West Point Societies and members of the West Point Admissions Field Force in their local areas. Through this networking, these groups are able to gain a broad perspective on the academy and to assist in telling the West Point story across the country. Some clubs are becoming more involved by working with the Admissions Office in spreading the word about West Point to their local communities and high schools. Many work with the West Point Societies by coordinating events at away football games and Founders' Day activities. There are West Point Parents Clubs in most states. To join a parents club near you, simply locate the club in your region and contact the president.

If there isn't a club in your area and you would like information about forming one, please call the Parent Communications Liaison, at 845-938-5650.

Parent Communication

Our philosophy on parent communication is simply that parents should have the correct information in order to support their sons and daughters while attending West Point. Please keep in mind that it is both a military and a college experience, and they will need to navigate much of it on their own. And, we encourage open communication between parents and cadets! That said, it is the role of the Parent Communication Liaison to help answer questions or redirect parents if/when the need arises.

Check out our website: www.westpoint.edu/parents – Bus schedules, calendar information, links, mailing instructions, and more.



SOCIAL MEDIA SITES

www.facebook.com/westpointparents – This is a public page. Even if you do not have a Facebook account, you can see some of the content on this page; events and happenings at West Point, items of interest for parents and families.

www.facebook.com/westpointUSMA – A public page that showcases the accomplishments of staff, faculty and cadets.

www.twitter.com/westpointparent – Short-burst messages from West Point. Content is also posted to Facebook.

www.flickr.com/photos/westpointparents – Photos showcase various cadet activities. The photos from the summer of 2010 will give you a sense of the types of training and activities the “new cadets” will go through.

www.youtube.com/thewestpointchannel – Short videos of cadets/cadet activities, West Point events.

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 outperform 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.....	<ol style="list-style-type: none">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.....	<ol style="list-style-type: none">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.....	<ol style="list-style-type: none">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.....	<ol style="list-style-type: none">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 2016

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	EVENT
2 July	various	R-Day – Reception Day – Class of 2015 reports to West Point
13 August	noon	“Marchback” – Cadet Basic Training Regiment returns from Lake Frederick
18 August	10 a.m.	Acceptance Day Parade, The Plain - Walking privileges for fourth class cadets
20 August		First Day of Classes
3 September		Labor Day (Holiday – no classes)
8 October		Columbus Day (Holiday – no classes)
12 November		Veterans Day (Holiday – no classes)
21 November		Compressed Class Day – Classes end by 1 p.m.
22-25 November		Thanksgiving Holiday
25 November		Cadets must return by 7 p.m.
8 December		Army-Navy-Game - Philadelphia, PA-Lincoln Financial Field
14 December		Last Day of Classes - First Semester
15-21 December		Term End Exams (TEE) (Final Exams)
21 December		December Graduation
22 December		Winter Leave Begins
2 January 2013		Winter Leave Ends - Cadets must return by 7 p.m.
3-7 January		Winter Reorganization
8 January		First Day of Classes - Second Semester
21 January		Martin Luther King Day (Holiday - no classes)
18 February		Presidents’ Day (Holiday - no classes)
8-10 March		Plebe-Parent Weekend (Class of 2016 Event) - Plebes are released on Sunday, March 10 for Spring Break
8-17 March		Spring Break
19-20 April		Sandhurst Competition
10 May		Last Day of Classes

Special Event Weekends

Over the next four years, cadets will have special event weekends to enjoy with their invited guests ...

Plebe-Parent Weekend

Plebe parents are invited to West Point to spend time with their cadets over this weekend to see what they have accomplished since their entrance into the academy. Other family members and friends are also welcome to visit at this time.

500th Night Weekend

The date marking the 500th night before graduation prompts a January weekend of festivities for “cows,” or juniors. This milestone in a cadet’s schooling is typically celebrated with a Saturday night banquet, followed by a formal dance.

Yearling Winter Weekend

This weekend occasion is planned for “yearlings,” or sophomores, and their guests. Winter sports activities at West Point are highlighted, along with a Saturday evening banquet and formal dance.

100th Night Weekend

This late winter weekend marks the 100th night before graduation. It is a time of anticipation for these future officers and also an occasion for looking back at the humorous and unforgettable experiences they have shared during their time at West Point. The cadets write and produce a show capturing the ups and downs of their



47-month experience. The show is held at Eisenhower Hall on Friday and Saturday nights. There is also a reception followed by a dinner in the mess hall before the Saturday night performance.

Graduation Week

Many special activities are planned during the week preceding the Saturday morning graduation ceremony. Information for graduation events and activities can be found on the class web page in the months preceding graduation, typically in January or February.

Although some events begin as early as Wednesday, Friday is when the graduation parade, reception and banquet occur. Please remember: If you are planning to attend, you will need to make arrangements for lodging well in advance.

Glossary of Cadet Slang

ACU	n.	Army combat uniform.	Firstie	n.	A cadet of the first class; a senior.
AFC	n.	As for class.	Flirtie	n.	Flirtation Walk, scenic walk where only cadets and their escorted guests may go.
AI	n.	Additional Instruction.	Floater	n.	A person without a table at a meal who stands under the poop deck waiting to be seated.
A.M.I.	n.	Morning Inspection.	Ghost	n.	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.
APFT	n.	Army Physical Fitness Test.	G.I.	adj.	Government issue (not to be used when referring to enlisted personnel.)
ASAP	n.	As Soon As Possible.	Goat	n.	A cadet in the lower sections. A cadet near the bottom of their class. Lowest-ranking cadet on graduation day.
Army Brat	n.	Son or daughter of a career Army Soldier.	Gray Hog	n.	An extremely USMA-oriented cadet.
Authos	n.	Authorization to miss drill or other company training.	Green Suiter	n.	An Army officer, NCO or enlisted Soldier.
Area Tour	n.	Punishment.	Hell Cats	n.	Musicians who sound reveille and the calls.
“A” Squad	adj.	A cadet varsity intercollegiate team.	Hooah	n.	Meaning “yes” or “I understand.”
AWOL	n.	Absent Without Leave.	Hop	n.	Cadet dance.
BDU	n.	Battle Dress Uniform.	Hours	n.	A punishment served by a cadet by walking with their rifle or saber, on a weekend in Central Area.
Beast	n.	“Old Corps” slang for Cadet Basic Training.	Ike	n.	Eisenhower Barracks or Eisenhower Hall.
Blow Off	v.	To not worry about something. To not complete an assignment/homework, as in, “I blew it off.”	IOCT	n.	Indoor Obstacle Course Test.
Bogus	adj.	Uncalled for, audacity.	Juice	n.	Electricity; electrical engineering.
Boodle	n.	Cake, candy, ice cream, etc.	Knowledge	n.	Information that all plebes should know so they can recite it to upperclassmen.
BTO	n.	Brigade Tactical Officer.	Late Lights	n.	When a cadet has his/her room lights on after midnight.
Bugle Notes	n.	“Cadet Bible”; a book with historical and required knowledge, issued to fourth class cadets.	Limits	n.	The limits on the reservation to which cadets are restricted.
Bust	v.	To reduce in rank as a result of misconduct proceeding.	MAC	n.	MacArthur Barracks.
Butt	n.	The remains of anything, as the butt of a month, the butt of a cigarette.	Max	n.	A complete success; a maximum.
Butter Bar	n.	A new second lieutenant.		v.	To make an “A” in academic recitation; to do a thing perfectly.
CBT	n.	Cadet Basic Training.	Minutes	n.	The time remaining before a formation.
CFT	n.	Cadet Field Training.	New Cadet	n.	A cadet not yet officially recognized as a member of The Corps (i.e., during CBT).
Charlie Mike	v.	Continue Missions.	O.C.	n.	Officer-in-Charge.
Civvies	n.	Civilian clothes.	O.D.	adj.	Olive Drab.
Coastie	n.	One who attends USCGA.	Odin	n.	A Norwegian god to whom cadets appeal for rain before parades, inspection, etc.
COM	n.	The Commandant of Cadets.	Old Grad	n.	One who has graduated from USMA.
COR	n.	Cadet Observation Report.	P.	n.	A professor; an instructor.
Corps Squader	n.	NCAA (Varsity, JV) Athlete.	P.D.A.	n.	Public Display of Affection.
Cow	n.	A cadet of the Second Class; a junior.		n.	Personal Digital Assistant (palm pilot).
CPR	n.	Cadet Performance Report.	Ping	v.	For a plebe to walk at a quick pace of 180 steps per minute.
Dirt	n.	The core geography class taken by Yuks.			
Dirt Department	n.	Department of Geography.			
D.M.I.	n.	Department of Military Instruction.			
D.P.E.	n.	Department of Physical Education.			
Engineer	n.	One well up in studies. A cadet in the upper section in academic work.			
F.D.	n.	Full Dress uniform.			
Find	v.	To discharge a cadet for deficiency in studies, conduct or honor.			

Glossary of Cadet Slang

Plebe..... n.....	A cadet of the fourth class; a freshman.	Turnback n.....	A cadet sent to the next lowest class.
P.M.I..... n.....	P.M. (afternoon or evening) Inspection.	UNSAT..... adj.....	Unsatisfactory performance.
Police..... v.....	To throw away or discard. To clean up.	Woop..... n.....	What members of other service academies call a West Point cadet.
Poop n.....	Information to be memorized.	W.P.R..... n.....	Written Partial Review; a major examination or mid-term exam.
Poop-Deck..... n.....	The balcony in the dining hall from which the orders are published (read to the Corps).	Writ n.....	An examination.
Poop-Sheet..... n.....	Page of information.	Yearling/Yuk n.....	A member of the third class; a sophomore.
Pop Off..... v.....	Sound-off in a military manner.	You Fly, I Buy..... phrase ..	You pick up the food, and I'll pay for it.
Post..... v.....	Short for "Take your post." Go about your business; function.	Zoomie n.....	One who attends the Air Force academy.
P.T..... n.....	Physical Training.	2% Club n.....	A cadet is in this club if they have had the same girlfriend or boyfriend from R-Day to graduation.
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.		
Sup..... 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).		



Directorate of Admissions
606 Thayer Road
Building 606, 3rd Floor
West Point, New York, 10996

Phone (845) 938-4041
<http://www.westpoint.edu/admissions>

