

Information for Prospective Midshipmen

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New Student Orientation

Immediately prior to fall semester, prospective students desiring to join the Wisconsin Naval ROTC program, both those with a scholarship and those seeking a scholarship, participate in a weeklong indoctrination exercise known as New Student Orientation (NSO). NSO is structured to provide entry-level familiarity with military life and the NROTC Program. It is not a boot camp or a weeding-out period. The adjustment to a military environment can be stressful and NSO will aid in familiarizing new students with this challenging, yet rewarding experience. New students are not expected to emerge from this training as fully polished military members. They are expected to establish a solid foundation for the learning, growth and opportunities that the next four years will present.

Specifically, NSO affords the opportunity for issuance of uniforms; basic indoctrination in Navy & Marine Corps uniform regulations and grooming standards; an introduction to basic military customs, courtesies, traditions, and organization; basic competency in military drill; physical fitness testing and training; and instruction in the privileges and benefits of participation in the NROTC program and responsibilities as Midshipmen.

During student orientation, new students, as well as upperclassmen, participate in many activities with each other. New students should expect to participate in some, or all of the following: physical fitness training, introduction to close order drill, classes on military customs & courtesies, military history,

proper uniform wear, and swim qualifications. Safety is paramount during NSO. All of the training at NSO is carefully scrutinized to eliminate any needless risk. Members of the NROTC staff supervise and instruct new students every step of the way. The purpose of student orientation is to motivate by example, demonstrating excellence through leadership.

Finally, while NSO is a professional and serious event, there is also time for fun. Once acclimated to their new roles and responsibilities, new students begin to develop a special “esprit de corps” and sense of fraternity with their fellow midshipmen, and an appreciation and pride for the history and traditions of the naval service. This bond of trust and teamwork that accompany it are the mark of all professional officers.

Schedule

NSO is scheduled for August 28 – September 2, 2016. Students will be allowed to move into their dorms/housing the day prior to NSO, August 27rd. Most events during the week will take place at Fort McCoy, two hours North of Madison. A parent luncheon social will be held the last day of NSO, September 2nd.

Uniforms

Uniforms are issued at the beginning of NSO. The Uniform Sizing Chart (available on the website) contains a list of measurements we need from you no later than July 15th. Please mail or fax the document or stop by the NROTC building to get measured (preferred). This will ensure we have enough uniforms in the correct sizes to outfit new midshipmen.

Immunization Records

Bring your complete medical immunization records, to include childhood immunizations, with you to NSO. Specifically, we will need documentation for tetanus (within 10 years), measles, mumps, rubella (MMR), sickle cell blood tests, PPD for tuberculosis, polio (OPV), and hematocrit. If any of the above tests are not completed or are overdue, I strongly recommend you have these tests and immunizations completed before you arrive for NSO. We cannot allow you to start training without this documentation.

Medical Readiness for Scholarship Recipients

If you are a scholarship recipient and have not yet completed the Department of Defense Medical Review Board (DODMERB) physical, please visit their website at <https://dodmerb.tricare.osd.mil> to set up a physical examination to ensure that you are medically qualified for service. Once DODMERB contacts you, follow their instructions to complete the physical as soon as possible.

If you have already completed your DODMERB physical examination, you will receive a follow-up letter stating your qualification status. If you are found fully physically qualified, then your medical process is complete.

If you were found NOT physically qualified:

- a. DON'T PANIC! Few NROTC students make it through the first medical examination without some questions. Many medical conditions can be waived and merely require extra documentation or a second visit to a physician. In order to get the waiver approved you must carefully follow all instructions provided by DODMERB. DODMERB will specify exactly what information they need in order to grant your waiver. It would be best if you can resolve any waiver issues prior to your arrival at the unit. If there are further questions, we can help you clarify the issues once you are here and fully enrolled in the program. Until that point, however, we cannot neither access your medical records nor find out exactly what is required. If you have medical/DODMERB questions, contact a staff member.
- b. If you are not fully physically qualified or a waiver is not granted by the time the school year begins, your scholarship funds will not be activated. This means you must be prepared to pay your first semester tuition costs, books, and fees using your own personal funds. If and when you are found fully physically qualified (or have the necessary waivers) YOU WILL BE REIMBURSED BY THE NAVY for the cost of tuition, books and fees.
- c. Unless your current DODMERB medical status is “fully qualified” by the time you arrive, you are required to have your family physician fill out the Report of Medical Examination “Sports Physical” so that you can participate in physical training and swimming. Without that form, you will not be allowed to participate in any physical training during New Student Orientation. This form is found on the website.

Medical Readiness for College Program Applicants

College Program Applicants are students that have not yet received an NROTC Scholarship but are joining the ROTC program in order to apply for a 2 or 3 year scholarship. They are required to have a family physician fill out the Report of Medical Examination (“Sports Physical”) in order to participate in physical training and swimming. Without that form, College Program Students will not be allowed to participate in any physical training during New Student Orientation. This form is found on the website.

Physical Training

You will participate in Physical Training (PT) every day during NSO. **Start getting in shape now!** Utilize this summer to prepare yourself for this type of physical activity. Our PT will begin at a basic level, but it will progress at a fast pace. Have a good pair of running shoes for NSO, as we will be running a lot. Take the time to break in your shoes before orientation so foot problems do not arise. For your own benefit do not show up in basketball shoes. Below is a recommended training schedule for the summer. During orientation you will be expected to run up to 3 miles. It will also be beneficial for you to work on your upper body and abdominal strength. We recommend doing a set of push-ups/pull-ups and sit-ups every day, increasing the number of repetitions each day.

Recommended Training Schedule

All numbers are in miles. Easy, med, hard is the running pace. “X Train” denotes cross training – doing an activity like circuit training, bicycling, aerobics, swimming, or an activity that raises your heart rate for at least 45 minutes.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	Easy 1	Rest	Easy 1	Rest	X Train	Med 2
Week 2	Rest	Easy 1	Rest	Easy 1	Rest	X Train	Hard 1
Week 3	Rest	Easy 1.5	Rest	Easy 1.5	Rest	X Train	Med 1.5
Week 4	Rest	Hard 1.5	Rest	Easy 2	Rest	X Train	Easy 2
Week 5	Rest	Med 2	Rest	Easy 2	Rest	X Train	Hard 1.5
Week 6	Rest	Easy 2	Rest	Hard 2	Rest	X Train	Easy 2.5
Week 7	Rest	Easy 2.5	Rest	Hard 2	Rest	X Train	Med 2.5
Week 8	Rest	Easy 2.5	Rest	Hard 2.5	Rest	X Train	Easy 3
Week 9	Rest	Easy 3	Rest	Med 2.5	Rest	X Train	Med 3
Week 10	Rest	Easy 3.5	Rest	Easy 3	Rest	X Train	Hard 3
Week 11	Rest	Easy 4	Rest	Med 3.5	Rest	X Train	Hard 3

The **minimum** physical requirements for the physical readiness test, which you will take every semester in the NROTC Program, are:

Navy Standards (17-19 year old)	Male	Female
1.5 mile run (minutes)	<11:00	<13:30
Crunch-type sit-ups in 2 minutes	≥62	≥62
Push-ups in 2 minutes	≥51	≥24

Marine Corps Standards (17-26 year old)	Male	Female
3.0 mile run (minutes)	<28:00	<31:00
Crunch-type sit-ups in 2 minutes	≥50	≥50
Dead hang pull-ups	3	3

These scores are only the minimum requirements to pass the test. You should strive to exceed these scores by a large margin. In addition, you will be required to meet the Navy’s body composition standards. Your goal should be to get in the best shape possible throughout your time in the NROTC Program. Follow this link for more information: <http://www.navy.com/navy-life/life-as-a-sailor/fitness.html#physical-training>

Swim Qualification

During NSO, you will be given a Navy second-class swim qualification test. The following are the requirements:

- A deep water jump from a 10-foot platform
- A 50-yard swim using any survival swim stroke

- Trouser and shirt inflation for floatation
- A 100-yard swim demonstrating 25 yards each of: Front Crawl (free style), Breaststroke, Sidestroke, elementary backstroke. This will be followed immediately by a prone float for 5 minutes.
- All strokes must be completed without stopping.

Preparations: You should be familiar with each of the elementary strokes and be able to float. You should work on the strokes during the summer so that you can pass the swim test the first time. Take a class if you are not already a good swimmer.

NSO Packing List

During orientation, students will not be allowed to use books, magazines, radios, mp3 players, laptops, contact lenses (bring your glasses), or cell phones. Do not bring these items.

Ensure you arrive wearing proper civilian attire (PCA). Male PCA includes a collared shirt, belt, slacks, and shoes. Female attire should be similarly conservative. Arrive with a haircut meeting the requirements of the Navy's grooming standards. Those that decide not to follow these standards will have to pay for a haircut during NSO. Navy grooming standards can be found in the following link:

<http://www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/chapter2/Pages/2201PersonalAppearance.aspx>

Arrive at NSO with the following items:

- 1 toothbrush
- 1 tube of toothpaste
- 1 can of shaving cream
- 1 shaving razor
- 1 bar of soap/bottle of body wash
- 1 bottle of shampoo
- 1 stick/can of deodorant
- 1 pair of shower shoes (flip flops)
- sun block
- 2 washcloths
- 2 bath towels
- 1 pair of running shoes
- 6 pairs of underwear
- 6 pairs of white athletic socks
- 1 white laundry bag
- \$20 for incidentals

Females only:

- 3 white sports bras
- 1 one piece swim suit

Documents:

Official (raised-seal) Birth Certificate

Parent Social

The last day of NSO (September 2nd) parents are invited to meet the Battalion Staff and during our Parent Social. New students will be taking the Oath of Office (formally become a member of the military) as well.

Academics

University-level academics are challenging! Academic progress toward a degree is your number one job as an NROTC midshipman! Without a bachelor's degree, you will not be commissioned as an officer in the Navy or the Marine Corps. Therefore, careful planning of your academic program is essential to your success!

Your NROTC advisor will help you with the requirements for the NROTC program and general guidance and tips for success as a university student but for specific questions concerning your major, you must consult with a university advisor. During your visit to Madison for Student Orientation, Advising, and Registration (SOAR), you will receive academic advising and register for classes. Please remember NOT to schedule SOAR during NSO.

When you come to the university for SOAR, we recommend you bring a copy of your fall semester schedule into the Unit. Your NROTC advisor will help you avoid academic pitfalls experienced by new students. I strongly encourage that you meet with your NROTC advisor prior to SOAR.

Credit Load

Although the university considers 12 credit hours per semester to be a “full-time load,” as a NROTC scholarship student, you are required to maintain at least 12 non-Naval Science credits. You may want to consider taking only 15 or 16 credits total in your first semester to help ease your transition to university-level academics.

Naval Science Courses

All midshipmen are required to complete various Naval Science courses each semester.

As an incoming freshman, during the fall semester you will enroll in:

Naval Science 101, Introduction to Naval Science (2 cr)

Naval Science 175, Naval Laboratory I (1 cr)

As an incoming sophomore, during the fall semester you will enroll in:

Naval Science 201, Naval Leadership and Management (3 cr)

Naval Science 275, Naval Laboratory I (1 cr)

Please ensure that you are registered for both classes during SOAR. If you run into any scheduling conflicts with Naval Science classes, contact your NROTC advisor as soon as possible to get them resolved.

Contact Information

If you have any questions call the Admin Office at (608) 262-3794