



Naval Academy Parents Club of South Carolina (NAPC-SC)

PLEBE PARENT GUIDE

CLASS OF 2023



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June 8, 2019

Dear Parents of the Class of 2023,

Welcome Aboard!

We hope this Plebe Parent Guide provides beneficial insights and information about the US Naval Academy (USNA) and Annapolis area. The upcoming year will present many challenges and opportunities for you and your midshipman.

We encourage and welcome your participation to help our club be strong and active. You and your plebe are now part of the greater Navy family. We offer support, information, and comradeship. We also serve as a sounding board to share ideas, frustrations, and accomplishments wherein we develop lifelong bonds. These bonds will carry us through the USNA and onward as our children join the fleet.

We look forward to partnering with you this year to help you through your journey. Please don't hesitate to reach out to board members if you have questions. Remember, we have all "been there."

Go Navy Beat Army!

*Jill Cutler and Mary Reardon
Co-Presidents*



UNITED STATES NAVAL ACADEMY *Alumni Association and Foundation*

The Naval Academy Alumni Association, <https://www.usna.com/>

The United States Naval Academy Alumni Association and the United States Naval Academy Foundation are two independent, not-for-profit corporations sharing a single president and CEO and operating as a fully integrated organization in support of the Naval Academy and its mission. The organization's focus and core competencies are engagement and philanthropy in pursuit of complementary and closely aligned missions.

The course set by Alumni Association founders in 1886 rings true today as the Alumni Association serves and supports the United States, the Naval Service, the **Naval Academy** and its alumni:

- by furthering the highest standards at the Naval Academy;
- by seeking out, informing, encouraging and assisting outstanding, qualified young men and women to pursue careers as officers through the Naval Academy;
- by initiating and sponsoring activities which perpetuate the history, traditions, memories and growth of the Naval Academy and bind alumni together in support of the highest ideals of command, citizenship and government.

With a primary focus on engagement, the Alumni Association promotes informed advocacy for today's Naval Academy and Brigade of Midshipmen among its many constituents—alumni, parents and friends. The Association keeps its more than 60,000-plus members informed through a network of 100 **chapters** around the world, about 75 active **class** organizations, and 82 **parent clubs**. Our web site, **Shipmate** magazine, e-mail and **WaveTops** e-newsletter are our primary communications tools, while value-added benefits, programs and services build affinity to the Naval Academy.

A Link in the Chain

The *Another Link in the Chain* program forms bonds and relationships between current midshipmen and members of the 50-year class counterpart throughout the four years on the Yard and beyond. The midshipmen are buoyed and encouraged by the physical presence and moral support of the senior Alumni, and members of the 50-year class counterpart enjoy working with the current midshipmen in their development of Navy and Marine officers. The USNA class of 2023 will forge a link with the USNA class of 1973.

Forging Links in the Chain - Binding and bonding classes through the generations is critical to carrying on the history and traditions of the Naval Academy and its Alumni. From Induction Day (I-Day) to Commissioning and beyond, the 50-year counterpart Class becomes a part of the Naval Academy experience for the Brigade. Participation by the Classes is voluntary. Please contact **Noreen Frenaye**, Asst. Director, Engagement Special Programs, for more information.



Navy Blue and Gold

Now colleges from sea to sea may sing of colors true
But who has better right than we to hoist a symbol hue
For sailors brave in battle fair since fighting days of old
Have proved the sailor's right to wear the Navy Blue and Gold

"Go Navy Beat Army"

- *You will soon learn that this phrase is always recited in its entirety.*
- *You will never hear just "Go Navy." It should ALWAYS be followed by "Beat Army."*
- *The rivalry is intense, however, there is much mutual respect and solidarity.*
- *When Navy wins an event over Army, the brigade is often awarded with a "Beat Army" weekend, which is extra liberty.*

The Mission of the United States Naval Academy

“The Mission of the United States Naval Academy is to develop midshipmen morally, mentally, and physically and imbue them with the highest ideals of duty, honor, and loyalty in order to graduate leaders who are dedicated to a career of Naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship, and government.”



Oath of Office

“Having been appointed a midshipman in the United States Navy, do you solemnly swear that you will support and defend the Constitution of the United States against all enemies, foreign and domestic; that you will bear true faith and allegiance to the same; that you take this obligation freely, without any mental reservation or purpose of evasion; and that you will well and faithfully discharge the duties of the office on which you are about to enter, so help you God?”

“I DO!”

GETTING READY FOR I-DAY (June 27, 2019)

Tips for your plebe:

DO:

- Be in good health.
- Abstain from alcohol, supplements, non-prescription medication, and anything with poppy seeds—all Plebes will undergo a urinalysis during in-processing.
- Run, Run, Run.... proper preparation will minimize injury potential.
- Hydrate well with emphasis **72 hours** prior—avoid caffeine & alcohol; get used to drinking water (no more than 1.5 quarts per hour; no more than 12 quarts per day).
- Get a good night's sleep before I-Day.
- Get a haircut (but NOT a buzz cut).
- Make copies of EVERYTHING that you have submitted to USNA. Take an envelope with all of these copies in it. (Trust us!)
- Eat a good breakfast on the morning of I-Day.
- Keep a sense of humor.

DON'T:

- Don't drive yourself crazy trying to memorize rates. That's what summer is for.
- Don't take crazy chances --breaking a bone can send you home.
- Don't get in trouble!

Tips for the parents:

DO:

- Make reservations for I-Day—recommend arriving the day PRIOR to I-Day and staying at a local hotel (walking distance is ideal due to traffic constraints).
- Take the USNA tour prior to I-Day (together) so you can be more familiar with the Yard and pick a meet-up location for I-Day (after the oath ceremony).
- Recommend booking reservations for Plebe Parent Weekend (PPW) early—hotels or AirBnB rentals will fill quickly.
- Join the Naval Academy Parent Club of SC.
- Join Facebook/social media pages that appeal to you.
- Pack a care package (USPS only) or a card to send a day or so before I-Day so your plebe will get mail quickly.
- If you are driving to Annapolis, add an hour to what your GPS says. Washington DC traffic is crazy and unpredictable. DO NOT BE LATE!
- Be supportive of your plebe-to-be if their mood seems to change before I-Day.
- Plan on a long, hot day for I-Day; wear comfortable shoes, hat, and sunscreen.
- Remember your camera and extra power for your cell phone.

How to Survive Plebe Year

Induction Day:

Induction Day (I-Day) will be your first Academy day, and involves processing, signing forms, medical exams, uniform issue, regulation haircut, basic military instruction, and the first view of the challenges of Plebe Summer. It is the realization that you are now in the Navy; breaking away from civilian life.



The Plebe's Induction Day:

- Breakfast off the Yard before reporting – eat enough to sustain you through the day.
- Report to Alumni Hall at the assigned time or earlier. Stations in Alumni Hall include Check In, Information, Physical/Shots, Haircut, and Uniform issue. You will be told where to go and when.
- March to stations around the yard. Plebes must stand at attention and read *Reef Points* while waiting for next event. Hint – don't bother studying Reef Points in advance, you will have PLENTY of time when you are there.
- Stow equipment and uniforms in your room (the Navy way).
- Attend Oath of Induction Ceremony with Blue Angels fly over (in front of Bancroft Hall).
- Meet parents after ceremony on Stribling walk.
- Report to Company.
- March back to Bancroft Hall in formation. Parents leave for six weeks or so.
- Note 1: "NAPsters" arrive two days prior to I-Day (on Tuesday) and are processed on Wednesday.
- Note 2: Any plebe who is traveling and has a need to stay in Bancroft the night prior to I-Day may do so if granted permission (as stated in the Permit to Report packet).

Five acceptable answers from a plebe to a detailer/upperclassman:

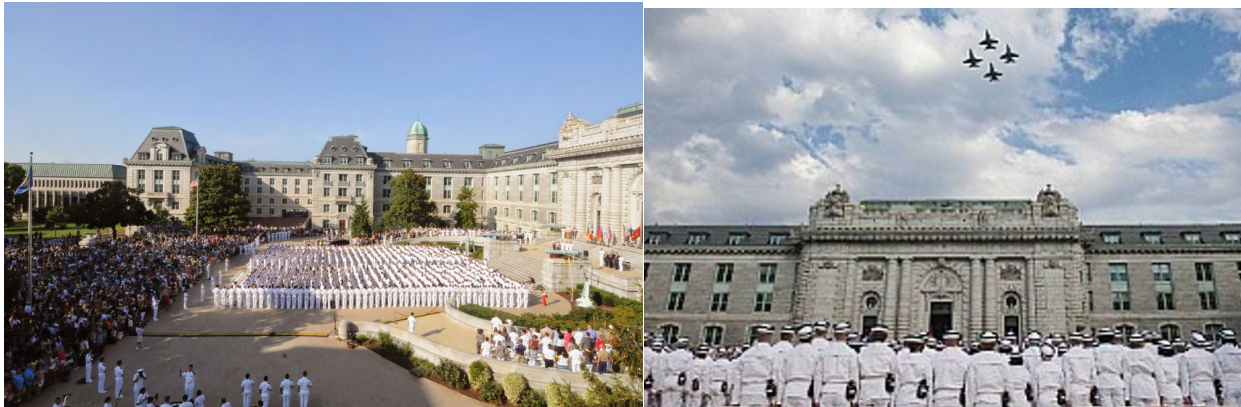
1. **Sir, yes, Sir (Ma'am)**
2. **Sir, no, Sir (Ma'am)**
3. **Sir, no excuse, Sir (Ma'am)**
4. **Sir, I'll find out, Sir (Ma'am)**
5. **Sir, (the correct answer), Sir (Ma'am)**

The Parent's Induction Day:

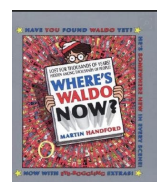
- Anticipate hot and humid weather, pop up afternoon showers are not unusual. Casual and comfortable clothes and shoes are a must for this long day. Check out local weather forecast & be prepared, <https://www.wunderground.com/weather/us/md/annapolis>
- Parents, family and friends are welcome at I-Day. The more the merrier.
- Security is tight on the Yard. Everyone over 15 years of age must have a current photo ID to enter, and you must show your parent's pass to bring a vehicle through the gates. Refer to your information packet for the most recent security and parking policies. Spaces are limited and will be harder to find the later you arrive. The alternative is to park at the football stadium and ride the shuttle to and from the Yard.
- During I-Day there are orientations, concerts, tours, and demonstrations for parents, including the Superintendent's Welcome Address (check packet for time and place).
- There is a picnic lunch on Hospital Point for parents/families. It is hosted by the Alumni Association and you will receive information on how to order tickets prior to I-Day. The picnic provides good food and allows you to sit, rest, and meet others. Also on Hospital Point are hundreds of tables and exhibits to visit, including parent clubs from around the country (including our club!), local hotels, USAA, Navy Federal Credit Union, the Alumni Association, the Naval Academy Club, just to name a few. There are lots of free goodies!
- The Midshipman (Mid) Store will be open during I-Day. A wide variety of Navy spirit gear is available as well as wonderful deals on clothing, jewelry, housewares, and handbags. There will also be class of 2023 shirts, bags, and memorabilia. Caution: You can spend A LOT of money in this store. When you visit the store, they will have a table set up for you to pick up your "Mid store card" which is required to shop there.
- Part of the "fun" of the day is trying to spot your plebe as they are going through their day. Popular spots to view plebes are the backside of Alumni Hall and the parking lot of the Mid Store and Bancroft Hall. If you see your plebe, do NOT call out to them.



- People start securing places for the Oath of Office Ceremony very early; there is very limited bleacher seating. Although it may be difficult to see, it is a very worthwhile and moving ceremony.



- Before I-Day, select a place on Stribling Walk (the walkway in front of Bancroft) to meet up with your plebe after the Oath of Office. When the plebes are released after the oath, they will have approximately 30 minutes to socialize and recharge with you and family members. There will be a large mass of people which make it very difficult to find one another. The organizers erect single letters on poles to denote last names, but if you've already selected a specific place, it cuts down on the stress of trying to find your plebe. Recommend you have a chair or blanket, water, and something clean/simple to eat and drink for your plebe. Minimize mess by providing napkins and utensils, as your Plebe may not have eaten all day.
- You can buy food from Dry Dock (a restaurant in Dalhgren Hall, right beside Bancroft) or in downtown Annapolis. You can also bring a packed cooler.
- Be prepared for a range of emotions from your plebe. Some will be laughing and smiling; some will just be exhausted; some will look shell-shocked; some will be in tears. Be supportive and don't cry! You can cry AFTER they leave. Remain positive and upbeat.
- After about 30 minutes, the plebes will line up by company and march into Bancroft Hall. After all plebes are inside, the huge doors SLAM shut. It can be very emotional as it marks the finality of I-Day.
- Some parents come back the next day and try to "Waldo Hunt" for their plebe. This is NOT advised; your Mid needs to focus and get in the game.



Survival Hints for Plebes and Parents

The word “Plebe” is short for “plebian,” a Latin word meaning “a member of the ancient Roman lower class or common people.”

The object of Plebe Summer is to break you down and build you back up in the image that the Navy has decided is best for a Naval Officer. It is physically, mentally, and emotionally demanding. The following bullet points include general advice for parents and plebes, but remember, each mid has his/her own unique journey and perspective. Take from it what you need, when you need it.

- Do NOT pack anything that is not on the packing list you receive. Extra items will be taken until Plebe Parent Weekend (PPW).
- Plebes will be issued an astonishing amount of clothing, gear, and personal-use items. This includes everything from Gold Bond powder to toothpaste and feminine hygiene products. You need nothing beyond the basic issue and may be hampered by excess items.
- Plebes should not try to think too far ahead. Sometimes, you will need to just focus on the current day or even the current hour. Remember, the detailers can't stop time. Stay strong; believe you can do this even when you think you can't; keep plugging along.
- Part of being a plebe is learning to accept failure. You cannot possibly succeed at everything you are expected to do. This is difficult for high achieving students and can be quite a blow to your confidence. Remember, you are all in the same boat.
- Plebes can receive care packages during Plebe Summer. But parents need to follow the rules. Do not try to send things they are not supposed to have; it will be taken.
- Plebes are required to write letters the first week however, please realize the letter may be to a girl/boyfriend and not parents. Also, they are so exhausted and have so little time; the letters may be only one sentence long.
- Same with phone calls: the detailers will charge all cell phones and pass them out for designated phone calls. Who the plebe calls is up to them.
- Parents, be prepared for a “bad” phone call or a “bad” letter. They can be heartbreaking, but you need to keep your composure and help your child. Let them vent/express themselves, then try to refocus and motivate them. Use encouraging words. If you need support, reach out to your Parent Club; we can help guide you.
- Use the Chaplains! No matter your faith, the chaplains are there to support everyone. During religious services, the detailers leave you alone. Also, the chaplains are a wonderful source of CONFIDENTIAL advice (and the refreshments are good, too)!

Hotels/Accommodations in Annapolis

Annapolis is NOT a cheap town however, it is beautiful and charming. DTA (the affectionate term for Downtown Annapolis) loves the mids and their families. Accommodations vary widely and you will have plenty of choices. Of course, there is a strong sense of supply and demand, so prices skyrocket during peak USNA events.

There are many hotels, ranging from the major chains to charming family-run places. Some offer discounts to mid families; always ask. You also want to ask about parking. Unlike SC, parking is at a premium and you may be charged an extra daily rate for parking. Be open to bed and breakfasts in Old Annapolis. They may seem pricey however, they generally provide breakfast and parking. Many are within walking distance of the Academy—essential for making curfew when traffic is fierce. Some even allow you to bring your pet (for an extra fee).

Airbnb/ VRBO is also thriving in Annapolis. They can be great choices for your family and your mid to relax and eat home-cooked meals. If you choose to use these services, just be a good shopper. Always make sure what you are booking: is it a private room (like renting out a bedroom in someone's home), or a basement apartment (popular choice), or an entire home or apartment? Only pay through the website (AirBnB or VRBO)--never pay the host directly.

Hotels that offer discounts to mids and mid families include:

- Marriott (Courtyard and Residence Inn): discount code is 5NK
- Hilton: discount code is 2670548 (Doubletree has a free shuttle)
- Country Inn and Suites

****always ask every hotel if they have a military/ USNA discount.**



Getting to Annapolis

Driving:

Driving travel time from SC to the USNA will range from six to ten hours, with DC traffic posing the biggest challenge. Timing and route selection will ease your burden.

Many apps also provide timely, updated options to avoid traffic issues. Recommend checking out google maps which usually offers three options with travel time and distance listed.

<https://www.google.com/maps>

Driving directions: Interstate 95 North (I95N) is typically the best route. You can choose to take I95N almost all the way (which is the route most GPS units provide) however, Washington DC traffic may be challenging. In order to minimize traffic issues, recommend taking take exit 104 (a few miles above Richmond), toward Bowling Green / Dahlgren / Fort AP Hill; then take Hwy 50 into Annapolis.

**Returning home, you will take Exit 13A from Hwy 50. Set your GPS for Dahlgren, VA and it will direct you to the correct course. There is a \$6 toll bridge between MD and VA (coming into MD, there is no toll; pay going into VA).

Flights:

Baltimore-Washington International (BWI): This is the closest airport, located about 30 minutes away from USNA. It is smaller than the DC airports however, it is a hub for Southwest, which is a very military friendly airline. Of note, you have to take a shuttle for several miles to reach the car rental facility. If you are renting a car, allow 45-60 minutes to your anticipated time.

Reagan: Reagan National airport is located about 45 minutes away. There is a metro stop at the airport. You can always take the metro to the end of the line and then Uber into Annapolis. An Uber ride will cost between \$25-30 one way.

Dulles: Also about 45 minutes away.

Southwest Airlines: Southwest is VERY accommodating; they allow flight changes without extra fees. They have military discounts (you have to call for these; not available on-line). You can also check two bags for free. Trust us, you WILL be re-booking flights at some point....

<https://www.southwest.com/>

Spirit Airlines: Spirit Airlines flies directly from BWI to Myrtle Beach. They are inexpensive and worth checking out (especially for last minute one-way flights)! <https://www.spirit.com/>

Plebe Summer Care Packages

- Plebes at USNA can receive care packages and mail all summer! The standard Plebe Summer mailing address format follows:

MIDN First name Last name

Company, Platoon

Annapolis, MD 21412

- NAPSters in Newport cannot receive packages until after summer training but can receive mail.

Please note: Use only the United States Postal Service (USPS) to send care packages to your Plebe or NAPster. Do not use FedEx or the United Parcel Service (UPS).

- If you mail a letter a few days before I-Day, then your plebe will have mail the first day it is available, which is nice.
- Follow the rules you are given for what to put in/not put in packages. You don't want your plebe to stand out or get in trouble because of you.
- NO junk food! Pack healthy things--beef jerky, power bars, water flavor packets, nuts, and dried fruit. Junk food will be confiscated.
- If your plebe prefers a certain deodorant or soap, send it.
- Extra Band-aids, bandages for blisters, and moleskin are greatly appreciated.
- **The most important thing is hearing from home! Snail mail brings a smile 😊**
 - Your letters should be upbeat and positive.
 - Do NOT say things like, "We miss you so much; we wish you were here; you are missing out on ____."
 - DO say things like, "We are so proud of you; hang in there; keep up the good work."
 - Ideas to mail: jokes, cartoons, inspirational quotes, Bible verses.
 - Some families have stacks of postcards or notecards that they have out at graduation or going away parties for people to fill out. You can pick one or two to mail each day over the summer.
 - You can also use social media to ask others to write to your Plebe as well.

IF YOU GET A SAD / BAD LETTER:

Plebe Summer is NOT easy and it is easy to feel defeated some days. Don't let it get you down. Your plebe or NAPSTER will have bad days and you are their safe haven. They feel safe venting their frustrations to you. Keep your responses positive. If you feel like the concerns are truly serious, you can advise your child to visit the chaplain. Regardless of faith, the chaplains are also a safe haven. They have seen it all and can help your plebe or NAPSTER persevere.

When You Get to See Your Plebe at the End of I-Day

Following the oath of office, the plebes will be dismissed and will have approximately **30 minutes** to be with family.

There will be signs up for each letter of the alphabet and plebes are instructed to go to the sign for their last name to find you or you can pre-designate a spot to meet.

If your family will not be there, the NAPC of SC will be under the “S” letter (for SC), and your plebe is welcome to come have a drink/snack and use our cell phones to call family.

Have a blanket to sit on (remember, they are wearing whites), a drink (no colored Gatorades), and a snack. You can place your blanket out earlier in the day so you don’t have to carry it.

Your plebe may be experiencing a wide range of emotions. Some are “pumped”; some shell-shocked; some are tearful; some quiet; some are talkative; and some just want to relax. Let your plebe take the lead. Don’t ask too many questions. If they are tearful or shell-shocked, you **MUST** remain positive. Do **NOT** cry or get upset in front of them. They have to handle their own emotions and cannot handle yours as well. Tell them to take things day by day, minute by minute. Remind them the detailers are learning, too. Remind them that no one can stop time and that this phase will be over soon.

Your plebe will be anxious to form back up at the correct time and not be late. Once they are in formation, they will march into Bancroft Hall. After the last company enters, the doors to Bancroft will slam shut. That is it--you will see your child again on Plebe Parent Weekend.



FIRST LETTER / CALL HOME

Plebes (and NAPSters) are required to write a letter during the first week however, they have no control over who they write their letter to. It could possibly be to the girlfriend/boyfriend instead of you.

Some parents report getting a letter with one sentence, just their name, or even a blank sheet of paper. They are busy and finding ways to save time!

Don't wait on your plebe to write to you as they are very busy (and tired). They will appreciate receiving mail, so send cards with uplifting and/or funny messages to raise their morale and remind them how much you support them.

Calls home: There are three calls home during the summer. The detailers charge their cell phones and pass them out for the calls. Again, the detailers have no control over WHO your Plebe calls. Be prepared to share time with the boy/girlfriend or coordinate a conference call.

We recommend arranging a "conference call" or co-locating if several family members and/or friends want to chat with your plebe.

Calls can be happy or sad or even tearful. Stay positive. It's always good to write down questions in advance of the call so you can get your questions answered. It also helps to move the conversation along if it stalls.



Plebe Illness / Injury

Illnesses and injuries do occur during Plebe Summer. You will be contacted if it is serious.

It can be scary when you are searching through thousands of pictures to see your Plebe on crutches, in a brace, or sitting out of an activity. The USNA has a full medical and dental staff on the yard. They take care of a whole host of injuries and illnesses.

Do tell your Plebe to advocate for themselves. This is a steep learning curve for some of them as parents have always gone to the doctor's office with them. Tell your plebe if they are sick, they **MUST** be specific in their complaints and if they are not satisfied or not feeling better after the initial treatment, to go back. For instance, "My feet hurt" is much different than, "When I put pressure on my right foot, it hurts right here on the inside of my ankle; it feels like a sharp, shooting pain." Or, "I think I have a cold" is different than, "My throat feels like razor blades every time I swallow and I'm coughing when I lie down. My spit is yellow and green instead of clear."

Things do happen that require visits to the ER or even stays in the hospital. Broken bones, ACL injuries, appendicitis, accidents all happen. It is a scary phone call to get if your plebe is hospitalized, but Anne Arundel and Walter Reed/Bethesda Hospitals have competent medical staffs. (Feel free to reach out to Jill Cutler or Mary Reardon for advice on medical situations.)



Plebe Parent Weekend (August 9-11, 2019)

After six weeks of Plebe summer (or in October for NAPS), you are permitted to visit your plebe! They are NOT allowed to spend the night with you, but you will get to spend time with them off the yard during the day.

HINTS:

- Take the Bancroft Hall tour (with your plebe); this is the ONLY time you will be allowed into the dorms until they graduate!
- Stop by the library; they may have copies of platoon photos on display.
- Pre-purchase tickets to eat lunch with your plebe in the dining hall (although your plebe may opt out in effort to get off the yard as soon as possible).
- **Make reservations early.** AirBnB or hotels with kitchens are nice as you can make some home-cooked meals for your plebe.
- Some plebes want to just sleep, some are ready to go out and visit places, and some just want to relax.
- Plebes MUST be in uniform if you are outside of your hotel room. Don't be fooled thinking no one will see them. It really is a small town and plebes stand out like sore thumbs. Follow the rules.
- You may cry when you see your plebe wearing their summer whites for the first time-- they look SO good!!
- Recommend taking a photo of your plebe in uniform in front of the school mascot (Bill the Goat). It will be a great keepsake to track the change in your Midshipman's stature as they mature through the years.
- Get back to the yard EARLY. Do NOT be late!! Traffic will be backed up with all the parents bringing their plebes back. Security can be tight. Get back on the yard with an hour to spare--walk around with your plebe.



Sponsor Program

The sponsor family program is absolutely wonderful at the USNA and NAPS. All plebes are paired with a sponsor family. The plebes complete a survey/questionnaire during the summer to pair them with a family. Some sponsor families take on LOTS of midshipmen and some only take on one or two. The sponsor families can be very different in ages, locations, having other children, level of involvement, etc. If it is not a good fit, plebes can ask for a change, but many times they find their own “fit” with sponsor families of roommates or friends.

If you are fortunate to have extended family or friends in the local area (within 30 miles) they may apply to become a sponsor. They will need to submit an application and be approved to sponsor your plebe. **The Sponsor Application is currently available on-line. Apply to be a sponsor via the following hyperlink, <https://www.usna.edu/Sponsor/Application.php>.**

Sponsor families can take on many roles and many times become very close with the Midshipmen and become lifelong friends. Things sponsors can do include:

- A place to “get away” on days they have liberty
- A ride to/from the airport
- A home-cooked meal
- Take pictures to send to you!
- Many families have pets that plebes become attached to
- An address to send needed items
- A place to store belongings over the summer



Money

Midshipmen do receive a paycheck, but everything is withheld except \$50 per pay period for plebes. The other money goes to pay for laundry, barber fees, uniforms, their ACE loan, etc. It is an even playing field for plebes--they all get the same thing.

At the end of the year, they will receive the balance of their "held pay," which can be different between plebes. Someone may have bought an extra coat because they lost theirs, NAPSters and prior enlisted come in with some uniforms so they don't have to replace them, scholarships that were submitted, etc.

*ACE loan--it is basically a loan for all of the massive amounts of items they are issued through the year--computer, books, uniforms, etc. The plebes repay the ACE loan via an allotment (money held from their checks).

*Yard Card--there is a debit card type card that the midshipmen have that you (or anyone) can put money on. They can use it at the Mid' Store and at shops on the yard.

Once Plebes begin to earn time off the yard, they like to spend money on food, ice cream, and Uber (to get to the mall/movies/etc.).

Some things to consider to ease the transition and ensure your plebe has funds for needed items:

- Consider adding your plebe to your Amazon Prime account. They will be able to order/receive needed cleaning and personal items quicker and more cheaply than you sending the same via a care package.
- Consider maintaining a bank debit card to which you can deposit funds for expenses off the yard. Note: your Plebe will be encouraged to open an account with Navy Credit Union in order to facilitate direct pay however, you may want to maintain a separate bank account for their miscellaneous expenses.



Plebe Academic Year

Once Plebe Summer is over and the academic year starts, things will quickly settle into a busy routine of classes, formations, studying, and physical exercise. They wake up early and go to bed late. Almost every minute of their day is structured, with very little free time. Although they will have their cell phones after Plebe Summer, don't expect frequent calls or texts. The Facebook Messenger app may work better for communication because cell signals can be spotty in Bancroft.

Most plebes will take Calculus, Chemistry, English, Government, Naval History, Sea Navigation, Leadership, Swimming, Wrestling, and Boxing. All of these classes are mandatory.

In addition, attendance at football games is mandatory, there are dress parades every Friday, a daily mandatory sports period, and daily mandatory formations.

Plebes also have what is called "professional knowledge," which is Naval knowledge. They must find time to learn the required material on their own and are tested weekly. The plebes will refer to this as "Pro Know."

In the spring semester (around March), the plebes will choose their major. They work closely with an academic advisor to help them choose.

Of note, there is free, on-site tutoring available for all classes! Please take advantage of it.

Standard Plebe Year	
Fall	Spring
Calculus I	Calculus II
Chemistry I	Chemistry II
English I	English II
Government	↔ Naval History
Seamanship Leadership I	↔ Cyber I



Sea Trials / Herndon

After spring semester exams, the plebes still have a few obligations to end their year.

Sea Trials is a physical culmination event: a grueling 14 hour day filled with activities from Plebe summer to include swimming, running, relays, crawling in the mud, and obstacle courses. The Sea Trials begin around 2:00 am (0200) and won't stop until evening dinner. Plebes rigorously compete against each other by companies. The winning company earns recognition as the honor company. This event is CLOSED to the public.

Herndon is the rite of passage to be "plebes-no-more." Herndon is held at the 21 foot monument located on the grounds of USNA across from the chapel (it looks like a little Washington monument). The upperclassmen grease the entire monument with lard and place a "Dixie cup hat" (the plebe hat) at the top of the monument. The plebes must figure out, as a team, how to get to the top of the monument and replace the Dixie cup hat with a midshipman's cover. Once this is accomplished, they are "plebes-no-more." This event is OPEN to the public.



NAPS/ Naval Academy Preparatory School



Each year, approximately 250 applicants are selected for NAPS versus direct entry into USNA. The reasons applicants are chosen for NAPS are long and varied. This is the “golden ticket” for admission. If the 10-month program is successfully completed, you are basically guaranteed admission into USNA the following year. NAPS is located in Newport, RI on an active Naval Base.

FACTS:

- *You will also have I-Day, or Induction Day, in late July. Once you check-in that morning, you will not see your parents again until Parent Weekend in October. There is no “final goodbye” in the afternoon.
- *Your “induction” time (similar to plebe summer) is three weeks. The detailers are midshipmen from USNA.
- *You cannot receive care packages during induction time, but you can receive letters.
- *You get to call home each Sunday afternoon for 15 minutes during this three week period.
- *Following induction but prior to classes, you will participate in NITRO, which is a culmination of your summer physical work.
- *Your classes will be English, Chemistry, Physics, Calculus and Leadership. Each class has different levels based on student needs.
- *The year is split into trimesters versus semesters, so there are three grading periods.
- *Following parents’ weekend in October, you will have MUCH more liberty/leave than the plebes at USNA. You will be able to wear civilian clothes on the weekends, you can drive, and even bring your car to NAPS.
- *NAPSters will want to stay in hotels in Providence or Warwick on the weekends, if they don’t use the sponsor family connection.
- *You will also make much more money than the plebes; recommend you SAVE it, not to spend it.
- *You will graduate in May and receive your appointment to USNA. You will have approximately five to six weeks of leave before reporting for I-Day at USNA.
- *You will report for I-Day at USNA two days early for check in.

PHONE / INTERNET

After Plebe Summer, plebes get their phones back. Phone service in Bancroft is a mystery--it just depends on where you are in the building. There is a continuing debate over which cell provider has the best service.

- Verizon does seem to be the best overall, but they are expensive.
- T-Mobile is near the bottom with poor service even outside on the yard.
- Plebes do not “rate” Wi-Fi, so everything they do on their phones will go against your data plan.....
- Facebook’s Messenger App is a good way to communicate consistently with your mid.

ALCOHOL / DRUGS

DRUGS: There is NO tolerance for illegal drug use and mids are frequently called for random drug tests. They will be separated from USNA for illegal drug use. Abstain from non-prescription drugs, performance enhancements, and even poppy seeds.

ALCOHOL: The legal drinking age is 21. Plebes, regardless of age, are not allowed to drink. Your Plebe will find there is ample opportunity to break this rule, whether in town, at a party, after a football game, at a sponsor’s home, etc. **DON’T DO IT!!!** You will get caught and the repercussions are swift. This is a serious conduct offense and you will be punished with restrictions, demerits, loss of leave, tours, and probation at a minimum. If you do get caught, **DO NOT LIE**, because then you will be charged with an honor offense (lying) as well as the conduct offense (underage drinking). It is **NOT** like drinking at a party at a civilian college! Breaking a USNA rule, a Navy rule, and the law are all part of underage drinking. It is not a slap on the wrist type of offense. **DON’T DO IT!**

USNA LANGUAGE / ACRONYMS

You will often find yourself baffled when you talk to your Plebe; it's like they are speaking a different language. This is a dictionary of sorts to help you.

Mid:	Midshipman
Sup (pronounced "soup"):	Superintendent; similar to the president of a university
Dant: Commandant	Similar to a provost of a university
Plebe; 4/C ; 4th Class:	freshman
Youngster; 3/C ; 3rd Class:	sophomore
2/C ; 2nd class:	junior
Firstie; 1/C ; First Class:	senior
Brigade:	the entire group of Midshipmen
Battalion:	There are six (6) battalions in the brigade
Company:	There are five (5) companies in each battalion; 30 total
Bilge:	make a classmate look bad
Black N:	unofficial "award" given to Mids who receive 100+ demerits
Blue Rim:	the t-shirts the Mids wear (they have the blue neck line)
Blue and Golds:	the "track suit" or "warm up" suit
Bracing:	standing with your chin tucked in
Bulkhead:	a wall
Bull Major:	a English, History, or Political Science major
Carry-On:	a reprieve from "plebe stuff," such as chopping
Chit:	formal request for permission to do something; must be approved
Chop:	plebes chop; running in middle of hallway, squaring corners
Civvies:	civilian clothes
Come-Around:	when an upperclassman grills a plebe on knowledge
Cover:	hat
Dant's List:	honor roll
Dark Ages:	the time between January and spring break--long, dreary days, little freedom; AKA typically depressing time of year for the Mids, especially plebes
Deck:	the floor
Dixie Cup:	the plebes' cover "the Popeye hat"
Drag:	someone is visiting or touring USNA and are assigned to you
EI:	extra instruction; tutoring

Eyes in the Boat:	keeping your eyes and head face forward
Frat:	fraternization; plebes and upper-class “hanging out”;
Fry/ Fried:	getting in trouble
Gouge:	information
Herndon:	monument plebes climb at the end of the year to be “plebes no more”
Irish Pennant:	hanging thread on a uniform
King Hall:	the dining hall
Ladder:	stairs
Leave:	authorized absence overnight
Liberty:	permission to be within 22 miles of the yard; not overnight
Mother B:	affectionate name for Bancroft Hall
Muster:	to assemble
NAPS:	Naval Academy Prep School
NAPSter:	a student from NAPS
Navy Blue & Gold:	sung at the end of sporting events; similar to alma mater
P-Way:	hallway
QPR:	quality point rating; GPA
Rack:	bed
Rate:	a privilege or something you are allowed to do or have
Rates:	large amounts of information plebes must memorize
Recon:	a spirit mission; sneaking out of Bancroft to decorate for sports
Restriction:	punishment; typically cannot leave the yard
Ringknocker:	USNA graduate
Sat:	satisfactory
SDB’s:	service dress blues; winter uniform
Spooned:	upperclassman giving permission to a Plebe to use their first name
Striper:	someone in chain of command
Sup’s List:	“president’s list”
T-court:	in front of Bancroft, where Tecumseh is located
Tecumseh:	statue in front of Bancroft; he is painted/decorated for events
Usnays:	the blue shorts
Whites:	summer uniform
Yard:	USNA campus
Yard liberty:	allowed to be “free” on the yard only
Youngster day:	having a free afternoon/no classes
YP:	yard patrol ship
Zoomie:	name for USAFA cadet

Calendar summer highlights

June 25-26, 2019: Class of 2023 NAPS & prior enlisted candidates arrive

June 26, 2019 (5PM-6:30PM/1700-1830): NAPS-SC Social @ Gibson's Lodging, 110 Prince George Street, Annapolis, MD 21401

June 27, 2019: Class of 2023 Induction Day (I-Day)

- (6:15AM/0615) Commence processing for incoming class @ Alumni Hall
- (7AM-5:30PM/0700-1730) Midshipman Store open
- (7AM-9:30AM/0700-0930) Free tours by Visitor Center in front of Alumni Hall
- (8AM-5PM/0800-1700) Armel-Leftwich Visitor Center Gift Shop open
- **(9AM/0900-2PM/1400) USNA Alumni Association I-Day Picnic @ Hospital Point**
- (9:30AM-3PM/0930-1530) Naval Academy tours & information available @ Armel-Leftwich Visitor Center
- (10AM-2PM/1000-1400) Yard Patrol Craft tours @ Dewey Seawall
- (1:45PM-2:30PM/1345-1430) Band Concert inside Alumni Hall
- (2:30PM/1430) Plebe Parents' Brief @ Alumni Hall
- (5:45PM/1745) Band Concert and procession to seats @ Tecumseh Court
- (6:00PM/1800) Oath of Office @ Tecumseh Court; inclement weather plan @ Alumni Hall
- **(6:30PM-7:15PM/1830-1915) Incoming class meets with parents in designated areas/Personal swearing-in ceremonies**
- (7:15PM/1915) Evening meal formation @ Stribling Walk

Plebes in the Class of 2023 will make three phone calls home during the summer (EST)

- Sunday-July 7, 2019 (1:15-1:45 PM/1315-1345)
- Sunday-July 21, 2019 1:15-1:45 PM/1315-1345)
- Sunday-August 4, 2019 (4:00-4:30 PM /1600-1630)

August 9-11, 2019: Plebe Parent Weekend

August 19, 2019: Academic classes begin

Additional information available on-line:

<https://www.usna.com/parents-event-calendar>

<https://www.usna.edu/PlebeSummer/>

<https://www.usna.edu/PlebeSummer/iday.php>

<https://www.usna.edu/Academics/Calendars-Events/index.php>

Our plebes and parents are certainly in the “same boat” as we launch into Plebe Summer.
Here are some thoughts to share and reflect upon.

The Rower’s Code

Always do what’s best for the team
(Commitment)

Give every seat equal value
(Acknowledgement)

Carry your load
(Responsibility & Accountability)

Balance the boat
(Organizational & Self-awareness)

Stay in sync
(Situational Awareness)

Lead by example
(Trust)

Keep everything in the boat
(Ownership)