

LOGGING IN

CLASS OF 2029

REPORTING INSTRUCTIONS



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OFFICE OF ADMISSIONS



THE UNITED STATES MERCHANT MARINE ACADEMY



MISSION

To educate and graduate leaders of exemplary character who are inspired to serve the national security, marine transportation, and economic needs of the United States as licensed Merchant Marine Officers and commissioned officers in the Armed Forces.

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Congratulations on your acceptance to the Class of 2029 at the United States Merchant Marine Academy!

We look forward to your arrival. Please read these instructions thoroughly as they will answer many of your questions. A checklist is provided at the end of this booklet to ensure you are prepared for Indoctrination (INDOC).

REPORTING DATE AND TIME

Plebe Candidates will report to the Academy on **Thursday, July 3, 2025, 0700 - 0830.**

0700-0730 Plebe Candidate Drop Off (Last Names A thru I)

0730-0800 Plebe Candidate Drop Off (Last Names J thru R)

0800-0830 Plebe Candidate Drop Off (Last Names S thru Z)

Plan to arrive within 15-30 minutes prior to your report time, so that you may be better prepared for in-processing. **ONLY** those who have received *Orders to Report* can sign-in to the Academy on the above date. Please note, you will report with your designated group. Absolutely no exceptions will be made. No late starts will be permitted. You should eat breakfast before you arrive. **Note:** Athletes may bring equipment IF they have coordinated with their coach for a drop off **prior** to the reporting schedule.

FAMILY INDOCTRINATION SCHEDULE

Thursday, July 3, 2025

0700-0730 Plebe Candidate Drop Off (Last Names A thru I)

0730-0800 Plebe Candidate Drop Off (Last Names J thru R)

0800-0830 Plebe Candidate Drop Off (Last Names S thru Z)

1100-1145 Family Brief in Ackerman Auditorium

1150 Family view Plebe Oath on Barney Square

1200-1300 Welcome Lunch hosted by USMMA Alumni Association and Foundation (USMMA-AAF)

1300 Campus Closed to Visitors

TRAVEL AND ACCOMODATIONS

For your convenience, this section contains a list of local hotels. Approximate distance from USMMA is noted. Some hotels may offer a USMMA parent discount, if requested. Hotel stays will not be reimbursed by the Government, as lodging is not considered official travel for Incoming Plebe Candidates.

HOTELS¹

<u>The Andrew Hotel</u> (3 miles) 75 North Station Plaza Great Neck, NY 11021 <u>(855) 516-1090</u>	<u>Inn at Great Neck</u> (3 miles) 30 Cutter Mill Road Great Neck, NY 11021 <u>(516) 773-2000</u>	<u>Adria Hotel</u> (3 miles) 221-17 Northern Blvd. Bayside, NY 11361 <u>(718) 631-5900</u>	<u>The Roslyn</u> (7 miles) 1221 Old Northern Blvd. Roslyn, NY 11576 <u>(516) 625-2700</u>
<u>Holiday Inn Express</u> (7 miles) 1053 Northern Blvd. Roslyn, NY 11576 <u>(516) 627-2460</u>	<u>Hilton Garden Inn Roslyn</u> (8 miles) 3 Harbor Park Drive Port Washington, NY 11050 <u>(516) 626-3600</u>	<u>Garden City Hotel</u> (10 miles) 45 Seventh Street Garden City, NY 11530 <u>(516) 747-3000</u>	<u>Long Island Marriott Hotel</u> (16 miles) 101 James Doolittle Blvd. Uniondale, NY 11553 <u>(516) 794-3800</u>

¹ Hotels listed are offered solely for the convenience of Plebe Candidates and their families. Inclusion in this booklet should not be considered an endorsement by the Federal Government for their goods and/or services.

AIRPORTS

LaGuardia (LGA) and John F. Kennedy (JFK) are the nearest airports to the Academy. If you are arriving at JFK or LaGuardia, you may prefer to use ride sharing companies such as Uber or Lyft. Plebe Candidates must retain all receipts associated with travel for reimbursement and be able to produce originals or copies of these receipts.

TRANSPORTATION

NYC taxis (yellow cabs) by law, double the meter rate when crossing the city line. USMMA is located in Nassau County, which is outside New York City limits. If you are arriving at Newark Airport (New Jersey), taxi fare to the Academy will be considerably higher.

TRAVEL EXPENSES AND REIMBURSEMENT

Plebe Candidates are reimbursed for official travel only from your legal home of record directly to Kings Point. *Hotel and rental vehicles will not be reimbursed.* You are authorized travel expenses to include privately owned vehicle (POV) at the Government mileage rate (\$0.70/mile) or common carrier (aircraft) at the government rate ***whichever is least costly to the Government.*** It is recommended that all official travel arrangements be made through USMMA's Travel Management Center. Travel Professionals' preferred contact method is via e-mail (tpi.travel@embarqmail.com). Telephone calls are welcome at 1-850-678-6688. Travel instructions can be found in your *Orders to Report*. To receive reimbursement for Indoctrination travel expenses, you will be required to submit: *Signed Orders to Report*, signed First Endorsement form, flight receipt, ground transportation receipt, baggage fee receipt, and toll receipt. Please note: A Flight Confirmation is **not** considered a valid receipt. Be prepared to submit all required documents and receipts upon arrival at Indoctrination. For questions regarding official travel, contact the Office of Academy Financial Management (OAFM) travel representatives: Ms. K.C. Pounds, at PoundsK@usmma.edu or (516) 726-5595, or Mr. Steven Palmer, at PalmerS@usmma.edu or (516) 726-5853.

To receive financial reimbursement of any kind (Indoctrination, Sea Year, Team Sports, Graduation, Financial Aid, Scholarships, etc.), you are **required** to have a valid bank account on file with the Office of Academy Financial Management (OAFM). A direct deposit form is included in your Logging In packet. Please complete the form and bring it with you when you report for Indoctrination. If you do not have a bank account prior to arriving to Indoctrination, you will have the ability to open an account with the on-campus Navy Federal Credit Union. It is the responsibility of the Plebe/Midshipman to ensure valid bank account information is established prior to, or during Indoctrination to ensure a smooth travel reimbursement process.

MAIL AND PACKAGE DELIVERY

<p>*Once a mailbox is assigned, address mail/packages as follows:</p> <p>Plebe [student's full name here], 2029 Box # U.S. Merchant Marine Academy 300 Steamboat Road Kings Point, NY 11024</p>

***Plebe Candidates are prohibited from receiving packages prior to and during Indoctrination.** USMMA mail is collected from the Great Neck Carrier Annex building, therefore, processing packages may take an additional 2-4 days for distribution to the student. Mail and packages without box numbers may experience

added, significant delays in delivery. Please ensure all First-class Mail, magazine subscriptions, Parcel Post, and package delivery services include the correct box number. Some entities may not deliver to a box number or may not have space within online ordering forms for box numbers. Be mindful of ordering items for delivery to the academy, ensure that your name and box # are reflected in the address line. Midshipmen have found it very useful to include the box numbers as middle names or add the box number to the end of the first or last name such, as Taylor 1234 Doe, Taylor Doe1234, etc.

For planning purposes, **September 5 to 7, 2025, is Family Weekend**. This is the weekend when each Plebe Candidate will be sworn in as a Midshipman Strategic Sealift Officer, U.S. Navy Reserve (SSO, USNR). Families are encouraged to be on-campus for this milestone event. Additional information will be posted on our website once the schedule of events is determined.

INDOCTRINATION OVERVIEW

Your first three weeks at Kings Point are dedicated to each candidate's transition from civilian life to a regimental lifestyle. Indoctrination includes instruction on Academy history and traditions, academic programs, Naval Science, basic seamanship, and Midshipman Regulations. Additional time is dedicated to military training, Academy facility and services briefings, uniform issue and other administrative matters. During this period, Plebe Candidates will be allowed to phone home on some Sundays, and in the case of an emergency. The first phone call home usually occurs at the end of the first week of Indoctrination.

The Indoctrination period requires discipline and determination, both physical and mental. You will be required to take and pass physical fitness and swimming tests. Failure to do so may result in dismissal from the Academy. **The physical fitness test elements and standards are located in the Physical Readiness section of this booklet. Do not ignore these requirements!**

During Indoctrination, you will be closely monitored and must use your limited time to accomplish required tasks. You will be held accountable at all times. You will experience full and demanding days meant to increase knowledge and develop skills that will ease the adjustment to the academic and regimental standards required during your four years at the Academy.

Indoctrination will help strengthen your ultimate personal performance at the Academy and develop camaraderie among the members of the Class of 2029. You will develop a keen sense of pride and 'esprit de corps' in being a member of the Regiment of Midshipmen. Successful completion of Indoctrination requires mental, physical and emotional commitment as you adapt, while anticipating the feeling of accomplishment upon its conclusion. Although challenging, it is also uplifting.

DRUG AND ALCOHOL POLICY

As a future mariner and naval officer, you are expected to not abuse alcohol and to shun illegal drugs entirely. The use of illegal drugs is strictly forbidden and results in expulsion from the Academy. As a plebe / midshipman, you are subject to random drug testing through urinalysis, consistent with Navy-wide policies and procedures, and in accordance with Superintendent Instructions and Midshipman Regulations.

APPOINTMENT AS MIDSHIPMAN, STRATEGIC SEALIFT MIDSHIPMAN PROGRAM, U.S. NAVY RESERVE

U.S. citizens admitted to the Academy must apply for appointment as Midshipman, Strategic Sealift Midshipman Program, U.S. Navy Reserve (SSMP, USNR). A *Naval Science Indoctrination Package* from the Department of Naval Science is enclosed. Follow the instructions carefully! This package contains instructions on completing the *SF 86 Questionnaire for National Security Positions*. This document contains information that will be difficult to complete once you have arrived at USMMA. You will hand deliver all required Naval Science documents when you report for Indoctrination.

As a Plebe Candidate, you will be sworn in as Midshipman, SSMP, USNR. The SSMP is a direct commissioned officer training program conducted by the Department of Naval Science. The program is designed to qualify participants for commissioned service as officers in the Navy's Strategic Sealift Officer Program (SSOP). Midshipmen who successfully complete the SSMP will receive a U.S. Navy Reserve Officer commission as a Strategic Sealift Officer (SSO), designator 1665, with the rank of Ensign. During your senior year you may apply for active duty service in the Navy or active duty/reserve component in one of the other U.S. Armed Services. During your four years at USMMA, and as a condition for commissioning, you must meet and maintain various U.S. Navy requirements, which are in addition to completing all academic requirements.

HONOR CODE

All students entering the Academy must adhere to the Honor Code at all times. Ignorance of the Code is not an excuse, and students found guilty of violating the Honor Code may be disenrolled.

"A MIDSHIPMAN WILL NOT LIE, CHEAT, OR STEAL."

The United States Merchant Marine Academy believes that every student should be treated with dignity and respect. We embrace members of all backgrounds, celebrating the individuality that strengthens each class. Sexual assault, sexual harassment, and discrimination on the basis of sex, race, national origin, color, religion, age, sexual orientation, or any other status protected by law are actions contrary to our Core Values of Respect, Honor and Service and will not be tolerated on campus, off campus or at sea.

The Academy strives to create a campus climate where all students feel free to report incidents of discrimination, sexual or sex-based harassment, sexual assault, relationship violence or stalking. Retaliation against those who report incidents will not be tolerated. You will learn more about the Academy's discrimination, sexual harassment and sexual assault policies during Indoctrination. The Sexual Assault Prevention and Response Office (SAPRO) conducts training during Indoctrination and bi-annually each academic year until graduation. Victim Advocacy and consultation services are available to all students, 24/7/365 days a year, by calling the USMMA SAPRO Hotline at 516.462.3207. During business hours, students are free to stop by our offices located on the second deck of Land Hall.

FINAL TRANSCRIPTS

Your final, official high school transcript (or spring term college transcript for college students) must be requested and submitted to the Office of Admissions (indoc@usmma.edu) **prior** to Indoctrination. If the official transcript is not available prior to Indoc, Plebe Candidates may bring their official transcript in a sealed envelope to the Admissions table at Indoc.

SELECTIVE SERVICE REGISTRATION

Males who are 18 years of age or older are required to register with the Selective Service System. You can register at your local Post Office or online at: <https://www.sss.gov/>.

RELIGIOUS NEEDS

A Religious Needs Assessment (RNA) will be emailed to Plebe Candidates to ensure that the Command Religious Program (CRP) meets the specific needs of its members. The RNA should be completed and submitted via email to Chaplain Jonathan Jones at jonesj@usmma.edu prior to 5 June 2025. The RNA may also be retrieved at [Class of 2029 Appointees | U.S. Merchant Marine Academy](https://www.usmma.edu/admissions/class-2029-appointees) (<https://www.usmma.edu/admissions/class-2029-appointees>)

IN-PROCESSING PAPERWORK – OFFICE OF MIDSHIPMAN PERSONNEL

You will receive a Fourth-Class Questionnaire via email to the personal email address you provided in your Admissions Application Portal. You must complete the questionnaire in its entirety, and return it by email to the Midshipman Personnel Officer, Ms. Colleen Sica, sicac@usmma.edu.

If you do not receive the emailed questionnaire by 20 June 2025, the form may be retrieved at:

[Class of 2029 Appointees | U.S. Merchant Marine Academy](https://www.usmma.edu/admissions/class-2029-appointees)

(<https://www.usmma.edu/admissions/class-2029-appointees>)

With a mission to “educate and graduate licensed Merchant Marine Officers”, the United States Merchant Marine Academy’s Sea Year Program is designed to develop a midshipman’s understanding of the technical, practical, and social characteristics required of highly-trained professionals in the maritime industry. This program is achieved by placing each midshipman in an actual on-the-job marine environment. To be assigned to a vessel, each midshipman must apply through the Academy to the National Maritime Center for a Merchant Mariner Credential (MMC) and a medical certificate.

There are two forms of identification that are required for this process. Each Plebe Candidate **MUST have both when arriving for Indoctrination. Original documents must be presented, copies will not be accepted.**

1. Passport
 - a. Passports must be valid through 31 December 2029. If the passport expires prior to that date, please renew the passport prior to Indoc.
2. Transportation Worker Identification Credential (TWIC)

PASSPORT

Application or renewal of a current passport expiring before 31 December 2029, can be done at your local Post Office, online at <https://travel.state.gov/content/travel/en/passports.html>, or by calling the National Passport Information Center toll-free at 1-877-487-2778.

If you have not yet made an appointment and/or ordered your passport, **PLEASE DO SO IMMEDIATELY!** Appointment availability may vary, and there can be a lengthy turnaround time for receiving the official document. Failure to have a valid passport through 31 December 2029 may impact your ability to go to sea.

TRANSPORTATION WORKER IDENTIFICATION CREDENTIAL (TWIC)

All U.S. citizen Plebe Candidates must obtain a Transportation Worker Identification Credential (TWIC) prior to arriving for Indoctrination. The TWIC was established by Congress through the Maritime Transportation Security Act (MTSA) and is administered by the Transportation Security Administration (TSA) and U.S. Coast Guard. TWICs are tamper-resistant biometric credentials issued to workers, including all merchant mariners, who require unescorted access to secure areas of ports. The cost of the TWIC is approximately **\$124**.

To obtain a TWIC, go online to <https://tsaenrollmentbyidemia.tsa.dhs.gov/programs/twic> and carefully follow the instructions provided, especially those related to the requirements for personal identification. It is recommended that you pre-enroll at the TWIC website and then schedule an appointment through the website at your closest TSA Enrollment Center. When pre-enrolling, it is critical to the application of the Merchant Mariner Credential (MMC) to indicate the card's purpose, which is for employment as a **Merchant Mariner** and the employer as the **U.S. Merchant Marine Academy**. During enrollment, you must provide a physical address (not a PO Box) for the TWIC to be sent.

NOTE: Non-U.S. citizen Plebe Candidates must pre-enroll for a TWIC prior to reporting for Indoctrination. During Plebe year, non-U.S. citizen Plebe Candidates will go to a TSA Enrollment Center to complete the TWIC application.

As soon as you accept your appointment to the U.S. Merchant Marine Academy, please begin the process of applying for these two critical documents as it is MANDATORY to arrive at Indoctrination with them. Both will be collected, processed for Sea Year, and returned within the first two weeks of Indoctrination. Copies will not be accepted. ***Failure to have a valid passport through 31 December 2029 and/or a TWIC may impact a Midshipman's ability to go to sea during their second year.***

If you have any questions about obtaining either a passport or TWIC, please contact Mrs. Taleen Stroud, the Academy's USCG Licensing and Credentialing Officer, at (516) 726-5752 or stroudt@usmma.edu.

STUDENT IDENTIFICATION AND ACCESS CREDENTIALS

Prospective students planning to attend the USMMA will need to obtain a government form of identification (PIV-I). The credential provides the student:

- A government form of identification, or Student ID;
- Access to government IT infrastructure;
- Access into secure dormitories and other protected USMMA facilities.

The process to obtain a PIV-I consists of the following:

- The prospective student, sponsored by the USMMA, will complete registration at the USMMA site. Early registration is highly encouraged, if you are in the local area on a visitation or if you arrive in the local area in the days prior to indoctrination, please report to the Department of Public Safety in Furuseth Hall. If you would like to make an appointment, or have questions, you may email Mr. Jeffery Thomas at: thomasJ@usmma.edu.
- During indoctrination, the student will process through Public Safety, complete the registration process and be issued their PIV-I card.
- Students will need two forms of official identification to present to Public Safety and complete the registration process to receive their PIV-I card. ***Copies of documents cannot be used.***

Forms of Official Identification

PRIMARY	SECONDARY
<ul style="list-style-type: none">• U.S. passport or passport card• Permanent resident card or alien registration receipt card (Form I-551)• Foreign passport• Employment authorization document with a photo (Form I-776)• State-issued driver's license or ID• State-issued photo ID card• U.S. military ID card• U.S. military dependent's ID card• PIV card	<ul style="list-style-type: none">• U.S. Social Security card (not laminated)• Original or certified copy of a birth certificate issued by a state, county, municipal authority, or outlying possession of the United States with an official seal• Voter registration card• U.S. Coast Guard Merchant Mariner card• Certificate of U.S. citizenship (Form N-560 or N-561)• Certificate of naturalization (Form N-550 or N-570)• U.S. citizen ID card (Form I-197)• ID card for use by a resident citizen in the United States (Form I- 179)• Certification of birth abroad or certification of report of birth issued by the Department of State (Form F-545 or Form DS- 1350)• Employment authorization document issued by Department of Homeland Security (Form I-766)• Native American tribal document• Veteran Health Identification Card• Agency ID badge issued by federal, state, or local government agency or entity with a photo — not a facility access badge

Additional information regarding required identification may be located:

<https://www.gsa.gov/technology/technology-purchasing-programs/federal-credentialing-services/get-appointment-help/bring-required-documents>

PERSONAL GEAR – MALE

Male Plebe Candidates must report in appropriate casual summer attire: collared shirt (short sleeve polo or button-up shirt) and lightweight slacks or shorts with a belt (if applicable) and clean shaven. Jeans are not permitted. Athletic shoes must be worn. Male Plebe Candidates must bring the following:

- Running shoes – Any brand is acceptable; however, shoes **must be** predominantly white. If the shoe has stripes/trim, it must be blue or gray/silver in color. The Academy recommends you break in the shoes prior to reporting.
- Socks, white cotton athletic (without stripes or trim and crew length) – 14 pairs
- T-shirts, white crew neck (round neck) – 14
- Toiletry articles (sufficient amount for duration of Indoctrination) – razor (electric or manual), shampoo, toothbrush, toothpaste, deodorant, foot care products (as required), nail clipper, etc.
- Undershorts or compression shorts (your preference of type), white – 14

PERSONAL GEAR – FEMALE

Female Plebe Candidates must report in appropriate casual summer attire: collared shirt (short sleeve blouse, polo, or button-up shirt) and lightweight slacks or shorts. Jeans are not permitted. Makeup and nail polish are prohibited at arrival and during Indoctrination. Athletic shoes must be worn. Female Plebe Candidates must bring the following:

- Barrettes and bobby pins, neutral or same as hair color – 15
- Bra, athletic/sport, white – 8
- Bra, regular, white – 6 (optional)
- Running shoes – Any brand is acceptable; however, shoes **must be** predominantly white. If the shoe has stripes/trim, it must be blue or gray/silver in color. The Academy recommends you break in the shoes prior to reporting.
- Socks, white cotton athletic (without stripes or trim and crew length) – 14 pairs
- T-shirts, white crew neck (round neck) – 14
- Toiletry articles (sufficient amount for duration of Indoctrination) – razor, shampoo, toothbrush, toothpaste, deodorant, feminine hygiene, foot care products (as required), nail clipper, etc.
- Undershorts or compression shorts (your preference of type), white – 14

PERSONAL GEAR – GENERAL

- It is recommended that you bring a small amount of cash (not more than \$100). Males can anticipate 2 haircuts at \$15 each. A debit/credit card is also recommended. There is a full-service Navy Federal Credit Union (NFCU) personal banking facility, and ATM on campus that Plebe Candidates may join, if they choose.
- Do not bring valuable jewelry; you will not have an opportunity to wear it.
- Bring two working black ink ballpoint pens for signing papers.
- If you wear eyeglasses, they must be clear (non-darkening) prescription lenses for military formations. You may not wear sunglasses at any time when participating in a military function. Contact lenses may be worn in lieu of eyeglasses.
- A graphics calculator, the Texas Instruments TI-36X Pro, is required.
- Cell phones may be brought, but they will not be authorized to remain on your person during Indoctrination and will be collected and stowed for safekeeping.

NOTE: ALL OTHER ELECTRONICS (SPEAKERS, RADIOS/STEREOS, IPODS, PORTABLE GAMING DEVICES, ETC.) ARE PROHIBITED. All items are subject to inspection and any unauthorized items may be confiscated for the duration of Indoctrination.

PLEBE KIT – PERSONAL ITEMS

Plebe Candidates entering with the Class of 2029 are required to bring with them the EXACT items listed below by quantity, size, and vendor. These items are required for uniformity, and no deviation will be permitted. Upon reporting for Indoctrination, you will be required to have these items, completely separate from your luggage, and packed in a white mesh laundry bag.

For your convenience, the Plebe Kit (complete, to proper specifications, and pre-bundled) is available for a tax-free purchase from the USMMA Navy Exchange (NEX). You may pre-order this bundle of items from the NEX between May 15 and June 28. Orders will be processed starting May 26. An order form and additional information are enclosed in the *Logging In* packet. Payment may be made via CHECK or DEBIT/CREDIT CARD. The cost of this package is **\$694.48**. Please contact the USMMA NEX with questions at (516) 726-6177 or BEMUSMMA@nexweb.org.

ITEM	VENDOR/DESCRIPTION	QUANTITY	UPC	RIN	RETAIL
Liquid Body wash	Dove	1	10011111684505	6366321	\$7.39
Bathrobe	KNOTHE WAFFLE KIMONO	1	744275018581	18832093	\$29.99
Black pen	Papermate	1 PK OF 2	072838310149	364026	\$3.39
Brasso	Metal Polish 8 oz.	1	026600893347	1921	\$3.89
Camelback Canteen	Camelback	1	886798056128	430763	\$69.99
Liquid Hand Sanitizer	GermX	1	072785138643	13504854	\$2.29
Clipboard	Officemate	1	02491832203	14790589	\$2.49
Clutch backs	Vanguard	1	024768202001	3687423	\$1.53
Color laundry bag 24 x 36	Cleaners Supply	3@ 3.49 ea.	COLOR DETERMINED	BY COMPANY	\$10.47
Cotton balls	Exchange Select 100	1	614299399334	898176	\$1.19
Cup	Sterlite	1 PK OF 4	073149093684	9702601	\$1.49
Duffle bag nylon	Exchange Sized	1	718020131269	2894275	\$27.54
Envelopes	Top Flight	1	075755723054	798634	\$2.49
Garment bag	Vanguard	1	024768802164	13485480	\$9.84
Hangers	Merrick	1 PK OF 10	018643871628	14289605	\$2.99
Insect repellent	Off Deep Woods	1	046500018428	13274	\$6.89
Impact Safety Goggles	3M	1	078371912529	6723542	\$3.99
Iron	Hamilton Beach	1	022333172018	7746546	\$12.99
Compression Shorts	CyberKnit Fabrics	2 @13.99 ea.			\$27.98
Jansport backpack	Odyssey Black	1	637439932178	12519138	\$79.99
Marker black	Sharpie	1 PK OF 2	071641301627	13526	\$2.39
Marker silver	Sharpie	1 PK OF 2	071641391086	1004313	\$3.49
Lip balm	Chapstick	1	305730725125	562551	\$1.39
Marking kit, letters & numbers	F R Bean	1	705204100029	9191136	\$13.05
Notebook	Mead	1	043100454649	14472	\$0.79
Padlock combination	Master Lock Black Dial	1	071649396502	10024	\$6.99
Gold Bond Powder	Gold Bond	1	041167011096	8578	\$6.79
Mini Flashlight	Eveready	1	039800104861	7618328	\$4.99
Plastic toothbrush holder	American Comb	1	0208860000024	13477575	\$0.69
Dry Erase Markers	Expo	1 PK OF 4	071641866744	9678655	\$4.99

ITEM	VENDOR/DESCRIPTION	QUANTITY	UPC	RIN	RETAIL
Postage stamp book	U.S. Postal	1	400000481586	14679437	\$14.60
Sanitizer Wipes	Clorox	1	044600016283	6558815	\$4.99
Para frame Serrated Knife	Gerber	1	013658484450	5949846	\$29.99
Ruler 12 inch	Magtech Wood	1	813425011638	14835388	\$0.49
Running belt	Reflex	1	742503033542	3784211	\$10.50
Profile Nose Clip & Ear Plug Set	Speedo	1	827782856935	13417000	\$7.99
Sewing kit	Vanguard	1	024768758478	11050456	\$3.61
Shirt garters white	Vanguard	1	024768009914	500250	\$7.27
Shoe shine kit	Sutton	1	091726161502	16653367	\$9.39
Shower sandals	Sandals	1	766956212262	4500035	\$1.99
Storage container 31 gallon	Rubbermaid	1	051596310066	4564523	\$22.99
Sunscreen spray	Coppertone SPF 50 6 oz.	1	041100001672	5264946	\$9.19
Swimsuit male/female	Speedo	1	SPEEDO BRAND	NOT SPEEDO STYLE	\$39.99
Toothbrush	Exchange Select	1	*614299405271	8551646	\$1.49
Toothpaste	Colgate	1	035000510877	180892	\$1.99
White shoe scuff cover	Shoe Gear	1	070049196712	16789298	\$3.59
White shoe polish wax	Shoe Gear	1	070049205810	16789297	\$3.49
Swim Goggles	WS Sprint Goggles	1	7860096483704	12777115	\$10.99
White Bath Towel	Troop Home Essentials	4@4.50 ea.	809407136271	13761129	\$18.00
White Washcloth	Troop Home Essentials	4@.55 ea.	809407136288	13761130	\$2.20
Ringer Tee	United Souvenir	4@ 11.99 ea.			\$47.96
Blue PT Short	SMSDI	4@ 21.99 ea.			\$87.96
				Total:	\$694.48

EDUCATIONAL KIT

Plebe Candidates entering with the Class of 2029 are required to purchase an Educational Kit in the fall of 2025, prior to the start of the second trimester. The contents and cost of this kit will depend on your academic major. The specific items in each Educational Kit and the total cost are listed below by major. X

For your convenience, the Educational Kit (complete, to proper specification) is available for a tax-free purchase from the USMMA Navy Exchange (NEX). Payment can be made via cash, check, or credit card. The Educational Kit will be available for purchase in September. The Educational Kit **cannot** be pre-ordered. Please contact the USMMA NEX with questions at (516) 726-6177 or BEMUSMMA@nexweb.org.

EDUCATIONAL KIT SPECIFICATIONS				
Marine Transportation (Deck) Majors - \$218.52				
Item	Description	Quantity	UPC	RIN
Plastic Chart Tube 40" length	Weems & Plath	1	721002000804	9214276
Texas Instruments Calculator	TI-30XIIS	1	0333171982726	366927
Navigation Kit	Weems & Plath	1	721002910516	9214326
Star Finder	Weems & Plath	1	721002001504	7055635
Metal Ruler	Weems & Plath	1	721002912398	14100369

EDUCATIONAL KIT SPECIFICATIONS				
Marine Engineering (Engine) Majors - \$114.97				
Item	Description	Quantity	UPC	RIN
Compass	Compass Mars 552	1	4007817552001	10089487
Drafting kit	15PC Architectural Set	1	073577163676	14100373
Vernier Caliper	MSC	1	400001960226	6588225

PAY AND WAGES

Midshipmen are NOT paid a wage or salary by the U.S. Merchant Marine Academy at any time during their enrollment as they are not employees of the Federal Government. While assigned to sea for the shipboard training portion of the curriculum, midshipmen are provided quarters, meals and medical care. While on sea duty, they are employees of the specific shipping company that owns the vessel to which they are assigned. They may be paid wages of \$1,339.50 per month (as of June 15, 2024), less certain minor expenses varying by the company they are sailing with.

EXPENSES AND FINANCIAL AID

The Federal Government pays the majority of costs associated with enrollment at USMMA. Midshipmen receive tuition, room and board, uniforms, and textbooks at no cost. Basic medical and dental care are provided through the Academy's Department of Health Services (DHS). Midshipmen will be accountable for maintenance and accountability of issued uniforms as part of their *Sea Bag*, which will belong to the Midshipman upon graduation. The *Sea Bag* will be subject to periodic inspection; missing or damaged items must be replaced at the midshipman's expense. Midshipmen are responsible for all other costs associated with attendance at the Academy. Federal Student Aid can be used to help defray the cost of any expenses related to attendance at the Academy.

COST OF ATTENDANCE

Due to the unique nature of USMMA, the Cost of Attendance (COA) will vary by student. In calculating COA, the Academy considers two types of expenses, **Billed** and **Personal Out of Pocket** expenses.

Billed Expenses: All midshipman (MIDN) Fee services (Laundry and Tailor/Seamstress) are expenses billed directly by the Academy at the start of the Academic year. These fees must be paid prior to Indoctrination Day. Midshipmen are not charged for these expenses while at sea.

Personal Out of Pocket Expenses: Midshipmen are required to furnish various items at their expense and will not be billed by the Academy. These expenses will vary by student.

Additionally, barber services are required for male candidates during the Indoctrination period. This fee will be paid, in cash, during Indoctrination. Each male Plebe Candidate is required to have \$30 in cash for barber services.

Expenses	AY 2025-2026 by Class Year and Split					
	2029	2028 A/B/C	2027 A/B	2027 C	2026 A/B	2026 C
Laundry Service	\$591.00	\$394.00	\$197.00	\$394.00	\$591.00	\$394.00
Tailor/Seamstress	\$318.00	\$212.00	\$106.00	\$212.00	\$318.00	\$212.00
Midshipman Fees (Payable to USMMA)	\$909.00	\$606.00	\$303.00	\$606.00	\$909.00	\$606.00
Plebe and Educational Kits	\$900.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Passport Fee	\$130.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
TWIC Application Fee	\$125.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Other Estimated Out of Pocket Expenses	\$1,155.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Transportation	\$1,950.00	\$1,600.00	\$1,250.00	\$1,600.00	\$1,950.00	\$1,600.00
Miscellaneous Expenses	\$1,998.00	\$1,998.00	\$1,998.00	\$1,998.00	\$1,998.00	\$1,998.00
General Supplies	\$999.00	\$999.00	\$999.00	\$999.00	\$999.00	\$999.00
Student Health Insurance Plan (2025)	\$1,734.00	\$1,734.00	\$1,734.00	\$1,734.00	\$1,734.00	\$1,734.00
Ancillary Cost Allowances	\$6,681.00	\$6,331.00	\$5,981.00	\$6,331.00	\$6,681.00	\$6,331.00
Total Cost of Attendance for Financial Aid Eligibility	\$8,745.00	\$6,937.00	\$6,284.00	\$6,937.00	\$7,590.00	\$6,937.00

USMMA's cost of attendance represents allowable educational costs for financial aid eligibility purposes. Only required fees and supplies will be incurred by every student at the beginning of the academic year. Other reported expenses include allowances for general supplies, transportation, and miscellaneous expenses, and are at the discretion of the student.

MIDSHIPMAN FEES

The Academy assesses Midshipman Fees in accordance with 46 CFR Part 310.62 (b) to cover the cost of items and services generally of a personal nature, which are provided on campus through service contracts. **The Midshipman Fee for the class of 2029 is \$909.00.** These personal services include:

- **Wash-and-fold laundry service:** weekly service contract for laundry service for uniforms and garments.
- **Tailor and seamstress service:** personnel and supplies to provide uniform adjustments and repairs to ensure consistent appearance.

PAYMENT POLICY AND INFORMATION

Midshipman Fees are payable in full, up front, for the entire Academic Year and are due prior to the start of Indoctrination. The Office of Academy Financial Management (OAFM) will invoice you no later than 1 June 2025. Plebe Candidates who have a **signed** Financial Aid Award Letter with sufficient funds will not be required to pay Midshipman Fees out of pocket. Provide both your **signed** Financial Aid Acceptance Form and the Financial Aid Award Letter to OAFM with your invoice. If you have any questions about your invoice or Midshipman Fees, please contact Ms. Brenda Collins in OAFM at CollinsB@usmma.edu.

Payment of Midshipman Fees should be made online at <https://www.pay.gov> with a credit/debit card, bank account (ACH), or PayPal account. Payment instructions will be included with your Midshipman Fee invoice. Payment can also be made by check or money order. Any check returned by the Academy's bank may be subject to a penalty fee.

LATE APPOINTMENTS

If you receive a late appointment, you should submit your payment for midshipman fees and paperwork as soon as possible, before reporting. If this is not practical due to the timing of your appointment, you must bring your payment in the form of a check or money order, **NOT CASH**, to Indoctrination in-processing.

FAILURE TO MEET PAYMENT DEADLINES

Plebe Candidates who fail to pay Midshipman Fees or **complete** the financial aid process by 1 July 2025 may have their appointment rescinded. Plebe Candidates who receive late appointments must pay Midshipman Fees during in-processing for Indoctrination on 3 July 2025. Plebe Candidates who have not paid Midshipman Fees will not be enrolled as a member of the Class of 2029, will not commence Indoctrination, and will not receive reimbursement for travel costs to the Academy. Please bring proof of payment via pay.gov, payment in full by check or money order (no cash), or a *Financial Aid Award Letter* with adequate funds to meet the financial obligation for the Academic Year to Indoctrination.

REFUND POLICY FOR MIDSHIPMAN FEES

Indoctrination Period – A Plebe Candidate who declines their appointment after paying Midshipman Fees will receive a full refund of those fees. A Plebe Candidate who is separated during the Indoctrination period will receive a refund for the second and third terms in the Academic Year. Midshipman Fees are not refundable for any portion of a term where a midshipman is in residence at the Academy.

Regular Academic Year – Plebe Candidates and midshipmen separated during a term are not eligible for a refund of Midshipman Fees for that term. If a midshipman is in residence for any portion of a term, they are responsible for the term's fees. Midshipmen on hold who are waiting for Academic or other Board review decisions will be charged Midshipman Fees for that term. Midshipmen who are disenrolled or set back to a later term will receive a refund only for future terms in the Academic Year. Refunds for future term Midshipman Fees will be refunded to the midshipman's bank account on file in the Office of Academy Financial Management.

NOTE: It is the responsibility of the midshipman to ensure bank account information is always up to date with the Office of Academy Financial Management to avoid delays in receiving refunds.

MISCELLANEOUS EXPENSES AND GENERAL SUPPLIES

In addition to the Plebe/Educational Kits, which require up-front payment, it is each plebe's responsibility to have sufficient funds readily available to pay for additional personal educational supplies. You are responsible for personal gear, personal hygiene supplies, dry cleaning, shoe repair, etc. The Academy provides an initial and periodic issue of uniforms and accessories at no charge; however, you may require more frequent replacement of certain items and you will be responsible for those costs.

Midshipmen who participate in clubs, club sports or other extracurricular activities, may be responsible for advance payment of certain travel expenses, such as; hotel rooms, meals, and other incidental expenses. Reimbursement may take up to 30 days. It is important that you have a credit or debit card, which can be used for these expenses as necessary. Again, it is the responsibility of the Plebe/Midshipman to ensure bank account information is always up to date with the Office of Academy Financial Management to avoid delays in receiving refunds or reimbursements.

BANKING FACILITIES

The Navy Federal Credit Union (NFCU) operates a full-service banking facility and automated teller machine at the Academy. You are eligible to open an account with the Navy Federal Credit Union, before or after Indoctrination. The on-campus NFCU branch can be reached *at (516) 734-0224*. An NFCU account is optional but **direct deposit to an account at NFCU will reduce the turnaround time for *refunds* of financial aid (Federal Student Aid, 529 payments, and scholarships)**. Each Plebe/Midshipman is responsible for providing current banking information to the Office of Financial Management. Failure to do so will result in delayed reimbursements.

FINANCIAL AID

The goal of the Office of Financial Aid is to ensure that every student who has been accepted is able to attend the Academy, regardless of their financial circumstance. The Office will work with accepted students to ensure that financial obligations do not deter attendance.

USMMA participates in the Federal Student Aid (FSA) Program and is authorized to disburse FSA Pell Grants and Direct Loans to all eligible students. Federal Student Aid can be used to help defray the cost of any expenses related to attendance at the Academy. In addition, students are encouraged to utilize any state aid, outside award scholarship(s) or a College 529 Savings Plan to which they may be eligible.

The Federal Government provides tuition, room and board, uniforms and books to all students. However, students are required to cover the cost of a number of educational materials and personal services. Additional expenses, such as medical insurance, document fees (TWIC and US Passport), Plebe & Educational Kits, as well as transportation costs during liberty and leave periods are the responsibility of the midshipman.

Your Logging In packet will contain detailed information in addition to forms that you will return to the Financial Aid office. Any questions may be directed to Lauri D'Ambra, Office of Financial Aid, financialaid@usmma.edu or 516-726-5638.

COMPUTER REQUIREMENTS

The Academy will provide a government funded laptop / tablet for all arriving students. The laptop / tablet will include all required accessories.

USE ON THE ACADEMY NETWORK

Only government furnished computers are permitted to access and use the Academy Midshipman Network. Midshipmen are allowed to print to USMMA networked printers located in the barracks, the library, and throughout the academic areas from their academy furnished laptop / tablet.

INTERNET USAGE

As a registered user of the Academy network established for midshipman use, you will belong to the domain, **midshipman.usmma.edu**. You must successfully complete annual Security Awareness Training. You will be subject to the Academy's policies regarding appropriate computer and network use. These policies can be found in the Acceptable Use Policy and Midshipman Regulations issued to you during Indoctrination. Failure to comply with these policies will result in sanctions, up to and including,

disenrollment. You must not share your network credentials with anyone. You must not use another midshipman's network credentials.

AUTHORIZED SOFTWARE USE

The Academy will provide all software required for safe computing and to satisfy all degree program requirements.

The Academy domain, **midshipman.usmma.edu**, operates under a software policy known as Application Whitelisting. Under this policy, only authorized software will be permitted to run. Midshipmen may recommend a software title for review and addition to the list.

SOFTWARE SUPPORT AND REPAIRS

The Academy domain, **midshipman.usmma.edu**, features automated software configuration management technologies. If any Academy provided software titles become corrupted, or fail to operate properly, an affected midshipman in residence, at the Academy, can use the self- service website to diagnose and replace each software component on-line. Midshipmen may also seek support from the Service Center staff located in Furuseth Hall.

PROHIBITED HARDWARE DEVICES

You are prohibited from bringing any hardware device to the Academy. This includes game consoles, routers, switches, wireless routers, wireless access points, and personal printers. You may bring cellular telephones, smartphones, calculators, and other devices approved for midshipman use by the Midshipman Regulations. Note: Personal computers are not required, as a government funded laptop / tablet will be provided to each member of the class of 2029.

Candidates arriving for Indoctrination with prohibited hardware and devices will not be admitted to Indoctrination activities until these items are boxed for shipment, and shipping arrangements are completed to return prohibited items to their home address of record.

MUSIC AND VIDEO FILES

The Midshipman Honor Code prohibits theft. Candidates may store music and video files on the hard drives, or SSDs, of their personal computer providing they are willing to attest each file was legitimately purchased from an authorized (re)seller. Knowingly making a false statement is a violation of the Honor Code. Furthermore, possession of stolen property is a crime.

MEDICAL STANDARDS FOR ADMISSION AND FITNESS FOR DUTY

For admission to the Academy, you must meet the medical requirements prescribed by the Department of the Navy for appointment as a Midshipman, United States Navy Reserve Strategic Sealift Midshipman Program, and those prescribed by the United States Coast Guard for original licensing as a Third Mate and Third Assistant Engineer.

As per the Code of Federal Regulations (CFR), specifically 46 CFR § 310.56, the requirement to meet these medical standards is a continuous one and applies through graduation from the Academy.

You are required to notify the Department of Defense Medical Examination Review Board (DoDMERB) of any change in health status that occurs after your DoDMERB physical and prior to arriving at the Academy for Indoctrination.

Changes in health status after your DoDMERB physical include, but are not limited to, hospital admissions for any medical, surgical, psychological or emotional events; development of any health condition or allergy; and, need for extended or long-term use of any prescription medication. Generally, any health condition that would, in any way, limit or prevent carrying out the duties and responsibilities of a midshipman, or lead to ineligibility for receiving appointment and/or a commission in the Armed Forces of the United States should be reported to DODMERB immediately. **It is important to remember that not all medical conditions are disqualifying. However, non-disclosure, even if the condition was non-disqualifying, can lead to disenrollment from USMMA.**

In the event of a change in health status, you are required to notify the Admissions Office and provide DoDMERB with the following information:

1. A complete record of all health providers involved in your care;
2. A current health status;
3. Disclosure of any temporary or permanent disability; and
4. Prognosis for a full recovery.

Failure to comply with these requirements is a serious matter, and may result in disenrollment from the Academy on the basis of non-disclosure of a pre-existing health condition.

When reporting for Indoctrination, your health status will be re-evaluated including color vision screening, visual acuity assessment, HIV testing, Tuberculosis testing, and review of immunization/vaccination history. In addition, a pulmonary function test is administered to all Plebe Candidates to establish a baseline measurement and determine if a respirator can be worn safely and without restrictions.

Department of HEALTH SERVICES (DHS) **PRE-ADMISSION HEALTH DOCUMENTATION**

Prior to arriving at the Academy, you must complete and return to USMMA a series of important health documents. These documents must be downloaded directly from our website at: <https://www.usmma.edu/academy-life/related-health-services-documents>. The first document you will see is the **Welcome Letter**. Click on this link for instructions regarding the Pre-Admission Health Documents, how to download them, and how to return them to the USMMA DHS. Failure to complete and return these documents will delay or preclude entrance to USMMA on Indoctrination Day.

USMMA **requires** incoming students to provide proof of vaccination against a variety of diseases. The Academy, like most other institutions of higher education, **requires** certain vaccinations to protect the health and safety of the student body, particularly when students live, eat, study, and participate in training activities (Sea Year and Indoctrination) in close proximity to each other. Additionally, time aboard ships with a necessary number of sea days is a prescribed part of training activities to successfully complete the Academy's course of study and graduate. The list of vaccinations can be viewed in the **Welcome Letter** described in the preceding paragraph.

The Pre-Admission Immunization Record Summary must be completed by your family physician and shall become part of your Academy health record. This document is located under **Related Health Services Documents** at: <https://www.usmma.edu/academy-life/related-health-services-documents>

HEALTH SERVICES PROVIDED BY THE ACADEMY

Midshipmen and Plebe Candidates enrolled at USMMA are eligible to receive basic health care at USMMA DHS which is located in Patten Hall. DHS is open Monday through Friday, except holidays, from 0700 to 1530. DHS is also open on alternating weekends for medical and counseling needs. The specific dates and hours for weekends are listed at <https://cms.usmma.edu/midshipman-counseling-personal-development-health-services-weekend-hours>. During the Indoctrination period in July, DHS also expands hours of operations.

SICK CALL DURING INDOCTRINATION

During Indoctrination, immediately following breakfast each morning, Plebe Candidates are given the opportunity to report any need for medical care or intervention. At that time, Plebe Candidates in formation are triaged by a qualified DHS healthcare provider who determines if the Plebe Candidate requires immediate attention or can be given a specific appointment time for later in the day.

AFTER HOURS CARE DURING INDOCTRINATION

In the event of injury or illness when DHS is closed, the USMMA DHS Emergency Medical Services (EMS) Dispatcher is notified. The EMS Dispatcher will coordinate the appropriate response. Any care that is not of an emergent nature is to be addressed during scheduled medical appointments or sick call the following day as needed.

HEALTH SERVICES CARE AFTER COMPLETION OF INDOCTRINATION

During the Academic Year after Indoctrination ends, DHS operational hours are 0700 to 1530, Monday through Friday. DHS is also open on alternating weekends for medical and counseling needs. The specific dates and hours for weekends are listed at <https://cms.usmma.edu/midshipman-counseling-personal-development-health-services-weekend-hours>. Midshipmen may choose to be seen as “walk-in” patients during morning “Sick Call” (0700 to 0900) or may schedule routine medical, dental or counseling appointments throughout the clinic day. Healthcare services available at DHS include: routine Sea Year physical assessments; medical laboratory procedures; treatment of routine illnesses; prescribing medications (subject to health insurance coverage); providing routine over-the-counter medications and pharmaceutical supplies; nutrition counseling; public health & hygiene education; annual oral evaluations, general dentistry and dental hygiene; and individual or group counseling sessions for maintaining personal wellness. Midshipmen who require emergent health care during or after regular clinic hours will be

transported by the USMMA DHS EMS to the nearest emergency room. Please visit the USMMA website at www.usmma.edu and navigate to **Regimental Life**. Under **In This Section** click on **Health Services** for further information regarding USMMA DHS.

HEALTHCARE AND INSURANCE COVERAGE NEEDS

HEALTHCARE

Midshipmen actively enrolled in academic classes are provided access on site to limited medical and dental care available through USMMA DHS located in Patten Hall. Limited medical and dental care is defined by the level of clinical skills available on site at USMMA's DHS to support Midshipmen for all their basic health related requirements for successful graduation from the program. This includes:

- ✓ On-site treatment for non-emergent illnesses or injuries.
- ✓ On-site oral evaluations, treatment & basic hygiene for non-emergent dental care.
- ✓ Interventional counseling for mental health issues in support of maintaining the mental health of enrolled Midshipmen.
- ✓ Provision of routine medical & dental examinations as required by shipping companies for placement in training assignments required to satisfy the sea duty training associated with graduation.
- ✓ Provision of routine United States Coast Guard examinations for licensing and obtaining Merchant Mariner Credentials for sea duty assignment required for fulfillment of graduation requirements.
- ✓ Routine Medical and Dental examinations for the purposes of meeting graduation and commissioning requirements into the United States Navy Reserve Strategic Sealift Officer Program.

There are exceptions which would make all expenses for the above care solely the responsibility of the midshipman on a personal out of pocket basis. Generally, these exceptions are associated with injury, illness or diagnosis resulting from a non-disclosed condition, or any medical condition resulting from activity which is incongruent with Academy regulations & policies. These medical needs requiring care that cannot be provided on site at the Academy clinic will require the use of private insurance.

The following are a few examples for when healthcare needs will exceed care available on site at USMMA DHS and require the use of services through private insurance:

- any and all medical, dental and mental health care which requires intervention by health care providers not on site at USMMA.
- medical management of undisclosed health conditions;
- elective medical examination and immunizations (e.g., pre-employment physicals and immunizations);
- surgical interventions of any type;
- cosmetic surgery, contact lens or eyeglasses examinations, for the prescription or fitting thereof;
- hearing aids and examinations for the prescription or fitting thereof;
- prescriptions and associated medical laboratory tests for treatment of dermatological conditions (e.g., acne);
- extraction of third molars (wisdom teeth);
- dental root canal treatment;

- dental implants, crowns and implants;
- orthodontic care;
- routine dental care obtained outside of USMMA Dental Services;
- substance use disorders; expenses incurred for treatment subsequent to or resulting from substance use (including alcohol);
- medical care of any type associated with participation in an act in violation of Midshipman Regulations or Academy Policy;
- prenatal care or maternity benefits or any condition arising from or out of pregnancy.

INSURANCE

For health care related matters that go beyond the USMMA on site healthcare as described in the previous paragraphs, Midshipmen may require care from local health care providers on an outpatient and inpatient basis. Higher levels of health care needs are provided by local health care providers, located within 10 miles or less from the Academy. A multitude of various healthcare providers are located in the surrounding community who specialize in many common specialty care needs, should such a need for these services arise. **Midshipmen are responsible for costs related to care that go beyond the services available onsite at USMMA through DHS.**

Healthcare needs that exceed the services offered onsite at USMMA at DHS do occur and can be very costly if there is no medical insurance in place. For this reason, **all USMMA Plebe Candidates and Midshipmen must have a valid and current primary healthcare insurance policy that meets ALL USMMA requirements while attending USMMA.**

All Plebe Candidates, Plebes and Midshipmen are **REQUIRED** to purchase the Academy sponsored Student Health Insurance Policy (SHIP) that meets all the minimum coverage requirements established by USMMA. **HOWEVER**, Plebe Candidates and Midshipmen may waive this requirement through one of the two following means:

1. Through the use of an existing insurance plan (e.g. a family plan, a “self and spouse plan” or self-only plan) that covers the candidate or midshipman; provided that the policy meets the minimum coverage, requirements established by USMMA.
2. If there is no existing health insurance coverage, obtain a qualifying Student Health Insurance Plan from an insurance carrier of their choice, provided it meets **ALL** minimum coverage requirements established by USMMA for health insurance coverage.

If options #1 & #2 above are not possible, midshipmen & candidates **must** purchase the qualifying **Student Health Insurance Plan (SHIP)** through the Academy-sponsored provider.

More information is available by visiting www.USMMA.edu. Click on “regimental Life”, click on “Health Services”, then select “Academy Sponsored Insurance Plan”.

Plebe Candidates must demonstrate proof of health insurance coverage by completing either an online enrollment for the USMMA SHIP, or completing a waiver of the USMMA SHIP if there is private health insurance in place that meets USMMA requirements. The initial health insurance coverage period for Plebe Candidates is 1 July 2025 through 31 December 2025 (6 months). **Plebe Candidates must also participate in a second open insurance enrollment process after Indoctrination ends.** This second enrollment process is for coverage in calendar year 2026 (1 January through 31 December 2026). Failure to either complete a

waiver or an enrollment form will result in you automatically being enrolled in the USMMA SHIP and invoiced accordingly. Instructions for either enrolling in the USMMA SHIP or waiving enrollment in the USMMA SHIP can be found on our website at www.usmma.edu. From the home page, navigate to **Regimental Life** and under **In This Section** click on **Health Services**. On the left under **Related Links**, click **Related Health Services Documents**. The **Welcome Letter** includes instructions regarding the insurance enrollment/waiver process.

HEALTH INSURANCE AND FINANCIAL AID

The cost of SHIP premiums is included in the Financial Aid Cost of Attendance. Those funds may be used to pay for eligible insurance. However, the cost of insurance is not payable to USMMA and therefore cannot be deducted from pending financial aid awards. You will be responsible to ensure that your health insurance costs are paid in a timely manner in order to maintain benefits.

USMMA DEPARTMENT OF DENTAL SERVICES

The USMMA DHS is pleased to provide general dental care onsite at USMMA through its Department of Dental Services. A Dental Officer leads the dental team, with the assistance of a Registered Dental Hygienist and a Dental Assistant. Dental facilities for off-site care are readily available nearby in Nassau County.

Dental Insurance is optional but strongly encouraged since referrals to dentists or dental specialists (e.g., oral surgeon, endodontist) outside of the USMMA Department of Dental Services will require the use of private dental insurance or will be an out of pocket personal expense. As indicated by DoDMERB, active orthodontic treatment (braces) is not allowed. Only removable orthodontic appliances (e.g., retainers, Invisalign®) are permitted. As the Department of Dental Services does not have an orthodontist, replacement of broken appliances will require treatment outside the USMMA Dental Clinic at your expense, including all associated costs. Plebes who require prescription medications in the course of dental care are required to use their medical insurance prescription benefits as needed.

SPECIAL NOTE REGARDING THIRD MOLARS/WISDOM TEETH

The Academy staff expects you will arrive at USMMA with no potentially disqualifying dental conditions (i.e. Department of Defense Class 1 dental clearance status). Examples of disqualifying dental conditions include the presence of Third Molars (wisdom teeth), either erupted or impacted, that cannot be maintained in a good state of health. It is highly encouraged for you to visit your family dentist for a thorough dental examination, paying particular attention to the following concerns: you must be able to achieve fully deployable status (Class 1) and be ready for sea duty within 11 to 16 months of arrival at USMMA, and not have a DoD Class 3 dental status hold due to your third molars. Class 3 dental status is considered any condition that may prevent you from performing optimally and could become emergent within 12 months. These conditions include:

- Infections;
- caries / restorations;
- missing teeth;
- periodontal conditions;
- oral surgery (unerupted, partially erupted, malposed teeth with historical, clinical, or radiographic signs or symptoms or pathosis that are recommended for removal); and
- other disorders or pain dysfunction requiring active treatment.

IMPACT ON INDOCTRINATION

To allow adequate time for healing, we advise that tooth removal be completed a minimum of 6 weeks prior to Indoctrination. Failure to follow these guidelines could impact your ability to participate in Indoctrination.

IMPACT ON SEA DUTY

Please note that DoD Class 3 status disqualifies you from deployment for Sea Duty, thus severely impacting your ability to meet academic standards. Please note that the single largest provider for sea year assignments to USMMA midshipmen, the United States Navy's Military Sealift Command, requires midshipmen not have a DoD Class 3 dental status. Many of the civilian shipping companies that offer cadet billets mirror this dental clearance standard as well.

During sea year, you will be on a ship (surface or submarine) with minimal or no medical/dental care services for prolonged periods of time. The above treatment course is designed to accommodate the realities of life on a ship on the high seas. Should you develop a condition that requires emergent dental care, you will not have the choice of services/providers that you normally would have on/around campus at USMMA and/or at home. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Academy will maximize your dental health, prevent lost academic time, minimize any dental conditions affecting Sea Duty clearance and go a long way toward ensuring your success as a USMMA Midshipman. If your own dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. It is also HIGHLY recommended that any wisdom teeth, which are symptomatic or partially erupted, in jaws that are not large enough to accommodate them, be removed a minimum of 6 weeks prior to Indoctrination to allow time for healing and to prevent any potential future problem from interfering with your academic studies, regimental training, and sea duty clearance.

IMPACT ON THE STRATEGIC SEALIFT OFFICER PROGRAM, U. S. NAVY RESERVE

Graduation from USMMA and accession into the Strategic Sealift Officer Program requires a Class 1 or Class 2 dental clearance. The Department of Defense Bureau of Surgery and Medicine (BUMED) certifies Physically Qualified (PQ) status and may issue conditional Class 3 dental clearance waivers when required. The USMMA DHS will coordinate your treatment plan and manage BUMED waivers, in cooperation with the Department of Naval Science, as you progress through your career as a USMMA Midshipman.

USMMA's Department of Dental Services' overall goal is to facilitate YOUR success as you prepare to enter USMMA and begin your career as a credentialed Merchant Mariner. If you have questions or concerns regarding any potentially disqualifying dental condition, please feel free to contact the USMMA Dental Officer at (516) 726-5680, Option #2, for assistance.

CORRECTIVE LENSES FOR PLEBE CANDIDATES DURING INDOCTRINATION

Plebe Candidates, who wear contact lenses, are REQUIRED to bring eyeglasses (we recommend 2 pairs) for Indoctrination. At this time, the use of contact lenses is prohibited during Indoctrination. Candidates who wear glasses during Indoctrination are less likely to experience problems such as injuries to their eyes, lost, torn and/or scratched contact lenses.

MEDICATION POLICY FOR PLEBE CANDIDATES DURING INDOCTRINATION

To ensure the safety and well-being of each candidate, you are instructed **NOT** to bring any **over-the-counter** medications with you unless accompanied by a note from a physician. The note should indicate the medication, dose, and reason it is required. Any over-the-counter medications brought without appropriate documentation will be collected from you upon your arrival. This includes, but is not limited to, any pain medication (e.g. Tylenol, Aleve, Advil, and aspirin), allergy medications, antihistamine, decongestants, herbal supplements or remedies, vitamins and nutritional or sports supplements. Upon completion of Indoctrination, you will be instructed to report to DHS to pick up any previously collected medication. Should an over-the-counter medication become necessary for you during Indoctrination, it will be made available at no cost.

You should **NOT** bring any **prescription medications** with you **unless** the medication is specifically prescribed for you. There must be an accompanying note from the prescribing physician or dentist stating the reason why the medication was prescribed. All medications will be collected, identified, and recorded in your health record before being returned. The Chief Medical Officer will only authorize the return of prescription medications that would not jeopardize your overall health or otherwise limit and/or inhibit your rigorous training requirements (e.g. medications associated with increased risk of conditions such as sun sensitivity or heat related illnesses).

Any medication that is not in its original container or is unlabeled will be collected and disposed of by DHS without exception. If you have any questions, please contact DHS using any of the following options:

1. The primary phone number for the Department of Health Services is (516) 726-5680. (Please listen carefully to each option so you can select from our menu and reach a person in the department you wish to speak with.)
2. Our facsimile number is (516) 773-5436.
3. Our email is medical@usmma.edu.
4. Please address all written correspondence to:

U.S. Merchant Marine Academy
Department of Health Services
Patten Hall
300 Steamboat Road
Kings Point, New York 11024-1699

PHYSICAL FITNESS REQUIREMENTS

As a Midshipman at the U.S. Merchant Marine Academy, you will be required to maintain the physical fitness standards of the U.S. Navy. During Indoctrination and in each academic term, the Physical Fitness Assessment (PFA) will be administered to each Midshipman by the Department of Physical Education, Department of Naval Science, and the Department of the Commandant of Midshipmen.

In order to successfully complete the PFA and the physical fitness requirements of Indoctrination, you must prepare yourself **prior to your arrival**. Your physical fitness preparation program should be taken seriously and should focus on a challenging training program, nutrition program, and hydration program. This manual will explain the fitness requirements in detail and provide a fitness and nutrition program to help you prepare for the physical fitness challenges at USMMA.

PHYSICAL FITNESS ASSESSMENT (PFA)

To measure the general fitness of the Regiment of Midshipmen, all midshipmen must take a Physical Fitness Assessment (PFA) each academic term while they are at Kings Point. The PFA consists of two components, the Body Composition Assessment (BCA) and the Physical Readiness Test (PRT).

Every midshipman must pass both parts of the PFA; failure of any part shall result in assignment to the remedial physical fitness program and may result in dismissal from the Academy.

BODY COMPOSITION ANALYSIS (BCA)

Body Composition is assessed by height and weight screening. Body fat percentage is calculated if you fail to meet the height and weight standards. The BCA will be administered on the first day of Indoctrination.

SWIM QUALIFICATIONS

All students must strive for their highest levels of excellence in physical fitness and swimming skills. Physical fitness and swim testing determine readiness to meet program requirements. Plebe Candidates that do not pass the Indoctrination Swimming test will be required to take remedial swimming.

The INDOC Swimming Test will consist of the following:

- 4 lengths of a 25-yard pool (evaluated on skill / not speed)
 - *2 of those lengths - freestyle
 - *2 of those lengths - stroke of your choice
- 10 Minutes of treading water

MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

TABLE 1
MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Men Maximum Weight (pounds)	Member's Height (inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

Step 1- If your weight is within the maximum weight standard for your height, you pass the BCA.

Step 2- If your weight exceeds the maximum weight standard for your height, you do not automatically fail the BCA. An Abdominal Circumference (AC) Measurement will be taken for Males and Females at the superior border of the iliac crest. Males must not exceed 39", Females 35.5". If the AC measurement exceeds these numbers, a BCA will be taken.

Step 3- Body Composition- Males are to be measured at the neck and abdomen and females are to be measured at the neck, natural waist, and hips, as per the latest Navy regulations. All midshipmen are scored under the 20-24 years old age range.

Per the Superintendent Instruction 2025-15, the Passing BCA standards for midshipmen in the 20-24 years age range are:

Gender	BCA
Male	23% or less
Female	34% or less

PHYSICAL READINESS TEST (PRT)

The PRT consists of three graded events: plank, push-ups, and the 1.5-mile run. The proper procedure is described below.

Plank

1. You will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.
2. Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Forearms may be parallel or angled inward, but the hands cannot be clasped together.
3. Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.
4. Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.
5. The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.
6. Toes, forearms and fists or palms must remain in contact with the deck at all times and folding of hands is not permitted. No part of your body may contact a vertical support surface.

Example Forearm Planks video: <https://www.youtube.com/watch?v=iPVKhj3dudA>

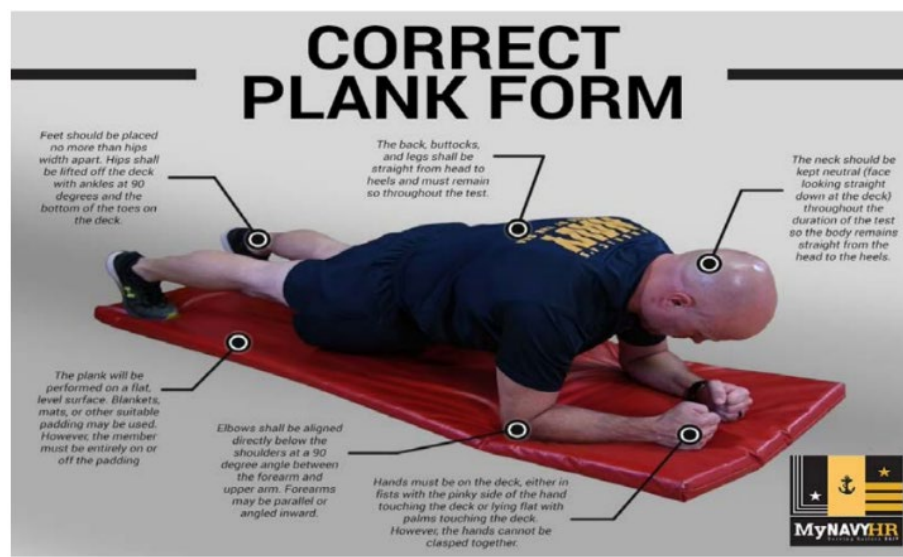


Figure 1

Push-Ups

1. You will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of hands.
2. Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. [Figure 2].
 - i. Notice hands are not ahead nor behind the shoulders.
3. You shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck. [Figure 3]

4. You push entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows. [Figure 3]
5. You may rest only in up position maintaining a straight line with shoulders, back, buttocks, and legs.
6. Push-ups are repeated correctly as many times as possible in two minutes.

Example push-ups video: <https://www.youtube.com/watch?v=Get-JgZvI0A>



Figure 2



Figure 3

1.5 Mile Run

Event consists of running or walking 1.5 miles as quickly as possible on a flat and solid surface track or outdoor course. Any combination of running or walking is allowed to complete the event.

The minimum passing scores for midshipmen for the PRT are:

Gender	Forearm Planks	Push Ups	Run
M	1:40	47	12:00
F	1:30	21	14:15

PFA FAILURES

DURING INDOCTRINATION

Plebe candidates who score 100 points or below on their inventory (initial) PRT or above 26% (male)/above 36% (female) body fat in Indoctrination will be separated from the Academy. Individuals separated under this policy are eligible to re-apply for admission, but not guaranteed a re-position.

Plebe candidates who score above 100 points, but below 180 points on their inventory (initial) PRT, fail to perform the minimum requirement on any of the PRT categories, or are between 24-26% (male)/ 34-36% (female) body fat will be placed on Commandant's fitness probation. These Plebe Candidates may transition into the Regiment, but must pass a PRT with a score of 180 or higher by the end of the 1st Trimester of the Plebe year. Individuals who fail to obtain a score of 180 or higher by the designated time will be placed on Commandant's Fitness Probation.

PHYSICAL EXCELLENCE PROGRAM (PEP)

PEP is a mandatory program which provides remedial physical training and nutritional instruction for all Plebe Candidates and midshipmen who fail any portion of the PFA (Either BCA or PRT).

VARSITY ATHLETES

Varsity athletes who fail the PFA will NOT be eligible to participate in intercollegiate competition until achieving a passing score or being granted a waiver, in writing, from the Commandant of Midshipmen.

PRT Scoring by Age - Must Reach Good Low
(All midshipmen are scored at 20-24 yr. age range)

Performance		Points	Males		
			Push- ups	Forearm Planks	1.5 - mile run
Category	Level				
Outstanding	High	100	87	3:20	8:30
Outstanding	Medium	95	86	3:15	9:00
Outstanding	Low	90	81	3:10	9:15
Excellent	High	85	77	3:00	9:45
Excellent	Medium	80	74	2:50	10:00
Excellent	Low	75	71	2:40	10:30
Good	High	70	64	2:20	10:45
Good	Medium	65	55	2:00	11:30
Good	Low	60	47	1:40	12:00
Satisfactory	High	55	45	1:30	12:45
Satisfactory	Medium	50	42	1:20	13:15
Probationary		45	37	1:10	13:30
Performance		Points	Females:		
			Push- ups	Forearm Planks	1.5 - mile run
Category	Level				
Outstanding	High	100	48	3:10	9:47
Outstanding	Medium	95	47	3:05	11:15
Outstanding	Low	90	44	3:00	11:30
Excellent	High	85	43	2:50	12:15
Excellent	Medium	80	40	2:40	12:45
Excellent	Low	75	39	2:30	13:15
Good	High	70	33	2:10	13:30
Good	Medium	65	28	1:50	13:45
Good	Low	60	21	1:30	14:15
Satisfactory	High	55	20	1:20	15:00
Satisfactory	Medium	50	17	1:10	15:15
Probationary		45	16	1:00	15:30

FITNESS PREPARATION FOR INDOCTRINATION

Daily intense morning workouts will be conducted during Indoctrination. The workouts will include:

- Calisthenics
- Aerobic exercise
- Anaerobic exercise
- Strength Training
- Swimming - Freestyle, Elementary Backstroke, Breaststroke, Sidestroke and Treading Water.

RECOMMENDED EXERCISE ROUTINE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-Test: Pushups in 2 min, Plank 2 min, 1.5-mile run	10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 3 sets of 1 min plank	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	1 REST	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run
20 min swim	10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	2 mile run at 8-10 min pace, 3 sets of 40 crunches, 3 sets of 30 push ups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	8 REST	Practice PRT 2:05 Plank, 2 min Pushups, 1.5 Mile Run
Active Rest	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	25 min run 8 min pace	15 REST	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run
20 min Swim	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans	30 min run (8-10 min pace)	22 REST	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run
Active Rest	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups	29 REST	Practice PRT 2:05 Plank, 2 min Pushups, 1.5 Mile Run

MAY

Active Rest day – Walk, Hike, Bike ride, or other mild physical activity

Rest day – light physical activity in preparation for PRT. Eat healthy foods and hydrate.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 min Swim 1	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 2	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog 3	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 4	30 min run (8-10 min pace) 5	REST 6	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run 7
30 min long run @ 8:30 min mile pace 8	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 9	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 10	30-35 min swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 11	30 min run (easy), 5 sets of 20 crunches 12	REST 13	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run 14
30 min Swim 15	30 min long run @ 8:30 min mile pace 16	30 min run (8-10 min pace) 17	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 18	30 min run (8-10 min pace) 19	REST 20	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run 21
Active Rest 22	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 23	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 24	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 25	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups 26	REST 27	Practice PRT 2:05 Plank, 2 min Push-ups, 1.5 Mile Run 28
15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 29	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 30					

JUNE

Active Rest day – Walk, Hike, Bike ride, or other mild physical activity

Rest day – light physical activity in preparation for PRT. Eat healthy foods and hydrate.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30-35 min of jog/swim, 2 sets of body lunges, 3 sets of 1 min plank hold	1 Active Rest	2 1 st Day of INDOC- BCA	3	4 5
6	Introductory INDOC PRT	7	8	9	10	11 12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JULY

Active Rest day – Walk, Hike, Bike ride, or other mild physical activity

Rest day – light physical activity in preparation for PRT. Eat healthy foods and hydrate.

STRETCH ROUTINE

The stretching exercises illustrated below are recommended upon completion of your workouts.

Stretch 1: Chest	Stretch 2: Posterior shoulder	Stretch 3: Triceps
		
Stretch 4: Hip Flexor	Stretch 5: Groin or Butterfly	Stretch 6: Modified Hurdler
		
Stretch 7: Outer Hip/ Low Back	Stretch 8: Piriformis	Stretch 9: Low Back
		
Stretch 10: Quadriceps	Stretch 11: Abdominal	Stretch 12: Calf
		

Stretching Guidelines

- Do not bounce
- Stretch to a point of mild tension
- Hold each stretch for 20 - 30 seconds
- Repeat each stretch 3 - 5 times

HYDRATION

In order to meet the physical fitness standards at the Merchant Marine Academy, it is important to maintain the proper levels of hydration. Northern Long Island in the summertime is very hot and very humid. This may come as a bit of a shock to some Plebe Candidates. We cannot understate the importance of appropriate hydration, not only during periods of physical activity, but also during daily training.

To stay hydrated, choose naturally hydrating beverages and foods early and often. Drinking adequate fluid is essential to your well-being and performance. Proper hydration regulates appetite, aids digestion, and improves brain function. Water is best and should be consumed most often, but other natural beverages like green tea and coffee are also fine choices. Drink a tall glass of water first thing in the morning and keep drinking throughout the day. Proper hydration can help you think clearly, retain information, and can reduce stress. The amount of water that you should drink depends on a variety of factors, such as the environment and your activity level; drink at least half your bodyweight in ounces each day. So, if you weigh 180 pounds, aim for at least 90 ounces of water a day.

NUTRITION

As a midshipman at the United States Merchant Marine Academy, you will be pushed mentally and physically every day. Nutrition will play a key role in your ability to perform at an optimal level.

What to eat: A balanced meal is one that contains appropriate selections from the five major food groups. The five groups are: fruits, vegetables, grains, proteins and dairy. Use the table below as a guideline for building nutritious meals.

How to eat: Strive to make nutritious choices. The purpose of consuming food is to nourish your mind and your body for performance and recovery. Avoid eating food that provides little nutritional benefit such as processed foods and foods high in sugar.

Balance your diet: Eat healthy food the majority of the time and allow yourself to indulge on occasion.

Sample Eating Strategies:

1. 80/20 Diet - 80% of your meals should be healthy and nutritious, and allow yourself to indulge 20% of the time.
2. Give yourself a cheat day – Eat nutritiously 6 out of 7 days per week, with 1 cheat day to indulge in less healthy foods.

ACADEMIC COURSE EXEMPTION POLICY

The Academy has a four-year in-residence academic requirement. The Academy does not award transfer credit for work completed elsewhere. However, a student who has completed equivalent coursework with a grade $> C$ at another accredited college or university before entering the Academy may apply for exemption from equivalent courses at the Academy. Advanced Placement (AP) Exam scores may also be eligible for exemption from Academy courses. Final approvals for all exemptions will be granted by the Office of the Academic Dean and Provost.

To apply for exemption credit, you must arrange to have official transcripts from the other institution of higher education, or official Advanced Placement Exam scores from the College Board, sent directly to the Academy Registrar. Course descriptions and a course syllabus must be presented to the Registrar and appropriate Department Head for evaluation after the start of the academic year. If you do not have official college-level course work but can present evidence of extensive experience in a specific area, the appropriate department may determine eligibility for exemption by administering a course validation examination.

The academic credits, quality points and grade for work completed at another institution will not be included in your official academic record at the Academy.

COURSE EXEMPTIONS FOR PHYSICAL EDUCATION COURSES

No exemptions.

COURSE EXEMPTIONS FOR HUMANITIES COURSES

You may apply for an exemption from LITR101 Composition and Literature on the basis of previous completion of a college English composition course (with a grade of an A or B and after successful completion of the Exemption Exam, which is administered during INDOC or shortly afterward. You must first pass the Diagnostic Exam and then the Exemption Exam. The Humanities Department will not grant exemptions for dual enrollment or AP/IB classes.

COURSE EXEMPTIONS FOR MATH AND SCIENCE COURSES

You may apply for exemption from a course in the department of Math and Science on the basis of either Advanced Placement examination or completion of college work prior to arrival at the Academy:

- a. You may apply for an exemption from a course in the department of Math and Science on the basis of previous completion of a comparable college course. If the course for which exemption is being applied is part of a sequence and the course that precedes it was taken at the Academy, then exemption shall be granted only if a grade $\geq C$ was earned in that preceding course. For Mathematics courses, you will also have to successfully pass a departmental examination.
- b. To receive exemption based on an Advanced Placement (AP) examination, you should achieve at least the following scores:

CHEM 100: 4 on AP Chemistry or 5 on IB Higher Level Chemistry

MATH 101: 4 on AP Calculus AB

MATH 130: 4 on AP Calculus BC
MATH 140: 4 on AP Calculus BC
MATH 200: 4 on AP Statistics
PHYS 110: 4 on AP Physics C: Mechanics

No other exemptions based on AP examinations will be granted.

No other exemptions based on IB examinations will be granted.

MATHEMATICS EVALUATION TEST

All midshipmen must complete two calculus courses and one probability & statistics course at the Academy, but it is recognized that incoming students have varying degrees of preparation in mathematics. Consequently, you will be given a math skills evaluation test during Indoctrination to determine if you will be enrolled in MATH100 – Calculus 1 with Precalculus Review. MATH100 meets for four (4) hours a week and includes a math skills review for the first three weeks followed by content of Calculus 1. The course is given in the first term and focuses on a review of the math topics essential for success in the math, physics and chemistry courses that will be taken at the Academy. It is then followed by Calculus 1 content for the remainder of the course. The evaluation test covers algebra, trigonometry and functions. To aid you in preparing for the test, review information will be sent to you before the start of Indoctrination.

CHECKLIST FOR PLEBE CANDIDATES

Report Date: 3 July 2025 – 0700 to 0830

PRIOR TO REPORTING:

- _____ Obtain TWIC
- _____ Obtain Passport
- _____ Register with the *Selective Service System (Males only)*
- _____ Apply for Financial Aid, if applicable
- _____ Arrange travel through USMMA's Travel Management Center
- _____ Pre-order *Plebe Kit*: 15 May through 28 June
- _____ Pay Midshipman Fees and/or **complete** Financial Aid process by 1 July
- _____ Prepare for Physical Fitness Assessment
- _____ Ensure final, official high school (or college) transcript is sent to Admissions
- _____ Submit Fourth-Class Questionnaire to Midshipman Personnel: sicac@usmma.edu
- _____ Submit Religious Needs Assessment (RNA) to Chaplain Jones: jonesj@usmma.edu
- _____ Set reminder to order *Educational Kit* in September

RETURN IN THE PROVIDED, PREPAID FEDEX PAK:

NOTE: Deliver the prepaid FedEx Pak to FedEx NO LATER THAN 30 May.

- _____ Return Pre-Admission Health Documents (Placed in DHS manila envelope)
- _____ Return *Financial Aid Forms* (Placed in white envelope labeled Financial Aid)
- _____ Return signed OAFM documents: *Travel Voucher Form, First Endorsement Form, Signed Direct Deposit Form and Contact Information Form* (Placed in OAFM green envelope)

BRING TO INDOCTRINATION:

- _____ Official, signed *Orders to Report* with receipts for travel reimbursement
- _____ TWIC
- _____ Passport
- _____ Original documents (U.S. birth certificate, Report of Birth Abroad of a Citizen of the United States, or Naturalization papers), social security card, and ALL other passports. (*Note: these documents will not be collected during Indoctrination, however, they will be required during your time at USMMA*)
- _____ Completed *Naval Science Indoctrination Package* documents
- _____ Copy of final, official high school transcript in sealed envelope
- _____ Personal items
- _____ Cash, not more than \$100. (Males can anticipate 2 haircuts at \$15 each)
- _____ Band Instruments-may be brought and stored in the band room, however, school owned instruments are provided and maintained by the academy. It is highly recommended that students use issued instruments for all work in official band capacity. Students are responsible for the maintenance and repair of their own instrument(s).
- _____ Sports Equipment-coordinate a drop off with your coach **prior** to the reporting schedule on page 7.

Documents provided with the Logging In Booklet Mailing:

- | | |
|--|---|
| -Alumni Association and Foundation, Inc. Welcome Letter | -Navy Exchange (NEX) Class of 2029 Order Form |
| -Office of Financial Management Indoc Travel-Reimbursement Forms | -Financial Aid - Class of 2029 |
| -Naval Science Welcome Aboard Packet 2029 | -Math & Science INDOC Review |

For your convenience, the Logging In Booklet and above referenced documents have been posted to:

[Class of 2029 Appointees | U.S. Merchant Marine Academy \(https://www.usmma.edu/admissions/class-2029-appointees\)](https://www.usmma.edu/admissions/class-2029-appointees)



Acta Non Verba

