

# NEW STUDENT ORIENTATION 2022 WELCOME PACKET

UNIVERSITY OF ILLINOIS NROTC  
236C ARMORY BUILDING  
505 EAST ARMORY AVE  
CHAMPAIGN, IL 61820



Future Midshipmen,

Welcome to the University of Illinois Urbana-Champaign Naval Reserve Officers Training Corps (UIUC NROTC). Your decision to pursue a commission into the United States Navy and Marine Corps is commendable, and you should be excited to begin your journey.

The purpose of the NROTC program is to train students over the course of four years to become naval officers. The transformation from high school student to Navy/Marine officer is formidable. You can expect to be tested on every front, to fail and try again because the responsibility of leading the sons and daughters of America is not a light one; we must prepare you to meet this challenge with courage and might.

Your training begins here, at New Student Orientation (NSO). Some of you may have already completed New Student Indoctrination (NSI) at Great Lakes, however, all students entering the University of Illinois NROTC battalion must complete our NSO. Know that your training will not be easy. It is in this high-stress environment that you will learn the value of hard work – something not many youth know today. It will require endurance, acuity, and above all, the devotion to serve others. In turn, you can expect to graduate from NSO with a basic professional background that enables you to grow into a successful student, athlete, and midshipman.

To get the most out of this training, you will need some work done on your part. After submitting your welcome packet, you will need to prepare for August: primarily, it is imperative that you show up on day one physically and mentally prepared. My training officer, MIDN 3/C Baser, has detailed an easy-to-follow physical training regimen included in this packet that will get you ready for the physical challenges of NSO. Furthermore, MIDN 1/C Gortner has detailed his own expectations in the letter below.

Again, I commend your decision to embark on this path of service and look forward to meeting you at NSO.

Very respectfully,

A handwritten signature in cursive script that reads "Samuel Weiss". The signature is written in black ink and is positioned below the text "Very respectfully,".

Midshipman First Class Samuel Weiss  
Commanding Officer, New Student Orientation 2022

Midshipman Candidates,

Congratulations on taking the bold first step toward a career as part of the United States Navy/Marine Corps team. You are among the few who have voluntarily stepped forward, seeking to serve our nation.

These words of congratulations are the last thing you will be given during your time at this unit. From the moment you report to NSO, to the moment you one day commission as an officer in the United States Navy or Marine Corps, everything will be earned. Your time here will be challenging in many ways. You will often doubt yourself. You may even consider quitting on yourself and your dream of one day serving selflessly in our country's defense; but at NSO, my training staff and I will begin to show you what you are truly capable of.

Enthusiasm, discipline, and unselfishness will be paramount to your success at New Student Orientation, your time at our unit, and in the naval service beyond. You will be held to a very high standard, the same standard that countless midshipmen before you have risen to meet. I expect that you report to NSO having spent the summer priming your body physically and developing yourself mentally and spiritually. To that end, you will report to NSO in good physical shape, capable of running for extended periods of time; you will have the entirety of the knowledge packet memorized verbatim; and you will have begun to think about why you want to one day lead United States Sailors and Marines.

My staff and I look forward to training you at New Student Orientation.

Very respectfully,

*Robert Gortner*

Midshipman First Class Robert Gortner  
Company First Sergeant, New Student Orientation 2022

## INFORMATION SHEET

This information sheet contains important dates, locations, and other information for you and your family. Please look over it carefully, and **be sure to inform your parents or guardians of the dates and locations for check-in**. Pay close attention to the dorm move-in, which is further outlined below. Parents are invited to all the following events:

Date	Time	Event	Location
Monday, 15 August 2022	0830	Arrival/Check-In	Armory Navy doors
Monday, 15 August 2022	0900	Parent Reception with CO	Armory room 101
Friday, 19 August 2022	1500	Graduation	Armory deck
Friday, 19 August 2022	1545	Battalion barbecue	Armory flagpole
Friday, 19 August 2022	1630	NSO Dismissal & dorm move-in	Armory flagpole

The Armory Building is located at 505 East Armory Avenue, Champaign, IL 61820. The Navy doors you will be reporting to for check-in are on the North-West side of the building near the intersection of Armory Avenue and Fourth Street. Just inside the doors will be a table where you may check-in. After checking in, our staff will lead you to room 101, where we will conduct a small reception to greet you and your families. Please be sure to eat prior to check-in, as we will not be serving meals until lunchtime.

As a candidate, you are expected to arrive with a haircut that abides by the Navy's grooming standards. The link below will take you to the official Navy grooming standards for both males and females. Failure to do so will result in an additional \$20 fee for a new haircut that will be delivered on the second day of training.

<https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Uniform-Regulations/Chapter-2/2201-Personal-Appearance/>

Students will be sleeping in the Armory for the duration of the New Student Orientation Program. Sleeping arrangements will be provided.

Our staff will be available to assist the students in moving belongings to the dorms following the conclusion of NSO. This includes taking the students to their respective dorms and transporting gear.

## MOVE-IN INFORMATION

All midshipman candidates will be moving into their respective dorms/residences following the conclusion of NSO. For students who need to store their dorm gear (whose parents are unable to bring it down on Friday), we provide a secure space under key for your gear. These items will be always kept behind a locked door with a coded security system and will be checked on periodically throughout the program. Since storage space is limited, we highly recommend that **in-state students** have their parents bring the remainder of what they need for the semester at the conclusion of NSO on 19 AUG 2022. UIUC Move-in day for new students is on 18 AUG 2022, which occurs before the conclusion of NSO. Candidates will subsequently move-in during returning student move-in at 1630 on 19 AUG 2022. For more information, visit [the 2022 university housing move-in site](#).

Midshipmen from the unit will be available following the conclusion of NSO on 19 AUG 2022 to assist the candidates in moving into their respective dorms if they desire. Our Midshipmen pride themselves in teaching the new students everything they need to know about college life as well as life in NROTC.

## FALL 2022 SEMESTER REGISTRATION INFORMATION

As a midshipman in the UIUC NROTC, you must register for Naval Science 100 and 101 (NS 100 & 101) for this semester. NS 100 is a period reserved for weekly briefs and community exposure. NS 101 is your introductory academic class to the Navy and Marine Corps. When registering for classes in the UI Enterprise system, make sure to register for these classes as well. In addition, when registering for semester courses, please **refrain from registering for classes that begin at 0800, if possible**. This will mitigate possible time conflicts with your morning NROTC commitments.

## COVID-19 VACCINATION

It is a NROTC requirement to at the very least have a full vaccination status, a booster is recommended but not necessary to become a member of NROTC. If you have yet to receive a vaccination shot for the COVID-19 virus, we require that you find the appropriate means to receive the vaccination. Please make sure to fill out the COVID-19 Vaccine survey that our NSO ADMIN CPO, MIDN 3/C Whitlock, has sent out to you via email.

For your convenience, the link is also posted here: <https://tinyurl.com/mrx77mj2>

## **DROP ON REQUEST & REFUND POLICY**

A drop on request (DOR) is made by a candidate during training when they desire to quit NSO. When made, the candidate will be removed from the training environment and meet with staff members in the chain of command to ensure that there has been no wrongful activity leading to their withdrawal. Depending on the situation, candidates may be able to consult with their parents before submitting the paperwork, however, this is not guaranteed. As an individual who desires to be an officer in the US Navy or Marine Corps, candidates must know that they will be challenged in new ways during training and must be prepared to make their own decisions.

Upon completing the DOR process, candidates return to their student status and are responsible for their living arrangements. The university requires students who desire to move-in on Monday, 15 AUG 2022 to pay a fee of \$60, but this will include three meals from their respective dining hall. NROTC will not cover the costs associated with an early dismissal from NSO. The NSO entry fee is \$100. This fee will be used for food and reservations throughout the week. If a DOR is requested during the training evolution, this payment will *NOT* be refunded. Please be cognizant of this before sending your son/daughter to NSO as a DOR is always possible. For more information, visit <https://housing.illinois.edu/tools/move-in>

## **RETURN CHECKLIST FOR NON-SCHOLARSHIP CANDIDATES**

Double check the following forms to make certain they are complete and return them as soon as possible and no later than 01 AUG 2022. All forms should be **typed** on Adobe Acrobat as needed, then printed and sent to the following address:

Commanding Officer  
NROTC University of Illinois  
ATTN: NSO MIC  
236C Armory Building  
505 East Armory Avenue  
Champaign, IL 61820-6288

- Reply Form
- OPMIS Questionnaire
- NROTC College Program Application
- Academic Major Card
- Report of Medical History
- Sickle Cell Trait Test Results
- Physical Activity Risk Factor Questionnaire (Filled out by your doctor if needed)
- Allergy and Medication Form
- Dependency Application / Record of Emergency Data
- Direct Deposit Form
- NROTC Fitting Form (survey forms)
- \$100 Cash or Check
- Original Birth Certificate (Administration will copy and hand back)
- Original Social Security Card (Administration will copy and hand back)

\*Make all checks payable to the "Midshipman Recreation Fund"\*

**RETURN CHECKLIST FOR SCHOLARSHIP CANDIDATES WHO  
DID NOT ATTEND NSI**

Double check the following forms to make certain they are complete and return them as soon as possible and no later than 01 AUG 2022. All forms should be **typed** on Adobe Acrobat as needed, then printed and sent to the following address:

Commanding Officer  
NROTC University of Illinois  
ATTN: NSO MIC  
236C Armory Building  
505 East Armory Avenue  
Champaign, IL 61820-6288

- Reply Form
- OPMIS Questionnaire
- NROTC College Program Application
- Academic Major Card
- Report of Medical History
- Sickle Cell Trait Test Results
- Physical Activity Risk Factor Questionnaire (Filled out by your doctor if needed)
- Allergy and Medication Form
- Dependency Application / Record of Emergency Data
- Service Members Group Life Insurance (SGLI)
- Direct Deposit Form
- NROTC Fitting Form (survey forms)
- \$100 Cash or Check
- Original Birth Certificate (Administration will copy and hand back)
- Original Social Security Card (Administration will copy and hand back)

\*Make all checks payable to the "Midshipman Recreation Fund"\*

## **RETURN CHECKLIST FOR CANDIDATES WHO WILL COMPLETE NSI**

Double check the following forms to make certain they are complete and return them as soon as possible and no later than 01 AUG 2022. All forms should be **typed** on Adobe Acrobat as needed, then printed and sent to the following address:

Commanding Officer  
NROTC University of Illinois  
ATTN: NSO MIC  
236C Armory Building  
505 East Armory Avenue  
Champaign, IL 61820-6288

- Reply Form
- OPMIS Questionnaire
- NROTC College Program Application
- Academic Major Card
- Report of Medical History
- Sickle Cell Trait Results
- Physical Activity Risk Factor Questionnaire (Filled out by your doctor if needed)
- Allergy and Medication Form
- Dependency Application / Record of Emergency Data
- Service Members Group Life Insurance (SGLI)
- Direct Deposit Form
- \$100 Cash or Check
- Original Birth Certificate (Administration will copy and hand back)
- Original Social Security Card (Administration will copy and hand back)

\*Make all checks payable to the "Midshipman Recreation Fund"\*

# ADMINISTRATIVE/MEDICAL PAPERWORK INSTRUCTIONS

## (READ PRIOR TO FILLING OUT FORMS)

**\*\*DO NOT write in your SSN unless specifically told to do so on these forms!\*\***

1. OPMIS Information Form
  - a. For administrative purposes and academic and demographic information
  - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html> , print the “OPMIS Questionnaire” form, and fill out.
  - c. This form **MUST** include your SSN!
2. Naval Reserve Officers Training Corps College Program Application
  - a. For administrative purposes and registration as a College Program Midshipman.
  - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html> , print the “NROTC College Program Application” form, and fill out.
3. Academic Major Card
  - a. For administrative purposes and general information regarding incoming Midshipman’s major.
  - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html> , print the “Academic Major Card” form, and fill out.
4. Report of Medical History
  - a. Complete sections I through VI and the remaining sections are for the healthcare provider to use. They do not need to complete section VII but **must sign block 4a-c (Page 9)** verifying the completion of the exam. Forms without medical signatures are invalid!
  - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html>, print the “Report of Medical History” form, and fill out.
5. Sickle Cell Trait Test Results
  - a. Must be administered as part of a physical by a medical professional
  - b. Acceptable tests include:
    - i. Hemoglobin Electrophoresis (likely least expensive)
    - ii. High Performance Liquid Chromatography (HPLC)
  - c. Please attach Sickle Cell Results to the Report of Medical History when mailing
6. Physical Activity Risk Factor Questionnaire
  - a. If you answer “yes” to any of the questions, you must be cleared by your **doctor** for physical training. If you answer “no” to all of the questions, you do not need to have this form signed by your doctor.
  - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html> and print the “Physical Activity Risk Factor Questionnaire” and fill out.
7. Allergy and Medication Form
  - a. For planning purposes for the training evolutions at NSO, we need to know all prescription medications you are currently taking, how often and at what time(s)

you need to take them, the prescribed dosages, and for what purpose you need them.

- b. Go to <http://rotc.navy.illinois.edu/nso-forms.html> and print the “Allergy and Medication Form” and fill out.
8. Dependency Application/Record of Emergency Data
    - a. Additional directions for each field are listed below the form
    - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html>, print the “Dependency Application/Record of Emergency Data” form, and fill out according to the instructions in the Welcome Packet.
8. NROTC fitting forms (**For NON-SCHOLARSHIP candidates and THOSE WHO DID NOT ATTEND NSI**)
    - a. For purposes of ordering uniforms
    - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html>, and fill out your respective sizing forms .
9. SGLI Form (**For ALL SCHOLARSHIP candidates**)
    - a. For administrative purposes and general information regarding one’s record for the Servicemembers’ Group Life Insurance
    - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html>, print the “Service members Group Life Insurance (SGLI)” form, and fill out.
10. Direct Deposit Form
    - a. For administrative purposes and general knowledge of one’s basic direct deposit information
    - b. Go to <http://rotc.navy.illinois.edu/nso-forms.html>, print your respective “Direct Deposit Form,” and fill out.
      - i. **PLEASE ONLY FILL OUT ONE “Direct Deposit Form” EVEN THOUGH THREE ARE DISPLAYED IN THE LINK.**
    - c. **NOTE:** This form does not need to be completed by bank personnel nor do we need a canceled check or deposit slip from you. However, we do request that you include your bank routing number at the bottom of the page.

### **Sickle Cell Trait Test**

It is a requirement that a test must be administered for sickle cell prevalence in the blood cells. The test must be executed by a medical professional, and it is recommended to perform the test as part of the physical examination. The two acceptable tests for sickle cell are Hemoglobin Electrophoresis and High Performance Liquid Chromatography (HPLC). The report shall reflect the proportion of normal hemoglobin cells (A) to sickle cells (S). If the report displays larger than 45% prevalence for HGB S, the applicant may not be eligible for service. Please attach this report to the rest of the medical paperwork for mailing to the NROTC Unit.

## **DEPENDENCY APPLICATION/RECORD OF EMERGENCY DATA (NAVPERS 1070/602) INSTRUCTIONS**

1. Full name of Emergency Contact
2. SSN of Emergency Contact
3. LEAVE AS IS
- 4a. Full name of Emergency Contact's Spouse
- 4b. Address and Telephone number of Emergency Contact
5. through 31. Fill in applicable boxes between and including box 5 and box 31. These will apply to you only if you are married and/or have children or dependents.
33. Full name of Father.
34. Enter your father's full address.
35. Does your father claim you as a dependent? Yes or No.
36. Full name of Mother.
37. Enter your mother's full address.
38. Does your mother claim you as a dependent? Yes or No.
41. Check the appropriate box.
42. If applicable.
43. If applicable.
44. If applicable.
45. If applicable.
46. If applicable.
47. If applicable/desired. For naming an individual not related to you (e.g. fiancé)
48. If applicable/desired. Address if individual named in "other"
49. If applicable/desired. Relationship of individual named in "other"
50. If applicable.
51. If applicable. Address of spouse's next of kin
52. If applicable. Enter the relationship of your spouse's next of kin to your spouse.
53. Enter the full name of the person you would like to receive your unpaid pay and allowances in the case of death.
54. Address of beneficiary from box 53.
55. Enter the relationship of the beneficiary from box 53 to you.
56. Enter the percentage of your unpaid pay and allowances that you would like the beneficiary in box 53 to receive.
57. Enter the full name of the person you would like to receive the allotment if in a missing status.
58. Address of beneficiary from box 57.
59. Enter the percentage of your unpaid pay and allowances that you would like the beneficiary in box 57 to receive.
60. Enter the full name of the person you would like to receive your gratuity pay if no child or spouse is surviving.
61. Address of beneficiary from box 60.
62. The relationship of beneficiary from box 60 to you.

63. Enter the percentage of your unpaid pay and allowances that you would like the beneficiary in box 60 to receive.
64. Enter Life Insurance Name if applicable
65. Address of Life Insurance Company.
66. Enter policy number of Life Insurance.
67. Enter your religion if applicable.
68. Do not enter information in this box.
69. Do not enter information in this box.
70. Enter MIDN for Midshipman
71. Do not enter information in this box.
72. Do not enter information in this box.
73. Enter your full name (last, first, middle).
74. Enter your Social Security Number
75. Leave this area blank.
76. Place an 'X' under USNR
77. Please indicate the location of your will or other valuable papers if applicable.
78. Leave this area blank.

DO NOT sign

Leave this area blank.

### **Fitting Form Instructions**

It is necessary for all candidates to fill out the following surveys for uniform sizing. Males will fill out the form entitled "Men's Fitting Form". Females will fill out the form entitled "Women's Fitting Form". The measurements provided will give the Supply Officer of NSO the information he will need in order to prepare all uniforms and items that you will need upon arrival to the orientation program. You will have an opportunity to try on all uniform items during in-processing at the orientation program in order to make any necessary size changes. Please contact the NSO ADMIN CPO: MIDN 3/C Whitlock at [mnw5@illinois.edu](mailto:mnw5@illinois.edu) if you have any questions.

Male fitting form: <https://tinyurl.com/bs77zejs>

Female fitting form: <https://tinyurl.com/2p8ecu7a>

**END OF NSO PAPERWORK INSTRUCTIONS**

## CANDIDATE GEAR LIST

You must have the following items in your separate training bag when reporting on Monday, 15 August 2022. These items will ensure your success and comfort during NSO. It is not necessary to buy the items from the attached link but it is there simply for reference to clear any confusion on what each item is. Furthermore, it is essential that you pack these items into a **single bag**. As noted below, additional items will not be permitted.

EQUIPMENT NAME	COUNT	NOTES
Athletic Tape	1	<a href="https://tinyurl.com/WGNB-NSO-TapeAthletic">tinyurl.com/WGNB-NSO-TapeAthletic</a>
Moleskin	3	<a href="https://tinyurl.com/WGNB-NSO-Moleskin">tinyurl.com/WGNB-NSO-Moleskin</a>
Band-aids	1	<a href="https://tinyurl.com/WGNB-NSO-Bandaids">tinyurl.com/WGNB-NSO-Bandaids</a>
1 inch white medical tape	1	<a href="https://tinyurl.com/WGNB-NSO-TapeOneInch">tinyurl.com/WGNB-NSO-TapeOneInch</a>
Plain white ankle socks (Pair)	5	<a href="https://tinyurl.com/WGNB-NSO-SocksAnkle">tinyurl.com/WGNB-NSO-SocksAnkle</a>
Running Shoes (Broken in, pair)	1	<a href="https://tinyurl.com/WGNB-NSO-ShoesRunning">tinyurl.com/WGNB-NSO-ShoesRunning</a>
White Crew Neck T-shirts	3	<a href="https://tinyurl.com/WGNB-NSO-TshirtWhiteCrewneck">tinyurl.com/WGNB-NSO-TshirtWhiteCrewneck</a>
Underwear (Sets)	8	<a href="https://tinyurl.com/WGNB-NSO-Underwear">tinyurl.com/WGNB-NSO-Underwear</a>
Collared shirt/Conservative Top	3	<a href="https://tinyurl.com/WGNB-NSO-ShirtPolo">tinyurl.com/WGNB-NSO-ShirtPolo</a>
Belt	1	<a href="https://tinyurl.com/WGNB-NSO-BeltCasual">tinyurl.com/WGNB-NSO-BeltCasual</a>
Socks (Pair)	3	<a href="https://tinyurl.com/WGNB-NSO-SocksBlack">tinyurl.com/WGNB-NSO-SocksBlack</a>
Jeans/Slacks/Shorts (no cutoffs)	3	<a href="https://tinyurl.com/WGNB-NSO-PantsKhaki">tinyurl.com/WGNB-NSO-PantsKhaki</a>
Toothbrush	1	<a href="https://tinyurl.com/WGNB-NSO-Toothbrush">tinyurl.com/WGNB-NSO-Toothbrush</a>
Toothpaste	1	<a href="https://tinyurl.com/WGNB-NSO-Toothpaste">tinyurl.com/WGNB-NSO-Toothpaste</a>
Razor (Males only)	1	<a href="https://tinyurl.com/WGNB-NSO-Razor">tinyurl.com/WGNB-NSO-Razor</a>
Shaving Cream (Males only)	1	<a href="https://tinyurl.com/WGNB-NSO-CreamShaving">tinyurl.com/WGNB-NSO-CreamShaving</a>
Soap/Shampoo	1	<a href="https://tinyurl.com/WGNB-NSO-Soap">tinyurl.com/WGNB-NSO-Soap</a>
Washcloth/Towel	1	<a href="https://tinyurl.com/WGNB-NSO-Towel">tinyurl.com/WGNB-NSO-Towel</a>
Nail clippers	1	<a href="https://tinyurl.com/WGNB-NSO-Nailclippers">tinyurl.com/WGNB-NSO-Nailclippers</a>
Hair items for Females (As needed)	1	
Hair ties (Females only)		
Bobby pins (Females only)		
Hairspray/gel (Females only)		
Shower shoes/flip flops	1	<a href="https://tinyurl.com/WGNB-NSO-ShoesShower">tinyurl.com/WGNB-NSO-ShoesShower</a>

Any other necessary toiletry items	1	
Swimsuit	1	
Sunscreen	1	
Black shoe polish (Navy Option Only)	1	<a href="http://tinyurl.com/WGNB-NSO-PolishBlack">tinyurl.com/WGNB-NSO-PolishBlack</a>
Heel & Edge Dressing (Navy Option Only)	1	<a href="http://tinyurl.com/WGNB-NSO-HeelEdge">tinyurl.com/WGNB-NSO-HeelEdge</a>
Rags/Cotton Balls (Navy Option Only)	1	<a href="http://tinyurl.com/WGNB-NSO-BallsCotton">tinyurl.com/WGNB-NSO-BallsCotton</a>
Black ballpoint pen	1	<a href="http://tinyurl.com/WGNB-NSO-PenBallpoint">tinyurl.com/WGNB-NSO-PenBallpoint</a>
Black sharpie	1	<a href="http://tinyurl.com/WGNB-NSO-SharpieBlack">tinyurl.com/WGNB-NSO-SharpieBlack</a>
Small ruler	1	<a href="http://tinyurl.com/WGNB-NSO-Ruler">tinyurl.com/WGNB-NSO-Ruler</a>
University ID (i-card)	1	<a href="http://tinyurl.com/WGNB-NSO-iCard">tinyurl.com/WGNB-NSO-iCard</a>
Certified Birth Certificate	1	Original needed.
Cash/Card (90-100\$ for lunches)	1	<a href="http://tinyurl.com/WGNB-NSO-CardGift">tinyurl.com/WGNB-NSO-CardGift</a>
Cell Phone	1	
Flashlight	1	<a href="http://tinyurl.com/WGNB-NSO-FlashlightRed">tinyurl.com/WGNB-NSO-FlashlightRed</a>
Pillow	1	<a href="http://tinyurl.com/WGNB-NSO-Pillow">tinyurl.com/WGNB-NSO-Pillow</a>
Combination Lock	1	<a href="http://tinyurl.com/WGNB-NSO-LockCombination">tinyurl.com/WGNB-NSO-LockCombination</a>
1/2 Inch Military Letter/Number Stencil	1	<a href="http://tinyurl.com/WGNB-NSO-StencilHalfInch">tinyurl.com/WGNB-NSO-StencilHalfInch</a>
Mesh Laundry Bags	2	<a href="http://tinyurl.com/WGNB-NSO-LaundryBagMesh">tinyurl.com/WGNB-NSO-LaundryBagMesh</a>
Glasses (Glasses Straps optional)	1	<a href="http://tinyurl.com/WGNB-NSO-StrapsGlasses">tinyurl.com/WGNB-NSO-StrapsGlasses</a>
Disposable Masks	2	<a href="http://tinyurl.com/WGNB-NSO-MasksDisposable">tinyurl.com/WGNB-NSO-MasksDisposable</a>

You will not have time to use any electronic devices during NSO. There are certain items, which impair the training process and are **STRICTLY PROHIBITED**. These items include, but are not limited to, the following:

- Weapons
- Fireworks
- Tobacco Products
- Food, beverages, or snacks
- Electronic Devices
- Magazines
- Drugs\*
- Wristwatch

Any other items, which are not designated for the training bag, will be confiscated, and returned

to you on Friday, 19 August 2022.

\* Prescription drugs are the exception. You will be responsible for taking your prescription drugs as needed. We will hold onto all necessary prescriptions that may be needed during physical training.

## NSO Physical Training Preparation Program

The purpose of this preparatory training program is to acclimate midshipmen candidates to the type of physical training conducted at NSO. Physical fitness is one of the most important components of becoming a midshipman.

Candidates that adequately prepare will be prepared to successfully transition into a member of the World's Greatest NROTC Battalion.

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Week 1</b>	Body Weight Circuit - 9 Stations  3 Mile Run Assessment	Pull Ups/Push Ups  Run 45 mins: Speed Focused	<b>Rest Day</b>  Foam Rolling/Stretching	Body Weight Circuit - 9 Stations  Run 45 mins: Distance Focused	Max Sets: Pull Ups/Push Ups/Crunches or Situps  Cardio Circuit: Rowing	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching
<b>Week 2</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Speed Focused	Kettlebell Circuit, Pull Ups/Push Ups  Run 45 mins: Distance Focused	<b>Rest Day</b>  Foam Rolling/Stretching	Body Weight Circuit - 9 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/Crunches or Situps  Cardio Circuit: Bike	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching
<b>Week 3</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Speed Focused	Pull Ups/Push Ups  Run 45 mins: Distance Focused	<b>Rest Day</b>  Foam Rolling/Stretching	Body Weight Circuit - 9 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/Crunches or Situps  Cardio Circuit: Swimming	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching
<b>Week 4</b>	Body Weight Circuit - 9 Stations  3 Mile Run Assessment	Strength Training, Pull Ups/Push Ups  Run: Shake out day	<b>Rest Day</b>  Foam Rolling/Stretching	Body Weight Circuit - 9 Stations  Run 45 mins: Distance Focused	Max Sets: Pull Ups/Push Ups/Crunches or Situps Cardio Circuit: Rowing	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching
<b>Week 5</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Speed Focused	Pull Ups/Push Ups  Run 45 mins: Distance Focused	<b>Rest Day</b>  Foam Rolling/Stretching	Body Weight Circuit - 9 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/Crunches or Situps  Cardio Circuit: Bike	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching
<b>Week 6</b>	Body Weight Circuit - 9 Stations  Run 45 mins	Pull Ups/Push Ups Run 45 mins: Distance Focused	<b>Rest Day</b>  Foam Rolling/Stretching	PFT/PRT Assessment	Run: Shakeout Day	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/Stretching

<b>Week 7</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Distance	Pull Ups/Push Ups  Run 45 mins: Speed	<b>Rest Day</b>  Foam Rolling/ Stretching	Body Weight Circuit - 12 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/ Crunches or Situps  Cardio Circuit: Rowing	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching
<b>Week 8</b>	Body Weight Circuit - 9 Stations  3 Mile Run Assessment	Strength Training, Pull Ups/Push Ups  Run 45 mins: Shakeout Day	<b>Rest Day</b>  Foam Rolling/ Stretching	Body Weight Circuit - 12 Stations  Run 45 mins: Speed	Max Sets: Pull Ups/Push Ups/ Crunches or Situps  Cardio Circuit: Swimming	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching
<b>Week 9</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Distance	Pull Ups/Push Ups  Run 45 mins: Speed	<b>Rest Day</b>  Foam Rolling/ Stretching	Body Weight Circuit - 12 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/ Crunches or Situps  Cardio Circuit: Bike	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching
<b>Week 10</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Speed	Kettlebell Circuit, Pull Ups/Push Ups  Run 45 mins: Distance	<b>Rest Day</b>  Foam Rolling/ Stretching	Body Weight Circuit - 12 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/ Crunches or Situps  Cardio Circuit: Rowing	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching
<b>Week 11</b>	Body Weight Circuit - 9 Stations  Run 45 mins: Distance	Strength Training, Pull Ups/Push Ups  Run 45 mins: Speed	<b>Rest Day</b>  Foam Rolling/ Stretching	Body Weight Circuit - 12 Stations  Run 45 mins: Medium Distance	Max Sets: Pull Ups/Push Ups/ Crunches or Situps  Cardio Circuit: Swimming	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching
<b>Week 12</b>	Body Weight Circuit - 9 Station	Pull Ups/Push Ups  Run 45 mins: Light	<b>Rest Day</b>  Foam Rolling/ Stretching	PFT /PRT Assessment	Run: Shakeout day	Body Weight Circuit - 12 Stations	<b>Rest Day</b>  Foam Rolling/ Stretching

## Notes:

### ❖ Example of a Body Weight Circuit (12 exercises)

- You can substitute any of these exercises for another of your choosing
- Adjust the number of repetitions to your ability level keeping in mind that your second set should be the hardest.

Set 1	Set 2	Set 3
15 Push-Ups	20 Push-Ups	15 Push-Ups
20 Knees to Chest	25 Knees to Chest	20 Knees to Chest
20 Air Squats	25 Air Squats	20 Air Squats
5 Pull Ups	8 Pull Ups	5 Pull Ups
20 Alternating Knee to Elbow	25 Alternating Knee to Elbow	20 Alternating Knee to Elbow
15 Box Jumps	20 Box Jumps	15 Box Jumps
15 Tricep Dips	20 Tricep Dips	15 Tricep Dips
20 Crunches	25 Crunches	20 Crunches
10 Lunges (each leg)	15 Lunges (each leg)	10 Lunges (each leg)
10 Elbow to Hand Plank (each side)	12 Elbow to Hand Plank (each side)	10 Elbow to Hand Plank (each side)
45 Sec Plank	60 Sec Plank	45 Sec Plank
12 Burpees	15 Burpees	12 Burpees

### ❖ Running:

- All running sessions should be self-paced, using your PRT/PFT as a baseline. One should push themselves during every single session. Over time you should see improvement in both your endurance and speed.
- Distance Sessions
  - Distance running sessions should be any mileage that exceeds 4-5. The focus should be on getting miles in, while still pushing the pace. Pacing should be slightly slower than your PRT/PFT pace.
- Speed Sessions
  - Speed running sessions should be any mileage between 1-4. The focus should be on being explosive and fast. Pacing should be at or above your PRT/PFT pace.
- Medium Distance Sessions
  - Medium Distance sessions should be around 3 miles. The focus should be on running at or above your PRT pace to continue to prepare for those challenges.
- Shake-out days
  - Shake out days should be any distance that you are comfortable with. The focus of these days is to do a form of active recovery to help your body recuperate. The pace should be at one you can hold a conversation at.

❖ Strength Training - Fundamental Movement Examples and Associated Exercises

- Weight, number of repetitions, and sets are subjective to your personal goals. Execute any of the following movements and associated exercises on a strength training day.
  - *Strength*: 1-5 reps; 3-5 sets; 2-3 min rest; 1 rep max (RM) % = 70-85%
  - *Hypertrophy* (muscle growth): 6-12 reps; 3-5 sets; 1-2 min rest; 1 RM% = 67-85%
  - *Endurance*: 12-20 reps; 2-3 sets; 30-75 sec rest; 1 RM% = 65-75%

<b>Movement</b>	<b>Regressions</b>	<b>Main Exercise</b>	<b>Progressions</b>
<b>Squat</b>	Wall Sit/ Goblet Squat	Back Squat	Front Squat/ Overhead Squat
<b>Hinge</b>	Hip Bridge/ Cable Romanian Deadlift	Kettlebell Swings	Romanian Deadlift
<b>Junge</b>	Split Squat/Reverse Lunge	Walking Lunge	Multi-plain Lunge/ Jump Lunge
<b>Push (Bodyweight)</b>	Wall Push Up/ Stability Ball Push Up	Push Up	Plyometric Push Up/Archer Push Up
<b>Push (load)</b>	Machine Chest Press/ Barbell Bench Press	Bench Press	Dumbbell Bench Press/ Single Arm Dumbbell Press
<b>Horizontal Pull</b>	Seated Row/ Dumbbell Row	Bent Over Row	Split Stance Cable Row
<b>Vertical Pull</b>	Lat Pull Down/ Assisted Pull Up Machine	Overhand Pull Up	Underhand Pull Up/ Weighted Pull Up
<b>Press</b>	Machine Shoulder Press/ Kneeling Military Press	Military Press	Single Arm Military Press/ Push press

❖ Kettlebell Circuit Example

- Basic Kettlebell Movements: Basic Squat, Kettlebell Swing, Sumo Squat Row, Goblet Squat
- Circuit Example:
  - Basic Kettlebell Squat: 5 reps → Kettlebell Swing: 6-8 reps → Sumo Squat Row: 8-12 reps → Goblet Squat 5 reps → Repeat 4x

❖ Core Strength & Conditioning

- While core exercises are not specifically mentioned in the training program, it is important to strengthen the abdominals. The following exercises should be incorporated into the candidate's workouts.
  - Exercises are conducted for either 45 seconds or a repetition set of 15.

Steam Engines	Elbow Plank	Elbow Gecko Plank	Elbow Plank with Feet Jacks	Hand Plank with alt. Knee to Elbow
Mountain Climbers	Flutter Kicks	Scorpion Push Ups	Gecko Push Ups	Squat Thrust

❖ PRT/PFT Scoring

- At NSO you will be participating in a PRT/PFT. The following links outline the scoring associated with gender and age groups.
  - Marine: [https://www.fitness.marines.mil/PFT-CFT\\_Standards17/](https://www.fitness.marines.mil/PFT-CFT_Standards17/)
  - Navy: <https://navy-fitness.com/>

**TABLE 1**  
**MAXIMUM WEIGHT FOR HEIGHT SCREEN TABLES FOR THE NAVY**

<b>Men Maximum Weight (pounds)</b>	<b>Member's Height (inches with fractions rounded up to nearest whole inch)</b>	<b>Women Maximum Weight (pounds)</b>
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

TABLE 2  
HEIGHT/WEIGHT STANDARDS FOR THE MARINE CORPS

**MALES**

<b>HEIGHT (Inches)</b>	<b>Maximum Standard (Pounds)</b>	<b>Minimum Standard (Pounds)</b>
58"	132	91
59"	136	94
60"	141	97
61"	146	100
62"	150	104
63"	155	107
64"	160	110
65"	165	114
66"	170	117
67"	176	121
68"	181	125
69"	186	128
70"	192	132
71"	197	136
72"	203	140
73"	208	144
74"	214	148
75"	220	152
76"	226	156
77"	232	160
78"	238	164
79"	244	168
80"	250	173

**Max BF%: 18%**

**FEMALES**

<b>HEIGHT (Inches)</b>	<b>Maximum Standard (Pounds)</b>	<b>Minimum Standard (Pounds)</b>
58"	120	91
59"	124	94
60"	128	97
61"	132	100
62"	137	104
63"	141	107
64"	146	110
65"	150	114
66"	155	117
67"	160	121
68"	164	125
69"	169	128
70"	174	132
71"	179	136
72"	184	140
73"	189	144
74"	195	148
75"	200	152
76"	205	156
77"	211	160
78"	216	164
79"	222	168
80"	228	173

**Max BF%: 26%**

## PFT/PRT Scoring Tables

You, along with your fellow Midshipman candidates, will be performing a PRT (Navy) or PFT (Marine) during the early stages of NSO. It is advised that you arrive to the program with a body and mind prepared for these respective events. During the semester for Navy Options, the minimum standard to avoid additional physical training (PT) is a good low category or above on all three events. For Marine Options, a score of 265 out of a possible 300 or above is expected in order to avoid remedial PT sessions. Please familiarize yourself with the physical fitness standards that you are expected to uphold as a Midshipman.

### United States Navy PRT Standards

Males: Age 20-24 years

Performance		Points	Males: Age 20 - 24 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	87	3:20	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:15	9:00	7:15	7:00	6:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>81</b>	<b>3:10</b>	<b>9:15</b>	<b>7:25</b>	<b>7:30</b>	<b>7:20</b>
Excellent	High	85	77	3:00	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	2:50	10:00	7:45	8:15	8:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>71</b>	<b>2:40</b>	<b>10:30</b>	<b>7:55</b>	<b>8:45</b>	<b>8:35</b>
Good	High	70	64	2:20	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:00	11:30	8:35	10:30	10:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>47</b>	<b>1:40</b>	<b>12:00</b>	<b>8:55</b>	<b>11:30</b>	<b>11:20</b>
Satisfactory	High	55	45	1:30	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:20	13:15	9:15	12:15	12:05
Probationary		<b>45</b>	<b>37</b>	<b>1:10</b>	<b>13:30</b>	<b>9:25</b>	<b>13:00</b>	<b>12:50</b>

Performance		Points	Females: Age 20 - 24 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	48	3:10	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:05	11:15	8:15	8:00	7:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>3:00</b>	<b>11:30</b>	<b>8:25</b>	<b>8:45</b>	<b>8:35</b>
Excellent	High	85	43	2:50	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	2:40	12:45	8:45	9:45	9:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>39</b>	<b>2:30</b>	<b>13:15</b>	<b>8:55</b>	<b>10:00</b>	<b>9:50</b>
Good	High	70	33	2:10	13:30	9:15	11:00	10:50
Good	Medium	65	28	1:50	13:45	9:45	12:15	12:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>21</b>	<b>1:30</b>	<b>14:15</b>	<b>10:15</b>	<b>13:15</b>	<b>13:05</b>
Satisfactory	High	55	20	1:20	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:10	15:15	10:35	14:00	13:50
Probationary		<b>45</b>	<b>16</b>	<b>1:00</b>	<b>15:30</b>	<b>10:45</b>	<b>14:30</b>	<b>14:20</b>

## United States Marine Corps PFT Standards

### Males: Age 17-20

	Crunches	Plank*	Pull-ups	3 mi run	Pushups**
Maximum	105	3:45	20	18:00	82
Minimum	70	1:10	4	27:40	42

### Males: Age 21-25

	Crunches	Plank*	Pull-ups	3 mi run	Pushups**
Maximum	110	3:45	23	18:00	87
Minimum	70	1:10	5	27:40	40

### Females: Age 17-20

	Crunches	Plank*	Pull-ups	3 mi run	Pushups**
Maximum	100	3:45	7	21:00	42
Minimum	50	1:10	1	30:50	19

### Females: Age 21-25

	Crunches	Plank*	Pull-ups	3 mi run	Pushups**
Maximum	105	3:45	11	21:00	48
Minimum	55	1:10	3	30:50	18

\*As of 01 January 2020, a plank is now an alternative core workout. As the crunches are expected to be removed from the PFT within the foreseeable future, Illinois midshipmen are encouraged to perform the plank and will be tested on the plank during the semester.

\*\* As of 01 January 2017, pushups are now a supplementary upper body workout. However, the maximum points that can be earned is only 70 instead of 100. Because of this, Illinois midshipmen are encouraged to perform pull-ups and will be tested on pull-ups during the semester.

## SWIM QUALIFICATIONS

The Navy categorizes swimming proficiency into first, second, and third-class qualifications. The third-class (3/C) swimmer qualification is the minimum entry-level requirement for all U.S. Navy personnel. A 3/C qualification is required for students intending to pick up a scholarship. The 3/C swim qualification test will **NOT** be occurring at NSO this year, however, it is important for all midshipmen to be able to swim effectively. A 3/C swim test determines if a person can stay afloat and survive without the use of a personal flotation device (PFD) in open water long enough to be rescued in a man-overboard situation. The test consists of two modules:

### Module 1:

- Event 1: A deep-water dive from a 3 meter “high-dive”
- Event 2: A 50-yard continuous swim (using any stroke)
- Event 3: A 5-minute prone float

### Module 2:

- Event 1: Shirt inflation (form air bubble at the collar)
- Event 2: Trouser inflation

A Rutgers NROTC training video:

[https://www.youtube.com/watch?v=7dTU\\_bVLMOW](https://www.youtube.com/watch?v=7dTU_bVLMOW)

## PROFESSIONAL KNOWLEDGE

The history of the Navy and Marine Corps is long and illustrious. Knowledge of our basic principles are fundamental to successful entry into the services. As a midshipman, now is the time to start building that knowledge. The knowledge packet can be found along with the other NSO 2022 files on our website. You will need to fill out the blank categories with the appropriate important persons. It is **highly recommended** that you be familiar with this knowledge **prior** to reporting for NSO 2022 as you **will be tested on your knowledge**.