**UNIVERSITY OF ILLINOIS  
NAVAL RESERVE OFFICERS TRAINING CORPS**

****

**NEW STUDENT ORIENTATION  
WELCOME PACKET**

**SUMMER 2023**

UNIVERSITY OF ILLINOIS NROTC

236C ARMORY BUILDING

505 EAST ARMORY AVE

CHAMPAIGN, IL 61820

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| **LETTER FROM THE NSO COMMANDING OFFICER** |

Future Midshipmen,

Welcome to the University of Illinois Urbana-Champaign Naval Reserve Officers Training Corps! Your decision to pursue a commission into the United States Navy and Marine Corps is admirable, and your journey is just beginning here with us!

The purpose of the NROTC program is to train students over the course of four years to become naval officers. The transformation to Navy and Marine Corps officers is formidable. You will be tested on every front, fail, and try again because the responsibility of leading the sons and daughters of America is not a light one. We will prepare you to meet this challenge and those that follow.

Your training begins here, at New Student Orientation. Some of you may arrive having already completed New Student Indoctrination at Great Lakes, and, for others, this may be your first exposure to our program and standards. Regardless of where you are coming from, all who plan to join the University of Illinois NROTC battalion shall complete our NSO and will be held to the same standards. The training will not be easy. The high-stress environment that you will be placed into will teach you the value of both individual and team effort. It will require endurance, acuity, and above all, devotion to serve others.

To get the most out of this training, you must prepare. After submitting your welcome packet, you will need to get ready for August as soon as possible. Primarily, it is imperative that you show up on day one physically and mentally prepared. Our Training Officer 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, you will be expected to know the knowledge that has been included in this welcome packet. You shall be prepared to display your knowledge upon arrival to NSO.

I look forward to meeting each and every one of you at NSO in August, and I wish you all the best of luck in your training endeavors.

Very respectfully,

Elijah W Crouch

Midshipman First Class Elijah W. Crouch

Commanding Officer, New Student Orientation 2023

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| **LETTER FROM THE NSO COMPANY FIRST SERGEANT** |

Future Midshipman Candidates,

The journey towards developing yourself as a future Navy or Marine Corps Officer has just begun. I extend congratulations to you for accepting this challenge. However, make no mistake, nothing ahead of you will be given. This journey you have decided to start will prove to be one of the most challenging and fulfilling duties you will assume in your life. A Naval and Marine Corps Officer must exude motivation, discipline, and enthusiasm towards both the mundane and exciting. These are traits and standards that exceed those of your fellow classmates in university. These expectations start now.

Success at New Student Orientation (NSO) is proceeded by memorizing the Knowledge Packet **VERBATIM** before you arrive on the quarterdeck. In addition to knowledge, you must prepare physically and be in shape to exceed the physical standards of the PRT/PFT. The challenging week will prepare you to be a Midshipman who is motivated towards a career in the Naval service and who imbues honor, courage, and commitment. You will be tested and evaluated mentally and physically.

Nothing in this world is worth having if it is not earned.

Very respectfully,



Midshipman First Class Liam W. Roberson

Company 1st Sergeant, New Student Orientation 2023

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| **INFORMATION SHEET** |

This page 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 date and location for check-in**. Parents and family members are invited to all the following events:

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | TIME | EVENT | LOCATION |
| Tuesday, 15 August 2023 | 0800 | Arrival/Check-In | Armory NROTC Doors |
| Tuesday, 15 August 2023 | 0900 | Parent Reception with CO | Armory Room 101 |
| Thursday, 17 August 2023 | 1610 | Graduation | Armory Deck |

The Armory Building is located at 505 East Armory Avenue, Champaign, IL 61820. The NROTC doors you will be reporting to for check-in are located 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. **It is advised to eat prior to check-in, as we will not be serving meals until lunchtime.**

As a midshipman 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 instruction.

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| <https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Uniform-Regulations/Chapter-2/2201-Personal-Appearance/>  <https://www.marines.mil/portals/1/Publications/MCO%201020.34H%20v2.pdf> |

Candidates will spend the first night in the Armory within provided unit sleeping arrangements and the second night at their respective dorms to acquaint themselves with college life. **You will be responsible for returning to the New Student Orientation Program on the morning of the third day of instruction.**

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| **MOVE-IN INFORMATION** |

All candidates **must** move into their dormitories to some capacity prior to the beginning NSO on 15 Aug 2023, so that they may spend the second night at their dorms. It is recommended for this to happen on Monday, 14 Aug 2023. If circumstances dictate that you are unable to access your dorm or apartment for the duration of NSO, **you must let staff know**.

During NSO, transportation will be provided by the unit to drop off candidates at their designated dormitories. However, candidates are responsible for returning to Armory in the morning on their own.

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| **FALL 2023 SEMESTER CLASSES** |

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 Self Service, 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.

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| **COVID-19 VACCINATION** |

**As per the 2023 National Defense Authorization Act (NDAA), candidates are not mandated to receive a COVID-19 vaccine**, but it is **highly recommended** due to the close living conditions and to avoid reconducting important training during the semester. **It is mandatory to inform us about your vaccination status** because there may be future protocols developed to protect the health of personnel that are not vaccinated and the readiness of military personnel.

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| **DROP ON REQUEST POLICY** |

A drop on request (DOR) is made by a candidate during training when they desire to quit NSO and is **always available as an option**. 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. Please be cognizant of this before sending your son/daughter to NSO.

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| **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 2023. 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

\_\_\_Vaccination Advisory Statement

\_\_\_ NROTC Fitting Form

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| **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 2023. 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

\_\_\_ Service Members Group Life Insurance (SGLI)

\_\_\_Vaccination Advisory Statement

\_\_\_ NROTC Fitting Form

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| **RETURN CHECKLIST FOR**  **CANDIDATES WHO WILL 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 2023. 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

\_\_\_ Direct Deposit Form

\_\_\_ Service Members Group Life Insurance (SGLI)

\_\_\_Vaccination Advisory Statement

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| **ADMINISTRATIVE/MEDICAL PAPERWORK INSTRUCTIONS** |

**Read this prior to filling out forms. Do not write in your SSN unless specifically told to do so.**

1. **OPMIS Information Form**

a. For administrative purposes and academic and demographic information

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “OPMIS Form”, and fill it out.

c. This form MUST include your SSN!

2. **NROTC College Program Application (For ALL NON-SCHOLARSHIP candidates)**

a. For administrative purposes and registration as a College Program Midshipman.

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “College Program Application,” and fill it out.

3. **Academic Major Card**

a. For administrative purposes and general information regarding incoming candidates’ major.

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “Academic Major Form,” and fill it 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 <https://rotc.navy.illinois.edu/page_id=293>, print the “Medical History Report,” and fill out. Instructions are provided with “Medical History Report Instructions.”

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 the questions, you do not need to have this form signed by your doctor.

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “Physical Activity 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 <https://rotc.navy.illinois.edu/page_id=293>, 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 <https://rotc.navy.illinois.edu/page_id=293>, print the “Record of Emergency Data,” and fill it out according to the instructions in this Welcome Packet, page 14.

9. **NROTC fitting forms (for NON-SCHOLARSHIP candidates and those who did not attend NSI)**

a. For purposes of ordering uniforms

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, and fill out your respective sizing forms.

10. **SGLI Form (For SCHOLARSHIP candidates)**

a. For administrative purposes and general information regarding one’s record for the Servicemembers’ Group Life Insurance

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “SGLI Form” and fill it out.

11. **Direct Deposit Form**

a. For administrative purposes and general knowledge of one’s basic direct deposit information.

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print your respective “Direct Deposit Form,” and fill it out. **Please only fill out one “Direct Deposit Form” even though three are displayed in the link.**

c. 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.

12. **Vaccination Advisory Statement**

a. For administrative purposes and understanding of the required vaccinations for military service.

b. Go to <https://rotc.navy.illinois.edu/page_id=293>, print the “Vaccination Statement” and fill it out.

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| **SICKLE CELL TRAIT TEST INSTRUCTIONS** |

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.

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| **DEPENDENCY APPLICATION/RECORD OF EMERGENCY DATA 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.

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| **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 she will need 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 to make any necessary size changes. Please contact the NSO ADMIN CPO: MIDN 3/C Gimbel at rgimbel2@illinois.edu if you have any questions.

Male fitting form: <https://forms.gle/1ARx5U5uFetLJ8QH7>

Female fitting form: <https://forms.gle/LTDXEnvgHaHNDYu88>

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| **CANDIDATE GEAR LIST** |

You must have the following items in your separate training bag when reporting on

Tuesday, 15 August 2023. 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 | # | NOTES |
| Athletic Tape | 1 |  |
| Moleskin | 3 |  |
| Band-Aids | 1 |  |
| 1-Inch White Medical Tape | 1 |  |
| Plain White Ankle Socks (Pair) | 5 |  |
| Running Shoes (Pair) | 1 |  |
| White Crew Neck T-Shirts | 3 |  |
| Belt | 1 |  |
| Socks (Pair) | 3 |  |
| Jeans/Slacks/Shorts (No Cutoffs) | 3 |  |
| Toothbrush | 1 |  |
| Toothpaste | 1 |  |
| Razor (Males Only) | 1 |  |
| Shaving Cream (Males Only) | 1 |  |
| Soap/Shampoo | 1 |  |
| Washcloth/Towel | 1 |  |
| Nail Clippers | 1 |  |
| Hair Items for Females (As Needed) | 1 |  |
| Hair Ties (Females Only) |  |  |
| Bobby Pins (Females Only) |  |  |
| Hairspray/Gel (Females Only) |  |  |
| Shower Shoes/Flip Flops | 1 |  |
| Any Other Necessary Toiletry Items | 1 |  |
| Swimsuit | 1 |  |
| Sunscreen | 1 |  |
| Black Shoe Polish (Navy Option Only) | 1 |  |
| Heel & Edge Dressing (Navy Option Only) | 1 |  |
| Rags/Cotton Balls (Navy Option Only) | 1 |  |
| Black Ballpoint Pen | 1 |  |
| Black Sharpie | 1 |  |
| Small Ruler | 1 |  |
| University ID (I-Card) | 1 |  |
| **Original Social Security Card** | **1** | **Administration will return it to parents** |
| **Original Birth Certificate** | **1** | **Administration will return it to parents** |
| Cash/Card (90-100$ For Lunches) | 1 |  |
| Cell Phone | 1 |  |
| Flashlight | 1 |  |
| Pillow | 1 |  |
| Combination Lock | 1 |  |
| 1/2 Inch Military Letter/Number Stencil | 1 |  |
| Mesh Laundry Bags | 2 |  |
| Glasses (Glasses Straps Optional) | 1 |  |
| Disposable Masks | 2 |  |

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:

1. **Weapons**

2. **Fireworks**

3. **Tobacco products**

4. **Food, beverages, or snacks**

5. **Electronic devices**

6. **Magazines**

7. **Drugs\***

8. **Wristwatch**

Any other items, which are not designated for the training bag, will be confiscated, and returned to you on Thursday, 17 August 2023.

\* 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.

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| **NSO PREPATORY TRAINING 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.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **Week 1** | Body Weight Circuit - 9 Stations  3 Mile Run Assessment | Pull Ups/Push Ups  Run 45 mins: Speed Focused | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 2** | Body Weight Circuit - 9 Stations  Run 45 mins:  Speed Focused | Kettlebell Circuit, Pull Ups/Push Ups  Run 45 mins: Distance Focused | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 3** | Body Weight Circuit - 9 Stations  Run 45 mins:  Speed Focused | Pull Ups/Push Ups  Run 45 mins: Distance Focused | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 4** | Body Weight Circuit - 9 Stations  3 Mile Run Assessment | Strength Training, Pull Ups/Push Ups  Run:  Shake out day | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 5** | Body Weight Circuit - 9 Stations  Run 45 mins:  Speed Focused | Pull Ups/Push Ups  Run 45 mins: Distance Focused | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 6** | Body Weight Circuit - 9 Stations  Run 45 mins | Pull Ups/Push Ups  Run 45 mins: Distance Focused | **Rest Day**  Foam Rolling/  Stretching | PFT/PRT Assessment | Run:  Shakeout Day | Body Weight Circuit - 12 Stations | **Rest Day**  Foam Rolling/  Stretching |
| **Week 7** | Body Weight Circuit - 9 Stations  Run 45 mins:  Distance | Pull Ups/Push Ups  Run 45 mins: Speed | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 8** | Body Weight Circuit - 9 Stations  3 Mile Run Assessment | Strength Training, Pull Ups/Push Ups  Run 45 mins: Shakeout Day | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 9** | Body Weight Circuit - 9 Stations  Run 45 mins:  Distance | Pull Ups/Push Ups  Run 45 mins: Speed | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 10** | Body Weight Circuit - 9 Stations  Run 45 mins:  Speed | Kettlebell Circuit, Pull Ups/Push Ups  Run 45 mins:  Distance | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 11** | Body Weight Circuit - 9 Stations  Run 45 mins:  Distance | Strength Training, Pull Ups/Push Ups  Run 45 mins: Speed | **Rest Day**  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 | **Rest Day**  Foam Rolling/  Stretching |
| **Week 12** | Body Weight Circuit - 9 Station | Pull Ups/Push Ups  Run 45 mins: Light | **Rest Day**  Foam Rolling/  Stretching | PFT /PRT Assessment | Run: Shakeout day | Body Weight Circuit - 12 Stations | **Rest Day**  Foam Rolling/  Stretching |

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| **PHYSICAL READINESS TEST/**  **PHYSICAL FITNESS TEST** |

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. To avoid remedial Fitness Enhancement Program (FEP) physical training during the semester, Navy Options must achieve an overall excellent low and good highs in every category while Marine Options must score of 265 out of 300. Please familiarize yourself with the physical fitness standards that you are expected to uphold as a Midshipman. The following links outline the PFT/PRT scoring.

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| <https://www.fitness.marines.mil/PFT-CFT_Standards17/>  https://www.navy-prt.com/2022-navy-prt-standards/ |

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| **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 and 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:

1. **Module 1**:

a. Event 1: A deep-water dive from a 3 meter diving board

b. Event 2: A 50-yard continuous swim (using any stroke)

c. Event 3: A 5-minute prone float

2. **Module 2**:

a. Event 1: Shirt inflation (form air bubble at the collar)

b. Event 2: Trouser inflation

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| **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 2023 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 2023 as you **will be tested on your knowledge**.