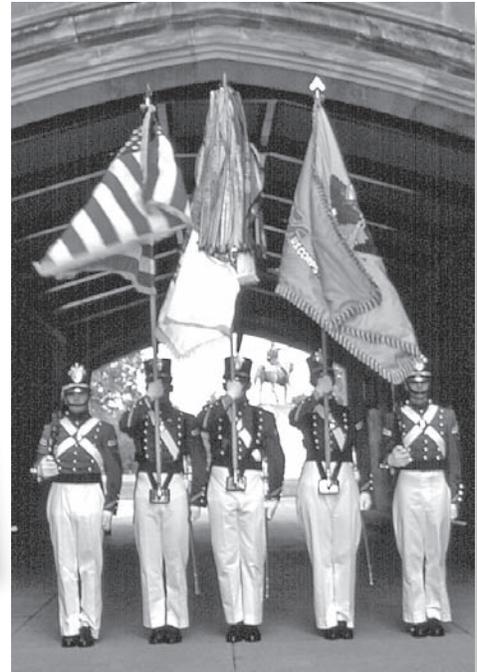

West Point



Information for New Cadets and Parents Class of 2010



Cadet Basic Training Challenge at West Point

A New Cadet participates in physical training with a rifle during the final days of Cadet Basic Training.



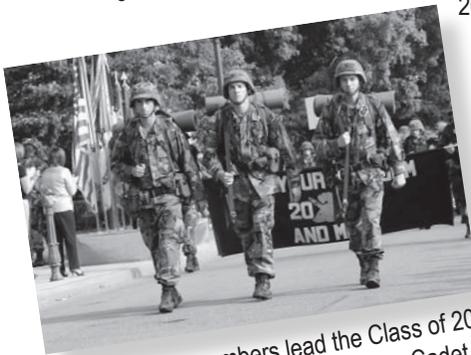
A New Cadet works through the warrior exercise course during Cadet Basic Training.



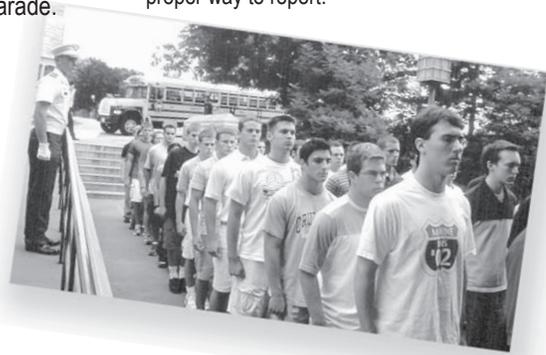
Cadet First Captain Stephanie Hightower observes Class of 2009 during Acceptance Parade.



A New Cadet receives instruction from an upper class cadet on the proper way to report.



Cadet Cadre members lead the Class of 2009 back to West Point after completing Cadet Basic Training.



A group of New Cadets report to Thayer Hall for the first step of inprocessing on R-Day.



The Cadet Chapel overlooks the Plain during the early morning hours at West Point.

To the Class of 2010



*Lieutenant General William J. Lennox, Jr.
Superintendent*

To the Class of 2010:

Congratulations on your appointment to the United States Military Academy.

You are about to become part of a great tradition. For over 200 years, West Point has provided our Nation with leaders of character who have served the Army proudly in peace and war. Reception Day will mark the beginning of your own lifetime of service as you join America's Long Gray Line. All of us here at the Military Academy are committed to your success; we stand willing and able to assist as you strive to become part of this great tradition.

From your first day at West Point you will be challenged. Our academic program is among the finest in the country, the military program is focused on the demands of 21st Century leadership, and the physical program develops a lifetime fitness ethic. These integrated, coordinated, and sequential developmental experiences will occur within a rich moral-ethical environment that is designed specifically to prepare you for a career as a commissioned officer in the United States Army.

Best wishes as you prepare to join us, and welcome to the Class of 2010!

A handwritten signature in black ink, which appears to read "William J. Lennox, Jr." The signature is stylized and cursive.

William J. Lennox, Jr.
Lieutenant General, U.S. Army
Superintendent

A note of introduction

In a few short weeks you will report to Eisenhower Hall at West Point, beginning a new chapter in your life unlike anything you have experienced. We have designed this booklet to help you understand and meet the challenges that await you during the next few months at the United States Military Academy. Prior knowledge about the journey is a powerful tool in preparing yourself for success at West Point. You should read and discuss this information with your parents or guardians.

The following pages contain a brief description of your first year at West Point, a year that will challenge you physically and mentally. Although it is challenging, thousands of young men and women have passed this way before. Like them, you too will develop here under the many programs that make up the West Point Experience. You will also discover that this commitment to intellectual, physical and military professional growth



continues beyond your four years at the Academy. The West Point Experience will inspire you to a career as a commissioned officer in the United States Army.

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Cadet Commanders' Challenge



Cadet Jonathan Nielsen
CBT Commander



Cadet Paul Cheval
CBT Command Sergeant Major



Cadet Daniel B. Hyde
CBT Commander



Cadet Margaret E. Clark
CBT Command Sergeant Major

Congratulations on accepting your appointment to the United States Military Academy. You will soon embark on a 47-month experience allowing you to follow in the footsteps of the many heroic men and women who have attended West Point over the years—including those who are currently serving overseas in combat. But before you take your place in the Long Gray Line, you must first transition from civilian to Soldier. This is the purpose of Cadet Basic Training. Cadet Basic Training will be rigorous and is intended to make you mentally and physically tough, building on your current strengths and instilling in you the values necessary to successfully meet the challenges that you will face as a member of the Corps of Cadets. Come physically fit, highly motivated, and prepared to train.

This summer will be an experience like none other. We commend your decision to serve our nation, and we look forward to leading you. Always Forward, Never Quit!

A handwritten signature in black ink, appearing to read 'Jonathan Nielsen'.

Cadet Jonathan Nielsen
Cadet Commander 2007
Cadet Basic Training I

A handwritten signature in black ink, appearing to read 'Daniel B. Hyde'.

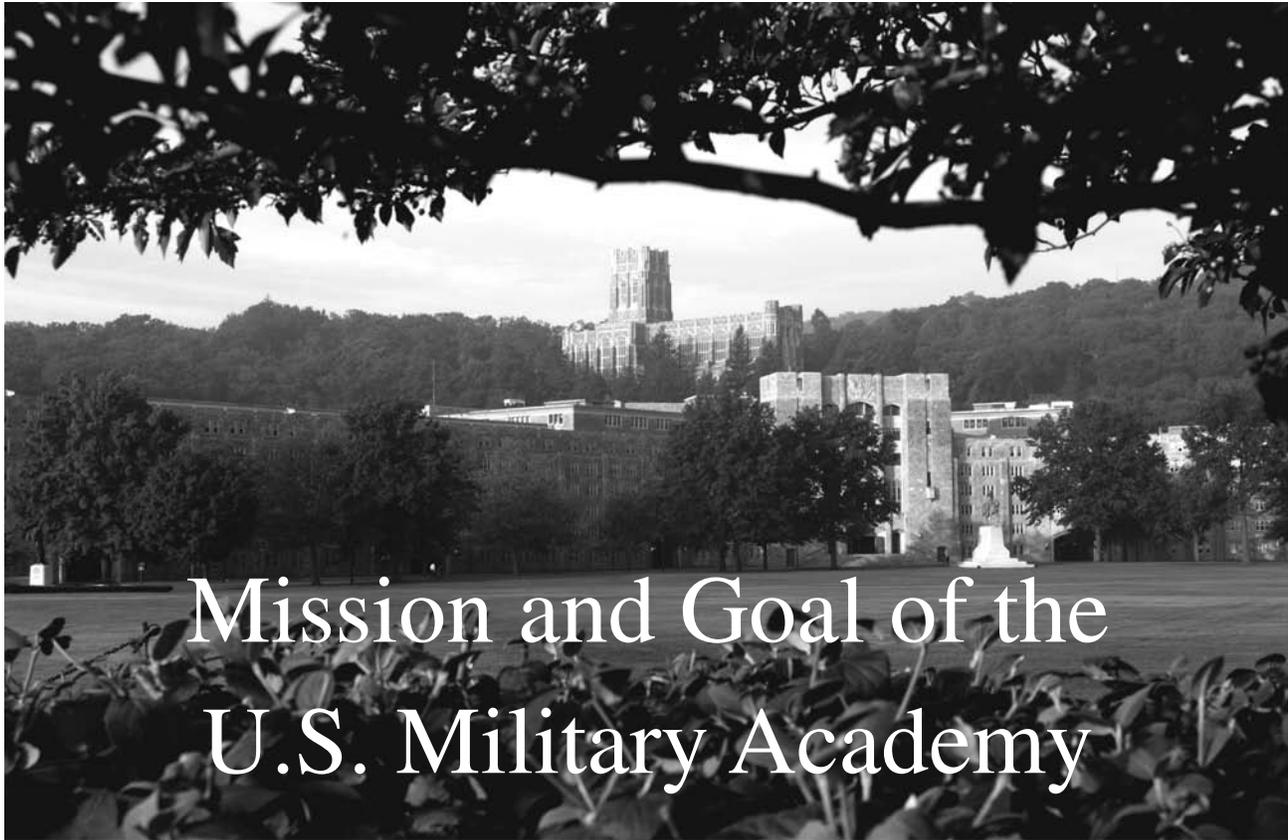
Cadet Daniel B. Hyde
Cadet Commander 2007
Cadet Basic Training II

A handwritten signature in black ink, appearing to read 'Paul Cheval'.

Cadet Paul Cheval
Cadet Sergeant Major 2007
Cadet Basic Training I

A handwritten signature in black ink, appearing to read 'Margaret E. Clark'.

Cadet Margaret E. Clark
Cadet Sergeant Major 2007
Cadet Basic Training I



The mission of the United States Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

The Academy envisions that graduates will be commissioned leaders of character who, in preparation for the intellectual and ethical responsibilities of officership, are broadly educated, professionally skilled, moral-ethically and physically fit, and are committed to continued growth and development both as Army officers and as American citizens.

As such, graduates must understand the profession of arms and the application of a broad liberal education in the arts and sciences to that profession; the ideals of the American Constitution and the

responsibilities of commissioned officers to its defense; and the values and ethical standards of the United States Army: the Professional Military Ethic.

Graduates must also demonstrate personal devotion to the duties of a commissioned officer: intellectual curiosity, imagination, and creativity; ability to act rationally and decisively under pressure; mastery of the basic military and physical skills required for entry into commissioned service; inspiration and motivation to lead American Soldiers in war and peace – leadership characterized by a winning spirit; the ability and motivation to achieve and sustain unit climates that are conducive to military effectiveness and professional excellence; and personal commitment to the selfless standards of officership within the United States Army.

Academy developmental systems and programs have been structured to contribute to instilling these characteristics in each graduate.

The Profession of Officership

Officership is the practice of being a commissioned Army leader. Officers swear an oath of loyalty and service to the Constitution. They serve at the pleasure of the President, the Commander-in-Chief of the Armed Forces. Officers are accountable for the state of the Army and accomplishment of its missions. Officers apply discretionary judgment and bear ultimate moral responsibility for their decisions. Their commission imposes total accountability and requires service of unlimited liability. Essential to officership is a unique self-concept, shared throughout the profession, consisting of four roles - servant of the Nation, warrior, member of a profession and leader of character. Grounded in the Army Values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage, this shared self-concept inspires and shapes the officer and the Army officer corps.

Officers must be self-aware and adaptable leaders. As professionals, officers are committed to mastery of the arts and sciences of the



LTG Lennox is briefed by a Cadet Cadre member on R-Day inprocessing at Thayer Hall.

profession of arms through an inspired quest for life-long learning. Officers gain expertise through progressive education, technical training and the experiences provided through increasingly challenging operational assignments. Officers must also be highly educated, not just in military skills, but in a broad range of disciplines including basic sciences, engineering, the humanities, and social sciences.

The Professional Military Ethic

Commissioned officers are guided by a unique standard of conduct, derived originally from the content and spirit of the commissioning oath, the commission document, the nature of the professional function, and the expectations of the American people. This standard is referred to as the Professional Military Ethic. West Point has long adhered to a standard of conduct characterized as the values of Duty, Honor, Country. As members of the Army, cadets and officers adhere to the seven Army Values. In addition, as part of its Cadet Leader Development System, West Point has identified what it believes are the governing principles of officership. These are:

DUTY. Professional officers always do their duty, subordinating personal interests to the requirements of the professional function.

HONOR. An officer's honor is of paramount importance, derived historically from demonstrated courage in combat. It includes the virtues of integrity and honesty. Integrity is the personal honor of the individual officer, manifested in all roles.

LOYALTY. Military officers serve in a public vocation; their loyalty extends upward through the

chain-of-command to the President as Commander-in-Chief and downward to all subordinates.

SERVICE TO COUNTRY. An officer's motivations are noble and intrinsic: a love for the technical and human aspects of providing the Nation's security and an awareness of the moral obligation to use that expertise self-sacrificially for the benefit of society.

COMPETENCE. The serious obligations of officership - and the enormous consequences of professional failure - establish professional competence as a moral imperative. More than proficiency in the skills and abilities of the military art, professional competence in this sense includes attributes of worldliness, creativity and confidence.

TEAMWORK. Officers model civility and respect for others. They understand that Soldiers in a democracy value the worth and abilities of the individual, both at home and abroad. But because of the moral obligation accepted and the means employed to carry out an officer's duty, the officer also emphasizes the importance of the group above the individual. Success in war requires the

subordination of the will of the individual to the task of the group. The military ethic is cooperative and cohesive in spirit, meritocratic, and fundamentally anti-individualistic and anti-careerist.

SUBORDINATION. Officers strictly observe the principle that the military is subject to civilian authority and do not involve themselves or their subordinates in domestic politics or policy beyond the exercise of the basic rights of citizenship. Military officers render candid and forthright professional judgments and advice and eschew the public advocate's role.

LEADERSHIP. Officers lead by example, always maintaining the personal attributes of spiritual, physical, and intellectual fitness that are requisite to the demands of their profession and which serve as examples to be emulated.

“Duty, Honor, Country”

In his acceptance speech for the Thayer Award in 1962, General Douglas MacArthur described *Duty, Honor, Country* as the foundation for a “great moral code – a code of conduct and chivalry... an expression of the ethics of the American Soldier.” As such, the motto of the Military Academy serves as more than just the guiding moral imperative for a cadet; it is the foundation for the Army's Professional Military Ethic.

Honor: The Cadet Honor Code

At West Point, cadets prepare for the ethical demands of officership by living in harmony with the principles of an Honor Code. The code states: “A cadet will not lie, cheat, steal or tolerate those who do.” Its purpose is to foster a commitment to honorable living in cadets in preparation for their service as leaders of character for the Army. Cadets who live and abide by the spirit of the code are truthful, fair, respectful and professionally responsible.

Throughout the evolution of the code, the essential core has remained unaltered: a cadet's word is unquestioned. The Honor Code demands and expects all members of the Corps of Cadets to conduct themselves with absolute integrity, both in word and deed. Cadets accept this obligation freely and with great pride.

Although the duty to uphold and enforce the Honor Code resides in all cadets, the responsibility for administering and regulating the Honor System

lies with a small body of cadets on the Cadet Honor Committee. The members of this committee are elected from and represent the thirty-two cadet companies. The Honor Committee performs two main functions: honor education within the Corps and the investigation of potential violations of the Honor Code.

Cadets suspected of violating the Honor Code undergo an extensive investigation under the supervision of the Honor Committee. Where sufficient evidence of a violation exists, the Commandant of Cadets convenes a formal investigative hearing to examine the facts. In those instances where the hearing determines that the cadet violated the code, the case is forwarded to the Superintendent for final disposition.

The Honor Committee, through the Professional Military Ethic Education Teams (composed of officers, noncommissioned officers, civilian staff and faculty and cadets), is responsible for conducting honor instruction throughout the Corps of Cadets. This program instructs cadets on the dynamics of the Honor System. New Cadets are expected to adhere to the precepts of the Honor Code beginning on R-Day. During their 47-month experience, they will learn the importance of honor and integrity to a commissioned officer in America's Army.

Respect: The Priceless Value of Every Person

Cadets come to West Point from all geographic regions, socio-economic status, and ethnic groups within our country, and from other nations as well.

The Military Academy and the Army do not tolerate prejudicial, discriminatory, or unfair treatment based upon race, religion, national origin, color, or gender. Such behavior is simply not consistent with the profession of officership, the Army, and service to the Nation.

Like Honor instruction, all cadets actively participate in the Respect Program's formal course



of instruction as part of the Professional Military Ethic Education (PME2). The Respect Program’s goal is to teach cadets how to take an active role in the development of a positive command climate within their units as they themselves assume greater leadership responsibilities. Specific instruction includes: equal opportunity, prevention of sexual assault and harassment, alcohol and drug abuse prevention, and health awareness topics. The

instruction begins during CBT and continues until graduation four years later. The course of instruction is progressive because it deals with increasingly complex issues facing commissioned officers.

Respect Program classes during CBT are structured to ensure that each New Cadet fully understands the proper leader/subordinate relationships, equal opportunity, sexual harassment, sexual assault, discrimination and conflict resolution.

When you arrive ... (What to bring)

NOTE: Candidates must report to Eisenhower Hall on June 26 according to the following time schedule which is determined by the last digit of your social security number:

A candidate whose last digit in his/her Social Security No. is:	Reporting Times Eastern Daylight Time
0, 1, 2, 3.....	6:30 a.m.
4, 5, 6.....	7:30 a.m.
7, 8, 9	8:30 a.m.

Visitors should arrive early, entering West Point through **Stony Lonesome Gate** where you will be directed to convenient parking areas. Place the Reception Day ID pass on your dashboard so the Security personnel can more easily assist you with directions. The automobile driver and all occupants over the age of 16 must have a valid photo identification (driver’s license or school photo identification will be sufficient) to enter the Academy. Allow extra time at the entrance gates for the ID check.

A. Personal Items

1. Men will be issued all clothing and personal hygiene products. Women will be issued all clothing except regular brassieres (see pages 5-6 of *Instructions for Candidates Offered Admission*) which they must bring with them.

Women should also bring a 14-day supply of personal hygiene products in case the Cadet Store does not carry a personal preference of these items.

2. Both men and women should bring the following:

- a. All dental and medical X-Rays, if sent to the candidate by DoDMERB.
- b. One small piece of luggage.
- c. A pair of “broken-in” shoes of the following description should be worn when reporting in: black, plain toe, smooth all leather, laced uppers; replaceable rubber heels, and replaceable rubber or leather sole. Failure to bring broken-in shoes may cause foot injuries that could interfere with New Cadet training. If possible, buy a pair of Army issue low quarters (leather). These can be mail ordered or purchased from the Army Air Force Exchange System (AAFES).



d. One pair of “broken-in” running shoes that are in good condition. New Cadets will be participating in a physical conditioning program beginning the next day. Running shoes are not issued.

e. Because cadets will be measured for uniforms on R-Day, we suggest that all New Cadets arrive in appropriate outfits such as slacks or shorts.

f. If you wear glasses, bring an eyeglass security/sports strap.

3. The following items are optional:

a. Alarm clock (battery operated).

b. Framed picture (boyfriend, girlfriend, family, etc.), not larger than 8” x 10”.

c. Wristwatch.

d. Small handheld hair dryer and/or curling iron.

e. Electric razor (if regular razor and blades not used).

f. Religious reading material.

g. Your passport.

h. Tennis racquet, lacrosse stick, hockey stick, baseball glove, etc. for Corps Squad screening. These items should be marked and left with your personal baggage.

4. It is recommended that bulky items or an excessive number of items not be brought initially because storage space is limited. **Do not bring:**

a. An excessive number of toilet articles and cosmetics.

b. Towels, handkerchiefs, nightwear.

c. Civilian clothes (in excess of those needed for travel to West Point).

d. Rings and excessive jewelry.

e. Stereo equipment or radios.

f. Bicycles and sporting goods.

g. Electrical appliances such as TV sets, coffee pots, and irons.

h. A large amount of money (exceeding \$100.00).

i. Typewriters or computers.

5. The following are **FORBIDDEN ITEMS:**

a. Vehicles of any kind (you are not permitted to maintain a car at West Point until the spring of your junior year).

b. Alcohol and drugs.

c. Fake ID’s.

d. Firearms.

e. Food, snacks, etc. are also forbidden.

f. No cellphones are allowed during CBT.

6. Cadets who enter from prior active duty, National Guard duty or Reserve duty must turn in their military file and military ID card to Cadet Personnel at In-processing Station #3 on R-Day.



B. Hair Styles

Today’s civilian hair styles are not the same as the requirements set by the U.S. Army. All members of the U.S. Corps of Cadets enjoy a reputation for their standards of personal appearance. Since hair length and style are personal and sensitive issues, we strongly recommend that you prepare for your first military haircut. If you now have long hair, we suggest that you have it shortened or styled, conforming as closely as possible to the hair requirements described below.

Haircut Standards.

1. Men.

a. On R-Day, New Cadet men will receive the haircut standard to all basic trainees in the Army. The maximum length or depth of hair on the crown (top) of the head will not exceed one inch. The sides will be close cut, tapered from the lower edge (clean shaven) to the end of the crown (1/4 inch). This style of haircut is maintained during the summer because of its ‘low maintenance’ requirements.

b. With the beginning of academics in August, male cadets may maintain their hair so the length does not exceed 3 inches nor the depth exceed 1 and 1/2 inches.



c. Mustaches and beards are not permitted.

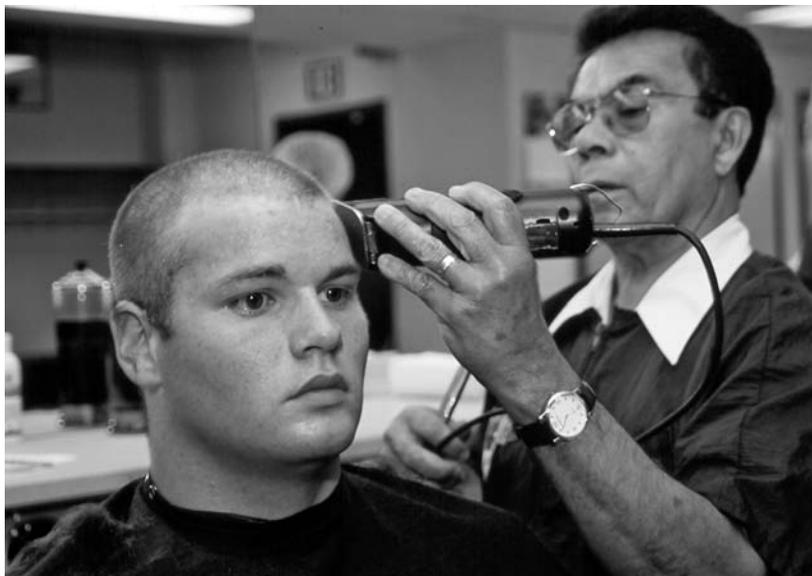
2. Women.

a. The Academy has a full service hair care salon for cadets, but a cadet's summer schedule does not allow time for extensive hair treatments. A hair-style conducive to wash and go is the preferred style. Hair should be in good condition upon arrival. If permanents or relaxers are used, they should be applied prior to reporting in June.

b. During CBT, New Cadet women must have a hairstyle that is easy to maintain and requires only minimal time to prepare for training.

c. There is no requirement for New Cadet women to cut their hair as long as their hair does not interfere with the proper wear of headgear and other training equipment. Women who intend to keep their hair long must pin it up for training. These women are responsible for arriving on R-Day with their hair already pinned up. Hair will not at any time fall over eyebrows or extend below the bottom edge of all issued uniforms. All women should bring their own hair care grooming products including, but not limited to: brushes, combs, elastic bands (must be as close to natural hair color as possible), gel, hairspray etc. as the ability to buy such products vary due to different training schedules.

d. The length and bulk of the hair will not be excessive or present a ragged, unkempt, or extreme



appearance. Hair that cannot be maintained or fit properly while wearing headgear or a protective mask will be cut to adhere to standards.

C. Fitness

We cannot overemphasize the importance of arriving at CBT fit enough to perform the active summer physical training. The goals for the summer experience include: 1) preparing you for the physical demands of the academic year physical education program; 2) developing character, teamwork, self-confidence, toughness and courage; and 3) introducing you to physical conditioning in the Army. Emphasis will be placed on aerobic fitness, as well as muscular strength and endurance. You will also complete a 15-mile foot march in combat gear. To prepare your feet and minimize blisters you should begin preparing yourself before arriving at CBT. You should purchase two pairs of Army-issue, ACU boots. You are now authorized to purchase both the low quarter shoes and pumps at any Army & Air Force Exchange Service. The shoes can also be ordered using the AAFES mail order catalog service. In order to purchase footwear at AAFES, a copy of the letter of authorization signed by the Chief of Staff, U.S. Corps of Cadets, must be presented to the sales clerk. Your walking workouts should start with a 1-mile distance for a week, increasing one more mile each week. To condition and protect your feet, wear a thin nylon or polypropylene sock under a thicker, padded, cotton or wool sock. The thin sock will adhere to your foot, keep moisture away from your skin, and absorb most of the friction coming from the wool sock and the boot. The thicker sock provides additional padding.



In addition, you will take a fitness test consisting of a 2-mile run, 2 minutes of push-ups and 2 minutes of bent leg sit-ups. Minimum scores of these three test items for New Cadets are listed in the chart below.

During CBT you will also be assessed on your ability to swim 150 yards to classify you into a swim group as part of your plebe (freshman) physical education program. Your goal should be to swim 150 yards in 3 minutes or less using any stroke you desire. If you cannot swim, it is recommended that you take steps now to learn basic strokes. The ability to swim is not required for admission to West Point; however, all cadets at the Military Academy must successfully complete the plebe swim course in



order to graduate from the Academy.

You will be tested within four days of arrival and again at the end of Cadet Basic Training. The better prepared you are when you arrive, the easier you will be able to adjust to the challenging physical program.

	Push-ups	Sit-ups	2 Mile Run
Age	17-21	17-21	17-21
Men	35	47	16:36
Women	13	47	19:42

Candidate Medical Note

Candidates should not bring any non-prescription drugs such as Tylenol or aspirin, vitamins, sports drinks or powders with them to West Point. Do not bring any medication in an unmarked bottle.

All of these items will be confiscated at the Medical station. You will be able to purchase non-prescription items after R-Day. Prior to your arrival at West Point, place all prescription drugs and any eye care products in a clear plastic ziplock bag with your name clearly marked on the bag. These items will be inspected by medical personnel during your in-processing.

Cadet Basic Training

West Point selected you because you have the qualities needed for success. You must still be determined and persevere through the challenges of CBT to achieve your goals.

The toughest military training comes first at West Point. Plebe (freshman) year begins with Reception Day when you start six and one-half weeks of basic military training. Called CBT, it is known to all who have

gone through it as “Beast Barracks.” This, the most physically and emotionally demanding part of the four years at West Point, is designed to help you make the transition from New Cadet to Soldier.

For this reason, and to avoid a quick or rash decision which could result in a New Cadet losing the opportunity he or she worked so hard to gain, those who enter on R-Day are expected to complete the 6 1/2 weeks of CBT. Experience has shown that it is best to take one day at a time, and that with each new day’s experience, strength and confidence are



built. The imposed discipline of CBT will gradually be replaced with self-discipline, the key to success as an Army officer. During your Army career, self-discipline will enable you to do your duty, regardless of the circumstances.

A New Cadet’s Day

Below is a schedule showing a New Cadet’s day for July and August:

5:00 a.m.....	Wake-Up
5:30 a.m.....	Reveille Formation
5:30 to 6:55 a.m.....	Physical Training
6:55 to 7:25 a.m.....	Personal Maintenance
7:30 to 8:15 a.m.....	Breakfast
8:30 to 12:45 p.m.....	Training/Classes
1:00 to 1:45 p.m.....	Lunch
2:00 to 3:45 p.m.....	Training/Classes
4:00 to 5:30 p.m.....	Organized Athletics
5:30 to 5:55 p.m.....	Personal Maintenance
6:00 to 6:45 p.m.....	Dinner
7:00 to 9:00 p.m.....	Training/Classes
9:00 to 10:00 p.m.....	Commander’s Time
10:00 p.m.....	Taps



Impressions of Cadet Basic Training from New Cadets

“Beast is rewarding. There are ups and downs, but the end is worth it. Yes, you pick up all sorts of great experiences and good training you wouldn’t get anywhere else. But you also learn the satisfaction of working hard, and working together. You learn how precious it is to render a salute to our flag and take on the Nation as your own, to protect. You learn how much it means to know your buddy is there for you. From just taking everything in, you begin to piece together the essence of the leader you want to become. And then you realize that so much is left to do and learn, and this is only the beginning.”

“The friendships you make during Beast are unlike anything I experienced in high school. The kind of challenges you face and successes you have create a bond that people who weren’t there just can’t understand.”

“When I finished Beast I was proud, not only because of the challenge and the hard work it had taken, but because of all the other amazing people who had done it before me.”

“I learned more about myself, the Army, and life in one summer than I had in the first 18 years of my life.”

“Beast made me confront and overcome my fears. It showed me what I am truly capable of doing when I put my mind to it and drive on. The tasks we had to do gave me confidence and a feeling of accomplishment that made it all worthwhile.”



“Beast was an enjoyable experience. It gave me the chance to challenge myself both physically and mentally, and there is nothing better than getting down and dirty in the woods on a hot summer day with a bunch of people who are just as excited and motivated as you. I did so many things during Cadet Basic Training that few people will ever do in a lifetime. The experience really is something to be proud of.”

“Try to think of Beast as a game. It will wear you down after a while, especially if you start taking everything as seriously as they want you to. The secret is to keep your sense of humor, and remember that you are bound to mess up -- they’ll make sure of that -- but as long as you give it your best, you will look back on this someday, as the leader that you came to be, and laugh.”

“Something I wish I had realized during Beast is that the upperclassmen are only a few years older than you, and making just as many mistakes as you. This doesn’t mean you should disrespect them in any way, because one day, you will be in their positions too, but keeping this in mind will help you get through the more frustrating times.”

“At West Point, you are challenged in a variety of ways in every developmental area -- mentally, physically, militarily, and socially. The system will find your weakness, but that is the point -- West Point toughens you.”

The West Point Experience

The West Point Experience is the process that transforms cadets into commissioned officers who possess competence and good character to lead American Soldiers. It provides the essential pre-commissioning preparation for the profession of officership. It starts on the cadet's first day with a solemn oath to support the Constitution and culminates four years later with a second oath – the commissioning oath – whereby the graduate swears to support and defend the Constitution.

Design of the West Point Experience flows from the premise that commissioned officers lead most effectively when they possess both competence and good character. Hence, development is focused in six distinct developmental areas – intellectual, military, physical, spiritual, ethical and social.

The Academy has organized itself into three primary developmental programs: Academic, Military, and Physical. Each of these programs contributes to the development of cadets in all six developmental areas.

The Academic Program

The Military Academy's Academic Program includes a dynamic and integrated undergraduate curriculum, which balances the physical sciences and engineering with the humanities and social sciences. Its goal is for every graduate to be able to anticipate and respond effectively to the uncertainties of a changing technological, social, political and economic world. In addition, the Academy seeks to instill in cadets creativity, moral awareness and a commitment to progressive and continued educational growth throughout their careers as commissioned officers.

The Military Program

West Point's Military Program consists of four components, woven throughout the 47-month West Point experience: Military Science education in small-unit tactics and principles of war; Military Training in basic individual and small-unit tactical skills, such as rifle marksmanship, land naviga-



tion and movement techniques; Cadet Professional Development in the concept of officership, conduct and decorum and professional ethic education; and the cadet's day-to-day Military Environment of unit training, chain-of-command duties, drill and ceremony, extracurricular activities and classroom duties. The Military Program provides to all cadets a broad, basic military education and training to prepare them for service as a commissioned officer and inspire them to a career of Army Service.

The Physical Program

The Academy's Physical Program focuses on the physically demanding requirements of being an Army officer. It develops in cadets the ability to maintain personal and unit fitness; nurtures the qualities of courage, aggressiveness and the will to win; and cultivates a desire to lead a healthy lifestyle. Specific program activities include physical education classes, regular fitness testing and competitive athletics.

Spiritual Development

Spirituality is rooted within oneself -- it is one's sense of who he or she is as a person. Spirituality is the internal drive that propels individuals to achieve their maximum capabilities. Religion is one component for many cadets and there are many voluntary activities for cadets to grow in their own faith-based spirituality; however, the Academy views spirituality in a broader context. The West Point Experience

engages awareness of cadets' own spirituality by providing opportunities to build the deep personal attributes such as determination, compassion, commitment and the will to win.

Ethical Development

Ethical development is central to the West Point Experience. The Honor Code - - "A cadet will not lie, cheat, steal or tolerate those who do" - - sets the minimum standard for integrity, but the Military Academy seeks to inspire adherence to the complete "spirit" of the Code.

The Academy focuses on developing commissioned leaders of character, men and women who are honest, just, and respectful. Ethical development teaches cadets right from wrong so they not only know what is right, but can do what is right.

Life at West Point

Fourth Class Year

Fourth Class year is the most formative time in the 47 months of a cadet's career. Not only does it serve as a key transition step from civilian to cadet life, but it also establishes the basis for success in all of USMA's developmental programs. During this important year the Fourth Class cadet will:

- (a) Learn fundamental Soldier and cadet skills, successfully completing all required baseline elements within the developmental programs.
- (b) Receive a foundation for understanding and acceptance of the Army's Professional Military Ethic.
- (c) Develop self-discipline, duty motivation, and a commitment to service and teamwork.
- (d) Learn that success is measured by contribution, performance to challenging standards and continuous pursuit of excellence.

By achieving these goals, the Fourth Class cadets are well prepared for the challenges and opportunities awaiting them in the rest of their USMA experience.

As parents, you can be of great help to your son or daughter through the challenging times. Since cadets are new and do not always understand the system and reason for certain actions, they may misunderstand why certain things are done.

Room Assignments

Upon arrival at West Point, New Cadets will be

Cadets are guided by the Academy's timeless motto, *Duty, Honor, Country*.

Interpersonal Relations

Leadership is about influencing people to accomplish tasks and improve an organization. Leadership, therefore, occurs in a setting of intense inter-personal relations. Teaching cadets to effectively interact with people of diverse backgrounds and cultures is the primary purpose of the Academy's social program. Social development occurs on the training field, in the classroom, in the barracks, in a family setting, and during formal or informal social activities. The Directorate of Cadet Activities provides many activities to help cadets experience intellectual, physical, cultural, moral, and social pursuits.



assigned to a CBT company. Room assignments are three to a room and are made on a random basis and are not influenced by race, religion, creed or socio-economic backgrounds of individual cadets. Roommates are members of the same squad or platoon and will be responsible to the same upperclass leaders. Cadets have the same roommate throughout the summer. Women generally are assigned to squads in pairs, and women will be assigned as roommates. Women live in the same buildings as their fellow male company members but will have separate rooms and use separate latrine and shower facilities. New Cadets and cadets are required to lock their room doors each night from Taps until Release from Quarters the following morning.

The military atmosphere at West Point is maintained even in your room. For example, here is a New Cadet's description of a room arrangement: "The Army has a place for everything and a way to

fold everything. In our closet, clothes have to be hung in a certain order. Our underwear has to be folded just so, and in a certain part of the drawer. The inside of our desk is supposed to be neat and our books stacked on the shelf from the tallest to the shortest. In the medicine cabinet, the razor has to be on a certain shelf and turned a certain way. We have to dust, sweep, clean the sinks, and make sure the mirror is clean.”

Between the end of Cadet Basic Training and the start of the academic year, you will be assigned to a room in your permanent company area. Cadets are generally assigned two or three to a room.

Once assigned rooms, plebes retain the assignments from August through December. Cadets receive new room assignments each semester.



The Tactical Officer and the Tactical Noncommissioned Officer

The TACs and TAC NCOs (Company TAC Teams) are the integrators of the Academy’s developmental programs -- they oversee each cadet’s individual development in the academic, military, physical and moral-ethical programs. The TAC Teams lead, coach, mentor and train the cadets with a continual focus on leader development. The TAC is the legal commander of the cadet company and, as such, is responsible for the establishment and maintenance of a climate that fosters individual and unit excellence in all program areas.

TACs and TAC NCOs are chosen based on their demonstrated abilities and potential in all these areas. All Company TACs have been successful company commanders in the U.S. Army. TAC NCOs have all been successful platoon sergeants, drill sergeants or first sergeants. Their combined abilities, experiences and training inspire and motivate cadets in preparation for service as commissioned officers.

TAC Teams interact daily with cadets across the



developmental spectrum. They are available to the cadets from reveille until Taps each day. The TAC Teams regularly attend academic classes and teach numerous leadership and professional development classes. They attend drill and ceremonies practice, military training and intramural sports with their companies. They perform these same duties during the summer training period at Cadet Basic Training and Cadet Field Training. Additionally, many TACs and TAC NCOs are assistant coaches, officer representatives or officers-in-charge of intercollegiate and intramural sports and activities.

As program integrators, TAC Teams regularly interact with cadets’ professors, mentors, coaches, staff and faculty and parents. The TACs and TAC NCOs are the points of contact for any questions or concerns regarding cadets.

Cadet Finances

At the U.S. Military Academy, cadets are not charged for tuition, room, board, medical and dental expenses. Cadets are responsible for certain costs, including academic supplies, required equipment, a personal computer, personal services, and laundry and dry cleaning.

To help a cadet meet these expenses, a cadet earns a monthly paycheck and receives a \$5,060 pay advance. This pay advance is necessary because cadet expenses accrue faster than cadet pay during the first few months at the Academy. In addition, the cadet

or cadet's family should make an initial deposit of \$2,900.00 prior to his or her arrival to pay for expenses incurred before receiving the first paycheck. If you are unable to make the deposit, please contact the USMA Treasurer prior to arrival. This deposit is nonrefundable after the cadet reports to USMA on Reception Day. Questions may be addressed to the USMA Treasurer at (845) 938-4262, or write the USMA Treasurer, USMA, Official Mail and Distribution Center, 646 Swift Road, West Point, NY 10996-1905.



Two accounts are used to help cadets manage their funds. One is their own personal checking account and the other is known as the "Cadet Account" managed by the Treasurer, USMA.

The Cadet Account is opened upon receipt of the initial deposit. In addition to the initial deposit, the \$5,060 pay advance and a monthly portion of the cadet's pay are credited to the account. One of the primary purposes of the Cadet Account is to assist the cadet in saving for future expenses. The funds in the Cadet Account will be used to pay for textbooks, uniforms, Academy fees, a personal computer, academic supplies, equipment, and some optional purchases made available to cadets.

Prior to admission each cadet is asked to sign and return a Certificate of Authorization, found in the booklet, *Instructions for Candidates Offered Admission*, which allows the Treasurer, USMA, to withhold a portion of pay and disburse funds for all items issued. The Treasurer becomes the custodian of the Cadet Account and acts on behalf of the cadet ensuring that only authorized purchases are charged against the Cadet Account.

West Point has found that the Cadet Account is the best way to manage a cadet's money so that funds are readily available for required purchases. A cadet earns interest on the balance of funds held in the Cadet Account.

The Pentagon Federal Credit Union operates a branch in the cadet area that provides a full range of financial services required by cadets including: check cashing service, travelers checks, money orders, wire

transfers, checking and savings accounts, ATM cards and credit cards.

Every cadet must have a personal checking account prior to arrival at USMA. Every cadet's monthly checking account allowance is deposited directly into the cadet's personal checking account. If you haven't established your account already, review page 3 of the *Instructions for Candidates Offered Admission* booklet.

Do not bring more than \$100 in bills and change with you when you report to West Point, after you expend funds for travel. Any amount in excess of \$100 will be collected upon arrival and deposited in the Cadet Account. The first days at West Point are hectic, and there is no place or time to spend pocket money.

The chart on this page depicts the typical monthly distribution of pay for a Fourth Class cadet.

Monthly Distribution of Pay	
Salary Earned	845.67
Distribution:	
Federal Income Tax.....	34.97
State Income Tax	12.24
FICA (Social Security)	52.43
FICA (Medicare)	12.26
SGLI (Servicemen's Life Insurance)	27.00
Repayment of Advance	110.00
Cadet Account Deposit.....	396.77
Checking Account Allowance	200.00
Total.....	845.67

Each cadet, regardless of class year, will earn \$845.67 per month during 2006-2007. This salary is subject to federal and state withholding taxes and social security deductions.

This pay advance is necessary because cadet expenses accrue faster than cadet pay during the first few months at the Academy. The \$5,060 advance noted above is paid back in 46 monthly installments of \$110. No interest is charged on this pay advance.

As you can see, a cadet in the freshman year receives a personal checking account allowance of \$200 each month out of the \$845.67 monthly salary earned. The money that goes into the personal checking account is the cadet's spending money. The amount of spending money increases each year as the cadet progresses at USMA. For example, in Academic Year 2006-2007, a Third Class cadet (sophomore) receives \$300 each month, a Second Class cadet (junior) earns a \$400 monthly checking account deposit, and a First Class cadet (senior) receives a \$500 deposit. Checking accounts are for the personal use of cadets, and it is their responsibility to follow normal banking procedures. The personal checking account is meant to cover average personal expenses such as daily living, leave travel and expenses, cadet activities, savings and car insurance. Cadets will have varying personal expenses but each should look ahead and begin saving for the major expenses like the class ring (average amount spent \$1,500); car insurance; graduation expenses; officer uniforms; and winter, spring and summer leave periods. The total four-year discretionary allowance is approximately \$15,447 and if properly managed, will allow cadets to enjoy the full West Point experience.

You will be covered by a government sponsored life insurance plan known as Servicemen's Group Life Insurance (SGLI). This policy provides for a maximum coverage of \$400,000, which is automatic. The current cost for this coverage is \$.68 per \$10,000 (\$27.00), which will be deducted from your monthly pay. Increments of less than \$400,000 may be selected.

You will be reimbursed by the Defense Military Pay Office for your travel expenses to West Point. If you travel to West Point by air, you should make travel arrangements through a government contracted travel office (CTO). Ask before you make arrangements whether the travel office is government contracted. Subject to change, the current government contracted travel offices are Carlson Wagonlit and SATO. If you do not use a CTO, you



will only be reimbursed at the government rate of the ticket. Please refer to page 8 of the *Instructions for Candidates Offered Admission* booklet. A New Cadet should have in his or her possession any transportation and lodging receipts associated with travel to West Point. Receipts are required to receive reimbursement of travel expenses.

See page 4 of *Instructions for Candidates Offered Admission* for scholarship information. Cadets coming from unusually difficult financial environments are encouraged to apply for scholarships. Scholarships assist in meeting required financial obligations.

Cadet Personal Affairs

All cadets must file an individual tax return with the United States Internal Revenue Service. Assistance will be available for all cadets when completing federal income tax returns. Income from interest, dividends, and other sources are all part of taxable income.

Current Internal Revenue Service guidance for parents is quoted for information purposes:

"An Armed Service Academy appointment is not a scholarship, and for the period a student is enrolled, he is supported by the Armed Services. The student may not be claimed as a dependent if he is there for a full year.

"If your cadet is in a service academy for only part of the year you may claim an exemption if the dependency tests are met. In determining whether you furnished more than half of their support, the compensation and allowance provided by the Armed Services while they are in the Academy must be taken into account."

Please note for 2005 that a parent or guardian must have contributed financial support exceeding

\$33,597.16 in order to claim the cadet as an income tax exemption.

West Point's medical, dental, and hospital facilities are accredited by the Joint Commission on Accreditation of Hospitals. These facilities, located on the grounds, are available to a cadet at no expense.

Should hospitalization or medical treatment be required while your cadet is away from West Point, the cadet is entitled to care at any Armed Forces facility. In emergencies, your cadet may be treated at any civilian facility without expense. (See enclosed medical cards). Should an emergency arise, you should notify your cadet's company Tactical Officer and the Cadet Brigade Surgeon at 845-938-3003/2565 (after hours 845-938-5169) at the earliest possible time. For care that is not an emergency, contact the Cadet Brigade Surgeon for approval of

care. If you do not obtain prior authorization in a non-emergency, medical bills may not be approved for payment, and the care may affect your cadet's qualification for commissioning. Contact Keller Hospital's Health Benefits Advisors at 845-938-4838 for assistance with bills for civilian care.

Parents of cadets are encouraged to continue to list their son or daughter enrolled at West Point on their family health insurance programs until they graduate and are commissioned.

It is recommended that candidates have a tourist passport in their possession upon entering the Academy. Experience shows that many, if not all, cadets will need a passport during their tenure as cadets. Obtaining a passport prior to arrival is a convenience many cadets appreciate later.

The Army Career: Officership

Education and training prepare cadets not only for the challenges of junior officership but also for a time when they may be charged with responsibilities at the highest levels of the Army or government.

Young officers spend the first years of their careers qualifying in their specialties as platoon leaders, company commanders, instructors or junior staff officers. They go on to advanced branch career courses and possibly to civilian graduate school. Senior captains or junior majors begin to serve on higher level staffs. Some officers will concentrate in a major specialist program like research and



development, logistics, or information technology. Many will attend the Army Command and General Staff College or the Armed Forces Staff College. With this background, Army officers are prepared to meet the increasing responsibilities and challenges as they progress through an Army career.

Considering current basic pay rates, medical and dental care, and retirement, the Army officer's compensation compares favorably with civilian counterparts in business and industry.

Opportunities for Contact and Visitation

Information in this section provides an outline of the orientation program of R-Day on June 26 for parents, relatives, or friends who may accompany New Cadets to West Point.

Persons accompanying you should plan on attending the initial briefing given at Eisenhower Hall. After the briefing, you will begin in-processing. Your friends and relatives will not be able to visit you again until privilege periods begin later this summer. Until that time, New Cadets will have no free time and guests should

not plan to come to West Point to visit you. Parking is available in the lettered lots near Michie Stadium. Your guests should plan on leaving their vehicles there as parking elsewhere on the post is extremely limited. Shuttle bus transportation will be available to them for the remaining events on R-Day. Dress is informal for all activities; comfortable walking shoes should be worn.

Following the initial briefing, your relatives and friends may visit the Parents Reception Center in Eisenhower Hall. Videotapes on cadet life, Army football and military training will be shown there throughout the day. Guided tours of West Point and shuttle bus service around the post will originate at Eisenhower Hall. Lunch will be available at Eisenhower Hall, as well as other locations easily reached by the shuttle bus. The Cadet, Catholic, and Jewish chapels will host various activities during the day. In the afternoon, the Superintendent and Commandant will speak to parents, friends and relatives in the Eisenhower Hall Theater. Following a question and answer period, all guests will be invited to witness the New Cadet Oath Ceremony at Trophy Point. At the conclusion of the ceremony, shuttle buses will be available to take parents and friends to the parking areas.

Those parents not coming to West Point should note that New Cadets will not have access to a telephone for the first few days after they arrive. If



your parents wish you to notify them of your safe arrival, please do so before you report to the initial in-processing station.

During CBT, there will be no opportunity to visit New Cadets. After the Acceptance Day parade on August 12, when New Cadets officially become members of the Corps of Cadets, most cadets will have time for visits. Please contact your cadet for additional details.

Labor Day weekend, September 2-4, is the first opportunity for Plebes to take an overnight pass away from West Point. Additionally, classes and military training are suspended on federal holidays, and cadets can escort visitors on these days.

Mailing Address for New Cadets

Mail for New Cadets should be addressed as shown below:
New Cadet John/Jane Doe
P.O. Box*
USCC (Company)*
West Point, New York 10997

*A box number and company of assignment will be issued to the New Cadets in a mailing prior to their arrival at West Point on June 26.

The long weekend of October 13-16 is set aside for an annual event known as Plebe Parent Weekend. During this weekend, parents and friends can visit plebes and examine the facilities at West Point. The

weekend will include a Plebe Review, the Superintendent's Orientation, a tour of facilities, open houses and a formal banquet. Parents will be notified officially of the Plebe Parent program. It is advisable that parents who intend to participate make arrangements early; see the listing of tourism agencies on page 10 of the booklet, *Instructions for Candidates Offered Admission.*

Thanksgiving, Winter and Spring leaves provide all cadets an opportunity to return home.

Emergency leave may be granted to cadets if a serious problem arises involving a member of your immediate family. Application for such leave should be made by the cadet to the company Tactical Officer.

Parents are encouraged to join a West Point Parents Club. There are more than one hundred of these independent, parent-run organizations located throughout the world, and membership affords access to information about the Academy and fellowship with other cadet families. Additional information about Parents Clubs is included in the West Point Parents Almanac which is enclosed with this booklet.

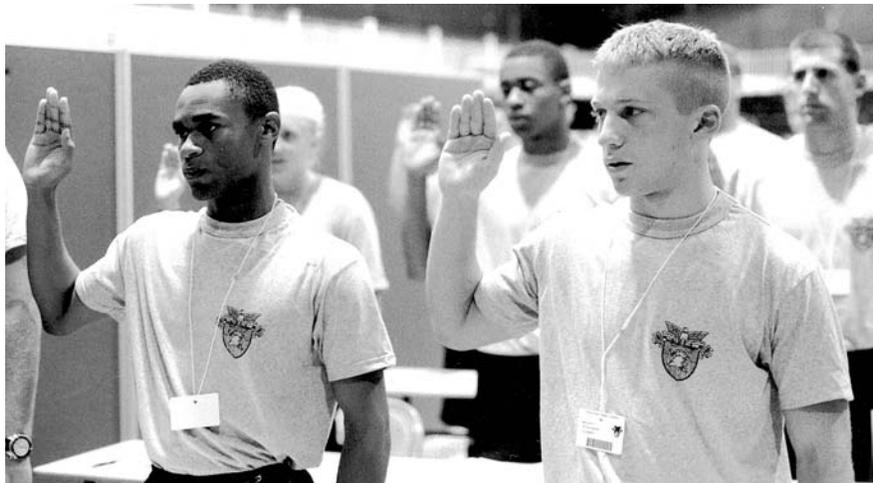
Information about a West Point Parents Club in a specific area can be obtained by writing to the Public Affairs Office, Community Relations Branch, ATTN Parents Club Coordinator, Building 2107, USMA Mail Distribution, 646 Swift Road, West Point, NY 10996, or by calling the Parents Club Coordinator at (845) 938-5650 or 3614. Parents may also e-mail the Parents Club Coordinator at yd2883@usma.edu.

The Public Affairs Office also maintains a list server that posts official updated information through email. To sign up for this free service go to USMA's home page at www.usma.edu then *USMA News*, then *USMA Parents Club*, then *Join the WPPC-NEWS* list. From there follow the directions listed.

How to contact New Cadets

U.S. Postal System

Each cadet has a unique post office box. These boxes (more than 4,000 of them) are located in the basement of the Cadet Mess Hall. Cadets have access to the boxes and a full-service post office,



all in one convenient location. The post office box number will be provided to you on an individual information card in a mailing prior to R-Day. Post Office box numbers remain the same throughout a cadet's four years at West Point.

Telephone

During the academic year you can reach your cadet directly by calling his or her personal telephone number. Every cadet has their own assigned telephone number and telephone.

Please keep in mind that during the initial part of CBT cadets are not permitted to accept or make phone calls except in emergencies. Because of the challenging environment, varying schedules, and the demands upon cadet time, even after they are permitted to make phone calls, we recommend that your cadet call you.

During the first part of the academic year, the plebe class will be issued their telephones, a personal identification number, a corresponding phone number, and receive extensive briefings and instruction on the use of these phones and the system. Cadets are charged for any long distance calls.

In an emergency you can try to call your cadet's orderly room or tactical officer. If all other attempts to contact your cadet fail and it is an emergency, you may call the Central Guard Room at (845) 938-3030. The Central Guard Room is staffed 24 hours a day and should not be called in non-emergency situations.

This summer, your cadet will be placed in one of the eight CBT companies. CBT companies also have orderly rooms that will be staffed during some of the

periods of the day. (Normally the entire company goes to all training, leaving no one in the orderly room.) These numbers (along with the name and phone number of your cadet's tactical officer) will be provided to you on R-Day for your individual cadet. Please keep in mind that during the initial part of CBT, we don't allow the New Cadets to accept or make phone calls except for emergencies. Once phone authorizations are granted, it is preferable for your cadet to call you.

The Cadet Computer and Electronic Mail

Computing and other technologies are integral to the cadet experience. Each cadet is issued a laptop computer during reorganization week. The laptop is chosen through a competition that stresses high technical quality, reliability, and the manufacturer's commitment to support. It is equipped to be compatible with the USMA computer network, which connects all 8,000 cadet, faculty and staff computers, helping people to communicate. Cadet computers have a full four year, on-site warranty for routine repairs. Software required to support USMA academics and command functions is already installed on the computer when the cadet receives it.

Interested parents may use any computer that gives Internet access to contact their cadets, through a network or an Internet Service Provider. Several sources provide excellent basic computer and Internet education for the beginner, such as bookstores, libraries, parents groups and computer stores.

Parents having no experience with the Internet or electronic mail should begin by consulting the many books and periodicals available on getting started with the Internet. Local computer sellers, and Internet Service Providers (ISPs) (see your Yellow Pages) may also be of assistance. Parent groups or the USMA Association of Graduates may also offer advice and assistance. In brief, the required steps are as follows:

- Obtain a computer equipped with a modem and electronic mail software.
- Obtain Internet access through an ISP.
- Learn how to use the Internet and mail software packages.



- Provide your electronic mail address in a letter or phone call.

- Have your cadet send the first message.

Currently, a new Internet-capable computer and software can be obtained for less than \$1,000. Internet services cost as little as \$10 per month if a provider can be reached through a local phone call, which is possible in most of the United States.

Cadets and parents frequently ask if a computer already on hand can substitute for the issued computer. It is more beneficial for New Cadets to purchase the West Point computer package because of the software bundles provided and the technical support available from USMA computer staff members. This also assures cadets will be properly connected to the West Point network. It also will allow cadets to receive software and systems upgrades published automatically over the USMA network. Exceptions to this policy must be approved by the Associate Dean for Information and Education Technology.

Glossary of Cadet Slang

ACU	n.	Army combat uniform.
AFC	n.	As for class.
AI	n.	Additional Instruction.
A.M.I.	n.	Morning Inspection.
APFT	n.	Army Physical Fitness Test.
ASAP	n.	As Soon As Possible.
Army Brat	n.	Son or daughter of a career Army Soldier.
AUTHOS	n.	Authorization to miss drill or other company training.
Area Tour	n.	punishment.
"A" Squad	adj.	Refers to cadet varsity intercollegiate team.
AWOL	n.	Absent without leave.
BDU	n.	Battle Dress Uniform.
Beast	n.	"Old Corps" slang for Cadet Basic Training.
Blow Off	v.	To not worry about something. To not complete an assignment/homework ("I blew it off").
Bogus	adj.	Uncalled for, audacity.
Boodle	n.	Cake, candy, ice cream, etc.
BTO	n.	Brigade Tactical Officer.
Bugle Notes	n.	'Cadet Bible' - book with historical and required knowledge, issued to 4th Class cadets.
Bust	v.	To reduce in rank as a result of misconduct proceeding.
Butt	n.	The remains of anything, as the butt of a month, the butt of a cigarette.
Butter Bar	n.	A new Second Lieutenant.
CBT	n.	Cadet Basic Training.
CFT	n.	Cadet Field Training.
Charlie Mike	v.	Continue missions.
Civvies	n.	Civilian clothes.
Coastie	n.	One who attends USCGA.
COM	n.	The Commandant of Cadets.
COR	n.	Cadet Observation Report.
Corps Squader	n.	NCAA (Varsity, JV) Athlete.
Cow	n.	A cadet of the Second Class; a junior.
CPR	n.	Cadet Performance Report.
Dirt	n.	The core geography class taken by Yuks.
Dirt Department	n.	Department of Geography.
D.M.I.	n.	Department of Military Instruction.
D.P.E.	n.	Department of Physical Education.
Engineer	n.	One well up in studies. A cadet in the upper section in academic work.



F.D.	n.	Full dress uniform.
Find	v.	To discharge a cadet for deficiency in studies, conduct or honor.
Firstie	n.	A cadet of the First Class; a senior.
Flirtie	n.	Flirtation Walk, scenic walk where only cadets and their escorted guests may go.
Floater	n.	A person without a table at a meal who stands under the poop deck waiting to be seated.
Ghost	n.	A fourth class cadet who hides in his/her room to avoid the upperclass or to work duties. Also refers to an upperclass cadet who is rarely seen around a cadet company.
G.I.	adj	Government issue (not to be used when referring to enlisted personnel.)
Goat	n.	A cadet in the lower sections. A cadet near the bottom of their class. Lowest ranking cadet on graduation day.
Gray Hog	n	An extremely USMA-oriented cadet.
Green Suiter	n.	An Army officer, NCO or Enlisted Soldier.
Hell Cats	n.	Musicians who sound reveille and the calls.
Hooah	n.	Meaning yes or I understand.
Hop	n.	Cadet dance.
Hours	n.	A punishment served by a cadet by walking with their rifle or saber, on a weekend in Central Area.
IKE	n.	Eisenhower Barracks or Eisenhower Hall.
IOCT	n.	Indoor Obstacle Course Test.
Juice	n.	Electricity, Electrical Engineering.
Knowledge	n.	Information that all plebes should know so they can recite it to upperclassmen.

Glossary of Cadet Slang

Late Lights	n.	When a cadet has his/her room lights on after midnight.	Slug	n.	A special punishment for a serious offense.
Limits	n.	The limits on the reservation to which Cadet are restricted.		v.	To impose a special punishment on someone.
MAC	n.	MacArthur Barracks.	S.O.D.	n.	Senior Officer of the Day.
Max	n.	A complete success; a maximum.	S.O.G.	n.	Senior Officer of the Guard.
	v.	To make an "A" in academic recitation; to do a thing perfectly.	Solids	n.	Engineering mechanics.
Minutes	n.	The time remaining before a formation.	Sound Off	n.	A powerful voice.
New Cadet	n.	A cadet not yet officially recognized as a member of the Corps (i.e., during CBT).		v.	To use the voice so as to be heard. Shout.
O.C.	n.	Officer-in-Charge.	S.O.P.	n.	Standing Operating Procedure.
O.D.	adj.	Olive Drab.	Spaz	v.	To make a gross error.
ODIN	n.	A Norwegian god to whom cadets appear for rain before parades, inspection, etc.		n.	A cadet who consistently makes gross errors.
Old Grad	n.	One who has graduated from USMA.	Spec (speck)	v.	To memorize verbatim, as "to spec blind."
P.	n.	A professor; an instructor.	Squid	n.	One who attends the Naval Academy.
P.D.A.	n.	Public Display of Affection.	Star Man	n.	A distinguished cadet.
	n.	personal digital assistant (palm pilot)	Strac	adj.	Excellent in appearance, organized (Straight, Tough, and Ready Around the Clock).
Ping	v.	For a plebe to walk at a quick pace of 180 steps per minute.	Straight	adj.	Observant of the rules; organized; ready.
Plebe	n.	A cadet of the Fourth Class; a freshman.	Squared away	adj.	To be STRAC.
P.M.I.	n.	Afternoon or evening (p.m.) inspection.	Sup	n.	The Superintendent.
Police	v.	To throw away, to discard. To clean up.	TAC	n.	The Company Tactical Officer.
Poop	n.	Information to be memorized.	TAC NCO	n.	A tactical noncommissioned officer.
Poop-Deck	n.	The balcony in the dining hall from which the orders are published (read to the Corps).	TED	n.	Tactical Eye Device.
Poop-Sheet	n.	Page of information.	T.E.E.	n.	Term End Examination (Final Exam).
Pop Off	v.	Sound-off in a military manner.	Turnback	n.	A cadet sent to the next lowest class.
Post	v.	Short for "Take your post." Go about your business; function.	UNSAT	adj.	Unsatisfactory performance.
P.T.	n.	Physical Training.	Woop	n.	What members of other service academies call a West Point Cadet.
Rack	n.	Cadet bed, also sack.	W.P.R.	n.	Written Partial Review (Major examination or Mid Term).
	v.	To sleep.	Writ	n.	An examination.
Rabble Rouser	n.	A cadet cheerleader.	Yearling/Yuk	n.	A member of the Third Class; a sophomore.
R.H.I.P.	n.	Rank Hath Its Privileges (as well as obligations).	You Fly, I Buy	phrase.	You pick the food up and ill pay for it.
Roger	n.	I understand.	Zoomie	n.	One who attends the Air Force Academy
RTO	n.	Regimental Tactical Officer.	2% Club	n.	A cadet is in this club if they have had the same girlfriend or boyfriend from R-Day to graduation.
S.A.M.I.	n.	Saturday morning (a.m.) inspection.			
Sack/Rack	n.	Cadet bed.			
	v.	Sleep.			
Sham	v.	To try to get out of doing something that is one's responsibility; take the easy way out.			
Short	adj.	Being close to graduation.			

Schedule of Events and Privileges - Class of 2010

Please make note of the upcoming authorizations, privileges, and events for your cadet. You are welcome to visit West Point at any time during any of these privilege periods.

Day/Date..... Time	Remarks
Monday, 9:30 a.m. 7 August.....	Cadet Basic Training Regiment returns (March-back) from Lake Frederick.
Saturday, 10:00 a.m. 12 August	Acceptance Parade, The Plain.
Saturday, Released by unit after parade 12 August	Walking privileges for Fourth Class cadets.
Sunday, 7:00 a.m. to 7:00 p.m. 13 August	Walking privileges for the Fourth Class cadets only.
Saturday-Monday 2-4 September	*Labor Day Weekend,** Cadets with pass privileges may depart after last duty, Friday 1 Sept. and be present for the accountability formation Monday, 4 Sept., 7:00 p.m.
Saturday..... TBA. 2 September	Army vs. Arkansas State, away football game at Jonesboro, AR.
Saturday, 1:00 p.m. 9 September	Army vs. Kent State, home football game.
Saturday, 9:00 p.m. 16 September	Army vs. Texas A&M, away football game at San Antonio, TX
Saturday 1:00 p.m. 23 September	Army vs. Baylor, away football game at Waco, TX.
Saturday 1:00 p.m. 30 September	Army vs. Rice, home football game.
Saturday 1:00 p.m. 7 October	Army vs. Virginia Military Institute, home football game.
Monday..... 9 October	Columbus Day. Classes in session.
Friday - Sunday 13-16 October	Plebe Parent Weekend for the Class of 2010. Parents will receive further information. Upperclass Cadets with pass privileges may depart after last duty, 12:30 p.m. Friday, 13 Oct., and be present for the accountability formation, Monday, 16 Oct. 7:00 p.m.
Saturday TBA. 14 October	Army vs. Connecticut, away football game at East Hartford, CT.

Schedule of Events and Privileges – Class of 2010

Monday..... 16 October	Columbus Day Observed, No Classes. Training holiday.
Saturday TBA. 21 October	Army vs. TCU, home football game.
Saturday TBA. 28 October	Army vs. Tulane, away football game at New Orleans, LA.
Friday..... 8 p.m. 3 November	Army vs. Air Force, home football game.
Friday..... 10 November	Veterans Day observed, no classes.
Saturday 11 November	Veterans Day.
Saturday 2:30 p.m. 18 November	Army vs. Notre Dame, away football game at Notre Dame, IN
Thursday - Sunday 22-26 November	*Thanksgiving leave. Cadets may depart after last duty, Wednesday, 22 Nov., and be present for the accountability formation, Sunday, 26 Nov., 7:00 p.m.
Saturday TBA. 2 December	Army vs. Navy, Philadelphia, Pa.
15 December-2 January 2007	*Winter leave. Term end exams begin Saturday, 9 Dec. Cadets may depart after last exam, and be present for the accountability formation, Monday, 2 Jan., 2007, 6:00 p.m.
Monday..... 15 January	Martin Luther King Jr.'s birthday. No classes.
Saturday-Monday..... 16-19 February	*Presidents' Weekend**. Cadets may depart after last duty Thursday, 15 Feb. and be present for the accountability formation Monday, 19 Feb., 7:00 p.m
Friday-Sunday..... 9-18 March	Spring Break. Cadets may depart not earlier than 5:20 a.m., Friday, 9 March, but must be present for the accountability formation on Sunday, 18 March, 6:00 p.m.
Saturday 9:00 a.m. 26 May	Graduation for the class of 2007. Summer leave begins immediately after Graduation.

*Before making airline reservations, parents must know their cadet's individual class schedule. Departure time can vary 6 to 12 hours. Parents must also allow sufficient ground transportation time between West Point and the greater New York City area airports.

** Cadets in the Class of 2010 are authorized only one pass per semester.

Football dates, time, location are subject to change.

Appendix

Individual Guidance for Heat Acclimatization

This heat acclimatization guidance is for those New Cadets who will be attending strenuous CBT in hot weather. It provides practical guidance to obtain optimal heat acclimatization to both maximize performance and minimize the risk of becoming a heat casualty.

Should you be concerned about hot weather?

If you are used to working in cool or temperate climates, then exposure to hot weather will make it much more difficult to complete your training course. Hot weather will make you feel fatigued, make it more difficult to recover, and increase your risk of being a heat casualty. New Cadets with the same abilities but who are used to training in hot weather will out perform you.

How do you become heat acclimatized?

a. Heat acclimatization occurs when repeated heat exposures are sufficiently stressful to elevate body temperature and provoke profuse sweating. Resting in the heat, with limited physical activity to that required for existence, results in only partial acclimatization. Physical exercise in the heat is required to achieve optimal heat acclimatization for that exercise intensity in a given hot environment.

b. Generally, about two weeks of daily heat exposure is needed to induce heat acclimatization. Heat acclimatization requires a minimum daily heat exposure of about two hours (can be broken into two 1-hour exposures) combined with physical exercise that requires cardiovascular endurance, (for example, marching or jogging) rather than strength training (pushups and resistance training). Gradually increase the exercise intensity or duration each day. Work up to an appropriate physical training schedule adapted to the required physical activity level for the advanced military training and environment.

c. The benefits of heat acclimatization will be retained for ~1 week and then decay with about 75 percent lost by ~3 weeks, once heat exposure ends. A day or two of intervening cool weather will not interfere with acclimatization to hot weather.

What are the best heat acclimatization strategies?

a. Maximize physical fitness and heat acclimatization prior to arriving in hot weather. Maintain physical fitness after arrival with maintenance programs tailored to the environment, such as training runs in the cooler morning or evening hours.

b. Integrate training and heat acclimatization. Train in the coolest part of the day and acclimatize in the heat of the day. Start slowly by reducing training intensity and duration (compared to what you could achieve in temperate climates). Increase training and heat exposure volume as your heat tolerance permits. Use

interval training (work / rest cycles) to modify your activity level.

c. If the new climate is much hotter than what you are accustomed to, recreational activities may be appropriate for the first two days with periods of run / walk. By the third day, you should be able to integrate PT runs (20 to 40 minutes) at a reduced pace.

d. Consume sufficient water to replace sweat losses. A sweating rate of >1 quart per hour is common.

Heat acclimatization increases the sweating rate, and therefore increases water requirements. As a result, heat acclimatized Soldiers will dehydrate faster if they do not consume fluids. Dehydration negates many of the thermoregulatory advantages conferred by heat acclimatization and high physical fitness.

e. Meal consumption is just as important as water consumption. Food will replace the minerals lost in sweat as well as provide the needed calories. Salt food to taste, and do NOT take salt tablets. Rigorous training in hot weather requires a daily calorie consumption of approximately 1800-2100 calories per day.



Table 2. Heat Acclimatization Suggestions

Strategy

Suggestions for Implementation

Start early

1. Start at least 1 month prior to school or training.
2. Be flexible and patient: performance benefits take longer than the physiological benefits

Mimic the training environment climate

1. In warm climates, acclimatize in the heat of day.
2. In temperate climates workout in a warm room wearing sweats.

Ensure adequate heat stress

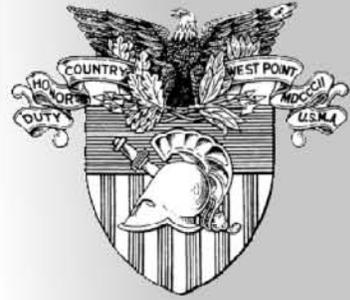
1. Induce sweating.
2. Work up to 100 minutes of continuous physical exercise in the heat. Be patient. The first few days, you may not be able to go 100 minutes without resting.
3. Once you can comfortably exercise for 100 minutes in the heat, then continue for at least 7-14 days with added exercise intensity (loads, or training runs).

Teach yourself to drink and eat

1. Your thirst mechanism will improve as you become heat acclimatized, but you will still under-drink if relying on thirst sensation.
2. Heat acclimatization will increase your water requirements.
3. Dehydration will negate most benefits of physical fitness and heat acclimatization.
4. You will sweat out more electrolytes when not acclimatized, so add salt to your food, or drink electrolyte solutions during the first week of heat acclimatization.
5. A convenient way to learn how much water your body needs to replace is to weigh yourself before and after the 100 minutes of exercise in the heat. For each pound lost, you should drink about one-half quart of fluid.
6. Do not skip meals, as this is when your body replaces most of its water and salt losses.



TRAVEL ROUTES TO WEST POINT



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LEGEND

Airports: ✈️

1. Stewart
2. La Guardia
3. J.F.K.
4. Newark

Railroads: ★

5. Grand Central
6. Penn. Station

Bus Stations: ●

7. Port Authority

APPROXIMATE MILEAGES:

Newburgh	15	West
N.Y.C.	50	Point
Peekskill	10	
Poughkeepsie	30	

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Notes
