

SEMPER GUMBY 2018

This document is intended to guide the new KP parent about what to expect during the first months of their student's KP experience. Some of the required items may be different when the 2018 Logging In book is received, so, please make sure to follow the Logging In instructions to the letter. !

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For Candidate/Plebe Parents Class of 2018 – Useful Things to Know...

SEMPER GUMBY!

Weeks before Indoctrination (hereafter referred to as Indoc)

BOOKMARK THE NATIONAL PARENTS ASSOCIATION WEBPAGE: <http://kpparents.com>

Read the Logging-In thoroughly and completely (will be mailed out Mid-May) Class of 2018: You must obtain a Transportation Worker Identification Credential (TWIC) at a cost of approximately \$132.50. I can't emphasize enough how important it is to not delay applying for this credential. To obtain a TWIC your son/daughter must go to a Transportation Security Administration enrollment center twice, once for enrollment, the second time to pick up the TWIC. Enrollment and pick-up must be done at the same enrollment center. Once you enroll, there will be a six to eight week wait to pick up the TWIC, so enroll early. There is NO expedited process for an additional fee like passports. When pre-enrolling, indicate the purpose for the card is for employment as a Merchant Mariner and that the U.S. Merchant Marine Academy is the employer. Consult the Logging in Reporting Instructions and logging in website for procedures if you do not have sufficient time to obtain a TWIC before reporting for Indoc. Be advised if your child reports to INDOC without a TWIC Card they will lose part of their Thanksgiving and Winter Holiday Break. The office of Shipboard Training will require them to go apply for the TWIC Card the first Monday of Thanksgiving Break and go pick it up the First Monday of Winter Holiday Break (In NJ). Here's the website to pre-enroll and schedule an appointment and I highly recommend this procedure so you have time to get the TWIC before Indoc:

http://www.tsa.gov/what_we_do/layers/twic/index.shtm

Make reservations for Indoc and Acceptance Day NOW. Many places are already sold out. There is a list of some hotels on the National Parents Website <http://kpparents.com> which usually offer reduced hotel rates for USMMA Parents.

Parents Weekend, Acceptance Weekend

Please go to the website, <http://kpparents.com> for up to date information about Indoc, Parents Weekend and Plebe Acceptance Weekend. Acceptance weekend is something new for the Class of 2018 and will feature the swearing in of your Candidates to the Merchant Marine Reserve and the Navy Reserve. Make sure to attend both Acceptance and Parents Weekend as the program is different for both. At Parents Weekend in September you will be able to see Beat Retreat, a football game and have the opportunity to meet with the "older, seasoned" parents who can offer you valuable insights on supporting your child as they go through KP. Acceptance weekend is scheduled for 8 August. Parents Weekend is scheduled for 19 September.

Make your Candidate work out every day, especially running. The workout program is included in the Logging In book. Remember your Candidate may be transitioning from a sedentary lifestyle to one where they will be on their feet and active all day. The work out routines works if followed. Indoctrination includes a lot of physical activity, including

distance running. Speed is less important than distance/endurance. Physical fitness will be assessed every trimester during their time at the Academy. The assessment always includes measuring body fat, running, sit-ups, and push-ups and students must meet Navy Regulations.

IMPORTANT: Your son/daughter will be weighed and measured within the first few minutes of checking in. If they are not within the U.S. Navy Height/Weight/Body Fat Standards they face the possibility of not being allowed to enter the Academy and being sent home.

PERSONAL GEAR – GENERAL

It is recommended that candidates bring a small amount of cash (not more than \$50). Candidates should also bring at least \$100 in “Traveler’s Checks” and/or a debit/credit card. There is a full-service personal banking facility (Navy Federal Credit Union) on campus that candidates will be able to enroll in.

Do not bring valuable jewelry; you will not have an opportunity to wear it.

Bring two working black ink ballpoint pens to use in signing papers.

If you wear eyeglasses, they must be clear (non-darkening) prescription lenses for military formations. You may not wear sunglasses at any time when participating in a military function. Contact lenses may be worn in lieu of eyeglasses.

Cell Phones: Cell phones may be brought but, due to the Indoctrination training program, will not be authorized to remain on person and will be collected and stowed for safekeeping.

Calculator: Each candidate is required to possess a Texas Instruments TI 89 series graphics calculator. This may be purchased before entrance to the Academy or can be purchased at the Academy’s Navy exchange (NEX). ALL OTHER ELECTRONICS (SPEAKERS, RADIOS/STEREOS, IPODS, PORTABLE GAMING DEVICES, ETC.) ARE NOT AUTHORIZED.

All items are subject to inspection and any items brought not listed may be confiscated for the duration of the Indoctrination program.

Candidates can’t have too much underwear – buy the cheap stuff and replace w/ higher quality during parents weekend. Make sure they are comfortable for running. Some males prefer boxer briefs but they must be white. All cotton underwear will be more comfortable in the hot summer during Indoc. Good athletic socks and good running shoes. Candidates must bring running shoes with them to Indoc.

Teach them how to wash clothes – at times they will do their own laundry. A commercial laundry service will do most of their laundry, including all personal and uniform clothing but not pillows or blankets. There are self-service laundry facilities on campus for student use. To use the self-serve laundry Plebe Candidates will have to purchase a laundry card. Laundry soap is available at the NEX.

Before purchasing any required gear, make sure to check the 2018 Loggin In for any changes from below. This is just an example of what was required for the Class of 2017.

PERSONAL GEAR - FEMALE

Report in appropriate casual summer attire: collared shirt (short sleeve blouse, polo, or button-up shirt) and lightweight slacks or shorts. No jeans. Athletic shoes may be worn.

Female candidates must bring the following:

Barrettes, neutral or same hair color –

2 Brassiere – athletic, white – 6

Brassiere, dress white – 6 (optional)

Earplugs for pool (if desired)

Goggles for pool (if desired)

Running shoes - Bring one of the following models in a predominately white color: New Balance 1140, New Balance 990, New Balance 770, New Balance 880, Saucony Ride 4, Saucony Guide 5, Saucony Echelon 2, Asics GEL-3030, Asics GEL-Kayano 18, Asics GEL-Phoenix 4, Adidas adiSTAR Salvation 3, Etonic DRP Epic, KSwiss K-Ona C, Brooks Adrenaline GTS 12. It is recommended to break in the shoes prior to reporting aboard.

Socks, white cotton athletic (without stripes or trim and crew length) - 14

T-shirts, white crew neck (round neck) -14

Toiletry articles - razor, shampoo, toothbrush, toothpaste, deodorant, feminine hygiene, foot care products (as required), nail clipper, etc.

Towels, white – 6

Undershorts (your preference of type), white – 14

Wash cloths, white - 2

PERSONAL GEAR - MALE

Report in appropriate casual summer attire: collared shirt (short sleeve polo or button-up shirt) and lightweight slacks or shorts with belt (if applicable). No jeans. We recommend that Candidates wear their athletic shoes when they report to Indoc. Male candidates must bring the following:

Earplugs for pool (if desired)

Goggles for pool (if desired)

Running shoes – Bring one of the following models in a predominantly white color: New Balance 780, NewBalance 1540, New Balance 940, Saucony Stabil CS 2, Saucony Echelon 2, Asics GEL-1170, Asics GT-2170, Asics GEL-Kanbarra 6, Asics GEL-Galaxy 5, Adidas Response Cushion 20, Etonic DRP Epic, K-Swiss Konejo II, Brooks Adrenaline GTS 12, Brooks Trance 11. It is recommended to break in the shoes prior to reporting aboard.

Socks, white cotton athletic (without stripes or trim and crew length) - 14

T-shirts, white crew neck (round neck) -14

Toiletry articles – razor (electric or manual), shampoo, toothbrush, toothpaste, deodorant, foot care products (as required), nail clipper, etc.

Towels, white – 6

Undershorts (your preference of type), white – 14

Wash cloths, white – 2

Female Haircuts –Females are not required to cut their hair prior to Indoc. This is the ONLY time in your life you will go for function over fashion and it WILL grow back. In short, here's what it says in the 2018 Logging In: Hair shall be neat, clean, proportionately shaped and arranged in a professional style. When in uniform, hair on the back of the head may touch but not fall below the lower edge of the collar. It must be neatly and inconspicuously fastened, pinned or secured to the head presenting an attractive hairstyle and must not show under the front brim of the headgear. Be sure to have plenty of neutral or same color barrettes as required depending on your hairstyle.

Male Haircuts – regardless of the length of your son's hair when they report for Indoc, it will be cut to conform to regulations within minutes of leaving O'Hara Hall. So as long as it is reasonably short, neat and clean – don't worry about making sure it is exactly $\frac{3}{4}$ inches long before reporting. NOTE: (For both Male and Female) REGARDLESS OF THE STANDARDS, SHORTER HAIR THAN THE MINIMUM STANDARDS IS ENCOURAGED AS IT IS EASIER TO CARE FOR IN GENERAL AT THE ACADEMY, WHERE TIME MANAGEMENT IS CRITICAL

Get high speed internet (cable/FIOS/DSL), install an Instant Messenger (IM) program. One popular form of communication is via SKYPE or FACEBOOK video calling. These are free programs which allow voice and video communication. Whichever form of internet messaging you use, make sure to learn how to use it. If you have a data capable cell phone you might also want to learn how to set up/use FACEBOOK Video chat/ AOL IM/SKYPE on your cell phone. IM/SKYPE is the primary form of communication once computers are allowed to be used. Learn how to use it at home as well as on your data capable phone. You will really appreciate the high speed connection during Indoc to view all the pictures posted daily on the academy website. Dial up is simply too slow. IM is the best way to "talk" to your son/daughter when they get permission to use their computers. Computers are normally permitted for use towards the end of Indoc. IM and email will be the best forms of communication with your Candidate.

Cell phones will be allowed only on Sundays (not the first Sunday of Indoc) and during emergencies during Indoc up until acceptance, and will be limited after acceptance day until Recognition.

A list of personal items which are required are listed in the Loggin In Manual for 2018. The items must be exactly what is on the list. For the convenience of Candidates, the Personal Items Kit (complete, to proper specifications, and pre-bundled) is available for a tax-free purchase from the USMMA Midshipmen Store which is operated by the Navy Exchange. The kit is \$381.18 for males and \$391.18 for females (subject to change). To pre-order the kit contact the NEX at 516-726-6177.

Also, your candidate may be placed in Band Co even if they don't play an instrument, so don't be surprised. This is necessary to balance out the numbers in each company. Plebe Candidates will not be moved because they don't want to be in Band Company.

Camera: Consider taking a hand me down during the first year then upgrading before they go to sea. Any type will work, but a digital will allow them to show/share photos instantly.

Get them a credit card for school supplies & travel home and an ATM card from your local bank. The Navy Federal Credit Union is on campus and all are eligible for membership after Indoc. Discuss now how you will handle spending money for your son/daughter. Traveler's checks might be needed if you choose not to use a credit card. Figure out how to send money electronically to their accounts – a home based bank ATM card might be easier if you are computer challenged but the Navy FCU works fine also. Typically, candidates are given an appointed time to go to Navy Federal and open up a

bank account. If you want it to be a joint account with you (highly recommended, especially during sea term), you may want to go down the day before Indoc during banking hours and set the account up.

Give them pre-addressed / stamped envelopes (not postcards), if you want any mail from them, especially during Indoc. If you really want mail from your son/daughter – fill each readdressed/stamped envelope with a form letter like this (personalize as you desire):

DEAR MOM & DAD:

Today is _____ and I'm feeling (circle appropriate)



Check all that apply:

I LOVE THIS PLACE!

I HATE THIS PLACE!

I MISS YOU!

I LOVE YOU!

THE FOOD IS GOOD (but not as good as yours mom)

I LOVE MY DI'S

THE FOOD IS NOT SO GOOD

I'M GETTING LOTS OF SLEEP

I'M NOT GETTING ENOUGH SLEEP

I'M HAVING FUN

Other: _____

After Indoc your primary means of communication will be either email or instant messages.

Pack some safety pins

Day before Indoc

Many KP coaches (traditional sports and waterfront) host a BBQ the day before Indoc –this is a must attend event and is usually 'by invitation-only'. Coaches and fellow teammates can play a significant role in the success of your Candidate, besides it's nice to meet other kids and parents. Check w/coaches for invitations and times.

Get a good night's sleep and get up early and have a good breakfast.

Candidates are better off having as few personal possessions as humanly possible until AFTER acceptance day (that's Parents Weekend in September). Bring photos of family/home in small book or frame.

Try to convince them to take a little extra time during uniform issue time, they will have limited time to try them on and uniform items can be tailored. Bigger is better than smaller in most cases. Nothing is worse than having to run in tight shorts during Indoc.

Discuss and remind your Candidate that nothing they do during Indoc will be correct – it's just the way it is and when corrected – DO NOT take it personally, everybody gets corrected, it's part of the program. To become a good leader and give orders, one must learn how to be a follower and take orders. Plebe year is all about learning to follow orders and working with others for the good of the whole.

Discuss w/ them the thoughts they will likely experience that first night on campus "What the heck am I doing here?" or a few nights later when they say "I can't take this crap anymore!" Everyone will likely experience these thoughts and feelings – BE PREPARED and discuss ahead of time, only you know how to guide your child through this difficult process. Bottom line - Indoc is tough and it's meant to be that way, but it will be over before they know it. They will survive.

On Indoc Day:

Reporting Day is Wed. 2 July 2014 between 0700 and 0830.

Bring your camera!

Don't be the first to show up for Indoc, nor the last. Put all documents that you need to bring in a big envelope. Take picture with family at the Gymnasium Eagle BEFORE they enter. Give them hug & kiss because once they enter, they will NOT return.

Remember to give them some cash - \$20.00 to \$50.00 is plenty, but not a twenty or fifty dollar bill. Take one last look at your child (the backside) as he/she enters O'Hara Hall and commit to memory –you will need this image of your child to find him/her on Barney Square at the lunch muster. By this time, all Candidates should be in blue gym shorts and running shoes. and it is extremely difficult to identify them.

Wear a somewhat distinctive color shirt to spot them at first, both child and parents. Stand outside O'Hara Hall until you see your son/daughter exit and then disappear. Midshipmen (MN) in the area will encourage you to leave and go to parent's hospitality area – ignore this advice until you have seen your Candidate exit O'Hara Hall.

Walk around the campus and hit Parents Association tables and the Navy Exchange for goodies. You may see your son/daughter in the hallways outside in formation (see distinctive shirt). You may be told you can't enter certain areas – honor that when told. Take pictures and laugh (try not to cry).

Consider buying the "Acta Non Verba" photo book to take home. The National Parents Assoc. will have these books on sale either at Indoc or Parents Weekend. This is a beautiful book and you will want this to show everyone where your child is going to College.

At the appointed hour (usually 11:00 am) – attend the Superintendent and staff briefing in Ackerman Auditorium. Then follow the crowd to the Candidate formation where you will view the Mess Muster 1200 - 1215. This is your last opportunity to see (not talk to) your Candidate as they line up in Plebe their new shorts & shirt, already sporting a new haircut and all looking alike & terrified. You may have the chance to wave at them – which is why YOU wear the distinctive shirt.

Once you find your Candidate in the formation – take several photos of him/her and also the other Candidates in their company formation – you will need these pictures of others in his/her company to help you find your son/daughter on the daily web site photos. You may think you can spot your child in any picture – but TRUST US – you will not be able to find them in group photos unless you know what others in their company look like.

Try to figure out what company they have been assigned to by observing their position in the formation and listening to the commands. Observe others in the same company – look for other tall/short kids so you can spot your Candidate in the Indoc pictures by cueing off other kids in the Company since they travel in packs together. Also you may see your candidate running out holding their hand up. Their Company is indicated by the number of fingers held up, 1 finger = 1st Co, 2 fingers = 2nd Co, etc. You will be dismissed by 12:30 p.m. or so after they march into the dining hall.

DON'T MISS THIS: After the dismissal you and your family are invited by the U.S. Merchant Marine Academy Alumni Association and Foundation (AAF) as their guests to a luncheon that will begin when the parents participation in Indoc is over. The luncheon will be held at the Alumni House, located on campus at 8 Elmridge Road. Signs will be posted and AAF staff will be on hand to direct you. It will be another way to meet the other 2018 Parents, relax, and get something to eat and drink. Please RSVP to Lisa Donitz at (516) 773-5658 or lisa.donitz@alumni.usmma.edu.

After the luncheon you must leave. The Academy Grounds will be closed to visitors. Go to NYC for the night and celebrate! Go to a show/museum/spend the night!

Do not leave Great Neck until you mail that first letter (not a postcard). Here's how to address during the Indoc period:

Plebe Candidate {student full name here} 2018

U.S. Merchant Marine Academy

Kings Point, NY 11024-1699

Mail call for Candidates is Monday-Saturday. It's important to hear encouraging words from home – send mail every day and number/date your letters as they may not arrive in order.

During the Indoc period, your student is a Candidate. After the Indoc period, your student will have the title of Plebe Candidate. As soon as they have been accepted on Acceptance Day, they will officially be Plebes. Your student is not a Midshipman until they have been recognized which takes place sometime in March/April/May.

Alarm clocks are not allowed during Indoc – if they absolutely must have one, you may ship after Indoc. If brought to Indoc, it will be confiscated and returned sometime after Indoc.

During / After Indoc

Check the website EVERYDAY during Indoc – view pictures. One of those days you WILL SEE your son/daughter, but in some cases – only if you followed the day of Indoc tip to memorize other Candidates in their Company. They always travel in packs w/ fellow Company mates. Plebe Parent Tips

Be home to get that first phone call and make sure your Candidate has a phone card to call home (not necessary if they have a cell phone). Their call is limited to no more than 5 minutes, but it will seem like a 30 second call, so plan your discussion ahead of time and keep the list by the phone. Nothing is more discouraging for your child than to wait to call home and get the answering machine – he/she gets one chance, and may be able to call again later – but this is not guaranteed. You need to be there for him/her. Make sure he/she knows what phone number or numbers to find you at on Saturday and Sunday after the first week of Indoc. There are always a few Candidates who can't get in touch with their parents and usually at this point during Indoc encouragement from home is what is needed. Your mission is only to give encouraging words – some will be crying – be ready for this, it is very common.

During Indoc immediately following breakfast each morning, Plebe Candidates will be given the opportunity to report any need for medical care or intervention. In the event of injury or illness when the Dept. Of Health Services is closed the USMMA DHS Emergency Medical Services (EMS) dispatcher will be notified. The EMS Dispatcher will coordinate the appropriate response.

Please make sure to carefully read the Health Insurance Requirements as explained in the Logging In for the Class of 2018.

A Math & Science (Math, Physics & Chemistry) Indoc test will be administered during Indoc. The Math portion of the test will determine which Math class they will have to take – there are 2 possible options: (1) Calculus 1 Extended (meets 4 times/week) and (2) Calculus 1 (meets 3 times/week). There is no placement associated with the Chemistry and Physics portions of the test – it is used for informational purposes only.

Church – whether you believe or not - attend – it's an air-conditioned, hassle free zone to relax. **Remember, parents are not allowed on campus until after Indoc**, so if you want to attend church with your child YOU MUST WAIT UNTIL AFTER ACCEPTANCE DAY. Parents and visitors are not allowed to sit or visit with Plebe Candidates a before, during, or after church until after Acceptance weekend when they become Plebes. So be aware if you do attend Church services you must sit in the back, away from your Plebe Candidate and will not be allowed to visit or speak with them. KP does a good job of taking care of your children, and the system works, if you let it.

Send mail from all friends and relatives during Indoc AND into the year. Recruit EVERYONE to send funny and inspirational mail so they get something every day if possible. Do NOT send “stuff” until after acceptance. Food is ok to send the second week but be sure to send at least 2 dozen (5 dozen is better) of whatever to share. These packages are considered community property and will be immediately consumed upon opening. Many little notes & things via mail are better than saving up and sending one big package.

You may send school supplies and computer-related accessories after Indoc. Do not send games/movies – they simply don't need the distraction nor are they allowed to use them.

Parents Weekend 19-21 September 2014.

This is a must attend event – plan now – be there for your son/daughter.

You will see a new person this weekend and especially when they come home for their October break! They will want to show off for their grandparents/teachers, etc. Let them! Some of their old buddies may now not fit that category anymore. Consider arriving Thursday night before Parents weekend so you can go to the Friday a.m. classes, Colors are usually around 0730 so if you arrive Thursday night you can observe this Friday morning.

Make sure you attend the “Beat Retreat” performance Friday night – it is awesome, but the room is hot (not air conditioned so dress appropriately and arrive early as every seat will be filled. Saturday, after the football game, they will be released and want nothing else than to eat a good meal (translation –expensive) & sleep late Sunday morning. Find a good Sunday “all you can eat brunch.” Port Washington, NY has several and is scenic, but there are others.

DO NOT bring girl/boyfriend to parent’s weekend without first discussing ahead of time with your son/daughter – their relationship may have changed – and surprise, mom and dad don’t know. Consider bringing them a cell phone at this time, if they don’t already have one. They can use them under limited circumstances. No cell phone carrier has superior service on campus and few can talk from their rooms.

Headphone privileges may be granted to your student's company for good behavior so you may want to bring a pair of these. Speakers and computer monitors are not allowed.

Other General Comments:

Most areas have a holiday Joint Service Academy Ball over winter break. This is a formal holiday ball where members and families from all the Service Academies get together. Try to attend this function!

Car Insurance: Check w/ your carrier to determine reduced rates. If your carrier is USAA, they will cover your student at no charge while at the academy provided you list him/her as a nonoperator. When contacting USAA for this coverage, inform the USAA service representative that the U.S. Merchant Marine Academy is listed within IOP as one of the qualifying military schools.

Shopping on the Internet is good – ship direct to school. They can also get their own supplies, etc. that way. The Navy Exchange on campus also carries supplies and is very convenient.

I-Tune or Netflix (or similar) prepaid cards are great presents during the year (but remember your plebe may not have permission to watch movies or listen to music, so check before you send these items).

You may not see them after New Years – many teams have spring break trips.

KP Parents’ Association communication is almost exclusively thru email – some free services such as hotmail (unless you have paid for additional capacity) will not accept some of the emails w/ graphics and attachments. AOL will not confirm delivery and if you have on spam filters – it will reject all club email. If you want to be part of our notification list, please make sure to fill out the registration form on our website: <http://kpparents.com>.

Pay attention to the Regimental Calendar – particularly to the leave and liberty periods. Midshipmen are not permitted to depart early or return late from a leave or liberty period.

Note: Getting a better priced ticket is not an adequate reason to extend leave or liberty time. Midshipmen who make travel arrangements that conflict with leave/liberty times, without getting permission for the leave/liberty first, are subject to disciplinary action and will have to absorb the price of the ticket if their request for modified leave/liberty is disapproved. It is extremely important that your Candidate (and you) consult the Regimental Calendar which gives the

times when students can leave and when they must return to KP. The Regimental Calendar can be found on the National Parents Website (<http://www.kpparents.com>)

Electric Razors are allowed during Indoc but they don't shave as close as a razor. If your son prefers an electric razor, consider also bringing a regular razor for Indoc. A fabric pill shaver might be useful after Indoc to shave their blankets. Some kids won't like the issued pillow; a plain white standard size washable pillow might be desired by your student.

Usually on Thursdays during the academic year, there is a "Cookie Café" in Land hall for all Midshipmen. Each club signs up to bake their kids favorite cookies and send them for the Cooke Café. Please visit <http://www.kpcookiecafe.com/> to check sponsor dates. This is a good chance for you to send a special baked goody that your child may miss.

There is a United States of America Service Academy Forum at:

<http://www.serviceacademyforums.com> While there is much useful information on this website, remember that this is a public forum and anyone can post just about anything (translation=NOT always correct) and it certainly does not represent an 'official' position of the US Merchant Marine Academy. There is also a discussion board at <http://www.collegeconfidential.com>. Click on US Service Academies discussion and find USMMA. If you have any questions about anything, please contact one of the National Parents Association officers. If they don't know the right answer they will get it!!!

(This section written specifically those who wish to drive to KP) Once in the NY City area, there is NO easy auto route to Kings Point. Throgs Neck route is the most scenic and many parents think this is probably the best route. Elizabeth, NJ Bridge from NJ Turnpike is OK if you can figure it out. Staten Island route is very unpredictable but can be a good choice IF there are no accidents on the Belt Pkwy. You will encounter traffic no matter what time you depart home – unless you leave at 10:00pm or later.

BOOKMARK THE NATIONAL PARENTS SITE AS INFORMATION WILL BE AVAILABLE ABOUT MANY THINGS.

<http://www.kpparents.com>