



DEPARTMENT OF THE NAVY

UNITED STATES NAVAL ACADEMY
121 BLAKE ROAD
ANNAPOLIS MARYLAND 21402-5000

USNA INST 1531.56
28/Supt

FEB 3 2006

USNA INSTRUCTION 1531.56

From: Superintendent

Subj: NAVAL ACADEMY PREPARATORY SCHOOL GUIDANCE

Encl: (1) General Guidelines
(2) Professional Development Guidelines
(3) Academic Guidelines
(4) Athletic Guidelines
(5) Indoctrination Guidelines

1. Purpose. The purpose of the Naval Academy Preparatory School (NAPS) is to prepare Candidates to succeed at the United States Naval Academy and Coast Guard Academy. This instruction provides guidance to the Commanding Officer of NAPS to assist him in achieving that purpose.

2. Background. The Naval Academy is in a period of transition and innovation as we look forward into the 21st Century. The demise of the Cold War and the ongoing Global War on Terror give us the opportunity to ensure we are providing the right leadership abilities, professional skills, character foundation, academic knowledge and physical prowess in our graduates to best serve the Navy and Marine Corps. This requires proactive self assessment by the entire faculty and staff. As a result we have a number of extensive reviews in motion: Academic, Honor System, Professional Qualifications, and Physical Mission. These, together with formal accreditation efforts, an Inspector General Assessment, an ongoing CNO Echelon II Review and our own Strategic Planning give us ample means to assess where we are and where we need to point for the future. In our ongoing assessments and reviews we have concluded there are several areas that require renewed emphasis at the Naval Academy Preparatory School (NAPS). NAPS was established in 1919 and has provided deserving enlisted Sailors, Marines, Coast Guardsman and high school graduates a springboard for success, allowing them to gain admission to and succeed at their respective Academies. Accordingly, the purpose of this instruction is to clearly articulate policy guidelines and implementation requirements to allow the NAPS staff and faculty to more effectively execute the NAPS mission.

3. Mission. Prepare Candidates morally, mentally, and physically to attend and succeed at the Naval Academy and Coast Guard Academy by:

- Motivating Candidates through exposure to military life and traditions
- Advancing ethical behavior and teamwork
- Laying a strong academic foundation
- Promoting physical fitness

4. Guidelines. NAPS is a preparation period – a stepping stone – to the Academies; it should not be the same nor have the same universal standards. The objective is to move the NAPS Candidate to new heights of achievement and accomplishment; to encourage them to reach their full potential. Enclosures (1) - (5) are provided as specific guidance to assist in the preparation of Candidates Morally, Mentally, and Physically so that they can succeed at their Academy. These guidelines are a starting point to enable us to shape and focus the NAPS program on the most important short and long term imperatives we face. The Naval Academy welcome inputs, suggestions, advice and counsel. This is a team effort to ensure continued success in producing Combat Leaders of Character.

USNAINST 1531.56

FEB 3 2006

5. Action. Implement objectives and procedures in accordance with the guidelines enclosed. Provide progress reports in April and July 2006, and every six months thereafter.



RODNEY R. REMPT

Distribution:

A

Staff Judge Advocate

Candidate Guidance Office

Nominations and Appointments

General Guidelines

Objective. Provide a motivating and encouraging environment that enables Candidates to reach their full potential.

Guidelines. The general guidelines for the Naval Academy Preparatory School are as follows:

- Provide an opportunity for outstanding fleet Marines, Sailors, and Coast Guardsmen to attend the Naval Academy and Coast Guard Academy.
- Enable and encourage a more diverse group of young men and women minorities, who would not otherwise have had a chance to attend the Naval Academy and Coast Guard Academy.
- Prepare Candidates for a competitive, intense academic environment by:
 - Emphasizing critical thinking and problem solving practices.
 - Teaching Candidates time management, effective study habits and test taking skills.
- Provide a development year for Candidates to improve in physical strength and endurance. Specifically:
 - Afford an opportunity for maturation and physical development of promising athletes so that they can compete physically in a Division IA Athletic program.
 - Support an introductory sailing program to foster an understanding of basic mariner skills and teamwork.
- Provide Candidates an opportunity to mature and display an understanding of values, honor, ethics and character.

Specific Guidelines include:

- Administer a NAPS Indoctrination Period lasting no less than two and no more than three weeks and a transition period of up to four days prior to commencing the Academic Syllabus.
- Start the academic year after Labor Day and conclude it prior to Memorial Day Weekend.
- Divide the academic program into three trimesters of comparable length. Provide for at least four days of Thanksgiving Leave, two weeks of holiday leave and five days of Spring Break.
- Schedule no more than 18 academic class contact hours each week.
 - This should include at least one class period of dedicated study skills in the first trimester.
 - Additionally schedule one class period of Physical Education the first trimester, and two class periods each week the second and third trimesters and
 - One class period of Military/Character related training each week.
 - At least two and one-half hours of sports/intramurals/personal conditioning each weekday.
- Schedule Extra Instruction outside of designated athletic periods.
- Grades will be assigned at the end of each trimester and student cumulative performance will be computed and tracked as one measure of individual progress toward NAPS program completion.
 - Comparative measures such as "class standing" will not be tracked. The NAPS program focus should prepare each individual Candidate to succeed at their respective Academy, not to have Candidates compete academically with other candidates.
- Fully utilize and employ Candidates as leaders within the NAPS Battalion. Normally, prior enlisted Candidates will take on the bulk of the leadership positions early in the academic year.
- Ensure each Candidate has the opportunity to visit their Academy at least once while at NAPS.

Professional Development Guidelines

Objective. Upon graduation from NAPS, a Candidate should possess the basic military skills, knowledge, and professional mindset that will ease their transition as they become members of the Fourth Class at their Academies and ultimately contribute to their Class success. In addition, it should allow Candidates to function effectively as a stand-alone battalion while they undergo their academic preparation at NAPS. NAPS is not a boot camp or re-creation of the Plebe/Swab year experience. The military intensity of the NAPS experience should be focused on the need to maintain good order and discipline in support of the academic mission and a clear desire to motivate Candidates to enter into the Academies.

Guidelines.

Provide at least 1 hour per week of Military/Character Training in order to:

- Learn the basics of military discipline and smartness
- Develop an appreciation of, and a commitment to, the core values of the Navy and Coast Guard
- Understand the importance of contributing to a team – embrace diversity
- Demonstrate personal accountability
- Strive to excel

This aspect of Candidate training should include:

- A working knowledge of basic military courtesy.
- An understanding of how to properly wear and maintain a uniform and appropriate civilian attire. This includes periodic personnel inspections, the wearing of uniforms, the tailoring and fitting of issued uniforms and PT attire. Wearing of uniforms after class-hours or on liberty is not normally required, but may be specified at the Commanding Officers direction for specific events such as evening meal or special lectures.
- An ability to execute basic drill movements at the platoon/squad level.
- Demonstration of an ability to maintain their rooms in an orderly and clean condition as verified through periodic formal room inspections.
- Developing basic understanding of Character/Core Values through attending General Military Training. Focusing targeted training on:
 - (a) Navy Regulations
 - (b) Honor
 - (c) Personal Conduct/Uniform Code of Military Justice (UCMJ)
 - (d) Dept of the Navy Sexual Harassment/Assault Policy (SAVI)
 - (e) Dept of the Navy Equal Opportunity Policy (CMEOP)
 - (f) Dept of the Navy Drugs and Alcohol Policy (ADEO/DAPA)
- Gaining an appreciation for the Sea services and their role in National Defense/Homeland Security.
- Understanding the USNA/USCGA Link in service to our Nation. Training should cover a basic knowledge of respective service academy history and traditions.
- Developing a sense of personal accountability through formations and musters. Accountability should be verified each night at TAPS and at least once per day during the week for passing of essential word.

Academic Guidelines

Objective. The objective of the Academic Program at NAPS is to provide Candidates sufficient education so they:

- Build a firm foundation of Algebra, Trigonometry and pre-Calculus mathematics so they are ready to learn Calculus.
- Understand the basic concepts in the physical sciences, such as taught in a good college preparatory program.
- Obtain significant practical experience in:
 - Problem solving in mathematics and science
 - Critical thinking skills, such as those required in laboratory exercises and word problems
- Develop and frequently exercise oral and written communication skills at the 12th grade level, including communication of course content verbally in the technical disciplines, as well as in English classes.
- Develop the ability to explain complex concepts to someone who may not be familiar with the subject in question.
- Where possible within the English courses, choose readings and guide discussions to address ethical issues associated with the importance of human dignity and mutual respect.
- Develop Candidate study skills and time-management skills such that Candidates become independent learners, not reliant on extensive tutoring outside of class. They should be able to reflect upon and evaluate their own level of learning.

Guidelines.

- NAPS is not intended to be a college; it should provide a learning environment closer to that of a post secondary, college preparatory program.
- The NAPS academic curriculum will include no more than 18 hours of class/laboratory contact time per week. For example, four 50 minute academic class periods per day (3.3 classroom hours), would total 16.7 hours of class contact time per week.
- An additional one class period per week of classroom instruction should include study skills for all students during the 1st trimester. Reinforce study skills applications and writing skills during discipline-specific instruction and emphasize the use of these skills in academic classes so that Candidates learn how to learn, in addition to topical content.
- Thoroughly review and ensure student mastery of algebra and trigonometric concepts; offer pre-Calculus courses for those students ready to begin college work in mathematics. Offer initial Calculus only to those students prepared to begin taking it.
- Students should complete a rigorous high school-level Chemistry course, ensuring student mastery of key physical concepts.
- Physics instruction should be provided to those ready to take it and be comparable to a good college preparatory curriculum that a student might take in high school. The Naval Academy-required Physics courses stress a highly quantitative approach to problem solving; consequently, NAPS instruction in Physics should offer students the opportunity to apply the skills they learn in NAPS mathematics courses to understand basic physical concepts.
- Provide advanced courses only to Candidates who are ready to take them, without sacrificing their preparation in other subject areas in which they may not be as capable.
- Establish specific learning objectives for each course sequence and regularly assess student progress toward attaining those objectives. Use results to guide program improvement.

Athletic Guidelines

Objective. The physical activities program at NAPS should provide learning opportunities for teamwork, leadership, perseverance and good sportsmanship, while developing a passion for winning and creating a foundation for life-long personal conditioning and fitness. To do this it should:

- Provide well organized and effectively administered athletic opportunities for each Candidate to advance their athletic prowess in anticipation of future enrollment at the Naval Academy or Coast Guard Academy.
- Support and staff varsity teams that reflect a resource commitment comparable to that made by the other service academy preparatory schools, top tier high schools and other preparatory schools in the region.
- Require that all Candidates engage in some form of structured physical activity throughout their enrollment at NAPS.
- Staff and support the intramural program so it offers a quality learning experience with a primary emphasis on teamwork and determination.

Guidelines.

- Develop strength and coordination and improve endurance to ensure all Candidates understand what will be necessary to achieve at least a passing grade (C) on the Naval Academy Physical Readiness Test (PRT).
- Provide basic swimming instruction to prepare all Candidates to pass Plebe swimming.
- Provide opportunities for Varsity Candidates recruits to compete against appropriate regional competition and improve their personal performance in:

Men

Football
Soccer
Lacrosse
Basketball
Cross Country/Track
Wrestling
Baseball

Women

Soccer
Basketball
Cross Country/Track
Volleyball

- Provide and require twice weekly intramural participation for all out of season varsity and non-varsity Candidates in a variety of sports such as:

Sailing
Soccer
Flag Football
Combative Martial Arts

Basketball
Team Handball
Volleyball

- Require twice weekly personal physical conditioning for all out of season and non-varsity Candidates.
- Provide Physical education for out of season varsity and non-varsity Candidates as follows:
 - First Trimester – 1 class period per week
 - Second Trimester – 2 class periods per week
 - Third Trimester – 2 class periods per week

Indoctrination Guidelines

Objective. The goal is to run an indoctrination period that prepares Sailors, Marines, Coast Guardsmen and high school civilians for a motivating experience at NAPS.

Guidelines.

- Conduct indoctrination lasting no less than two weeks and no more than three weeks.
- Use prior enlisted as primary Cadre. This prior enlisted Cadre may be assisted by TAD Ensigns, selected Midshipmen and Senior Enlisted Leaders from the Naval Academy or Coast Guard Academy.
- Use USNA/USCGA Ensigns as Cadre Officers.
- Indoctrination period normally will be during August.
- The military tone of the indoctrination period should be what is required to maintain good order and discipline in a diverse environment that fosters mutual dignity and respect. NAPS Indoctrination should in no way resemble Plebe/Swab Summer nor is it to be a boot camp environment.
- Indoctrination should include basic Military Discipline and Courtesy and the following:
 - How to fit and wear a Uniform properly
 - Basic Drill – marching
 - Room standards
 - Intro to SAVI, ADEO, UCMJ, Honor & USNA/USCGA Link
 - Personal accountability
 - Team building
 - Initial swimming assessment
 - Introductory Sailing skills
 - Basic Physical fitness/training
- Basic physical fitness will be introduced to motivate Candidates to improve their strength, flexibility and stamina. The tenor of all physical training is not to push Candidates to exhaustion, but rather to encourage personal conditioning and enhance a sense of teamwork.
- To promote an appreciation for sea-faring, introductory sailing will be provided to the maximum extent possible. All Candidates will attend a familiarization course and will be afforded the opportunity to have at least one afloat sailing session. The goal is to qualify all Candidates in Rhodes 19 sailing craft before they depart NAPS.