

United States Naval Academy Summer Seminar Program

Attendance Instructions

MEDICAL INFORMATION

Patients who require emergency care or hospitalization will be taken to Anne Arundel Medical Center (located in Annapolis). Non-emergency patients will be taken to the RightTime Medical Clinic in Annapolis. All students are required to complete a Consent to Treat form and Medical Insurance Information form prior to attending Summer Seminar. These forms, signed by a parent or guardian, ensure that we can provide care to your student. During Summer Seminar, the Naval Academy will immediately contact an attendee's parents/guardians in the event of a medical emergency. Students who do not possess medical insurance **must** obtain short-term coverage from their local insurance provider for the dates of their Summer Seminar participation. Short term policies may be purchased online through a number of providers. One example is (<http://www.trustravelinsurance.com/>). Medical care cannot be provided for chronic or recurring illnesses such as diabetes, asthma, allergies, etc., nor can routine dental care be provided. USNA does not cater to any specific diet at the Naval Academy as many food allergies or required special diets could be disqualifications for naval service. We do, however, provide a wide variety of fruits and vegetables including salad bars daily which sufficiently covers any vegetarian needs. We also do not utilize any peanut oil in our food preparation process. This is, however, the Midshipmen's food the campers will be subsisting off of so no special accommodations will be made. **If your child arrives with an undisclosed medical condition (broken foot, etc.) they will be sent home. The program is physical in nature and there is a great deal of walking, so students who are unable to participate physically will not be allowed to attend.**

PHYSICAL TRAINING

You should be in good physical condition and prepared to participate in daily rigorous physical training. This will involve stretching, push-ups, sit-ups, group runs of at least 1 mile, and other conditioning exercises. It is important to have properly fitted running shoes. You should prepare your body by increasing your daily intake of water prior to arriving. If you have questions or concerns regarding your physical aptitude for the Summer Seminar activities, please consult your family physician. **All participants will take the Naval Academy's Candidate Fitness Assessment (CFA) that will be used in the admissions process.** The CFA will be conducted on **Sunday**. For more information on the CFA, visit the admissions web site at <http://www.usna.edu/admissions/cfainstructions.htm>. You should practice these exercises prior to your arrival at USNA. After Summer Seminar, candidates should reach out to their admissions counselor for CFA scores/results.

TRANSPORTATION TO THE NAVAL ACADEMY

Participants in Summer Seminar are responsible for arranging and financing their own transportation to and from the Naval Academy.

Maps/directions to the Naval Academy are available on the web site, <http://www.usna.edu/Visit/>.

AIR: To assist those flying to the **Baltimore-Washington International Airport (BWI)**, transportation to the Naval Academy will be provided on a regular basis from 10:00 a.m. to approximately 5:00 p.m. on the first day of the program. Midshipmen will be available near the baggage pickup area to coordinate transportation arrangements. DO NOT schedule airline arrivals after 4:00 p.m. **If a problem arises and you must arrive after 4:00 p.m., please email the NASS Officer in Charge at nassoic@usna.edu and provide your name and your flight itinerary.** Students arriving outside of our pickup times should contact the 'Super Shuttle' at (800) 258-3826 or visit their website at www.supershuttle.com for information on shuttle services that are available to the Naval Academy Gate 1. **USNA transportation will only be provided from BWI. Students who fly into other airports must arrange their own transportation to the Academy.**

DRIVING: Due to the Naval Academy's heightened security posture, if you are planning to drive onto the Academy for drop-off/pick-up, you must bring your original acceptance letter along with a photo ID. Your original acceptance letter will only allow you to drop-off/pick-up and you will not be allowed to park on the Naval Academy grounds. If you are driving, we recommend that you arrive no earlier than 1:00 p.m. and that you eat lunch prior to your arrival. You may also access USNA by walking through the Visitors Access Center at Gate 1.

If you have any issues on this day of travel, please call [443-223-4951](tel:443-223-4951).

If you, the student, are going to drive yourself to the Academy and need a place to park your car for the duration of the week, please contact us at summerseminar@usna.edu and provide your name, car year, make, model, and license plate number. Please put in subject line "NASS Vehicle Access." This option is not preferred as parking is very limited on Academy grounds.

CHECK-IN AND REGISTRATION

You may report to Dahlgren Hall between 11:00 a.m. and 5:00 p.m. on the first day of your visit. We recommend that you arrive after 1 p.m. if possible (especially those who are driving). Students who arrive early will have an opportunity to play intramural sports, however students have mentioned in the past that they do not enjoy playing intramurals from 11 a.m. to 5 p.m. Check-in and room assignment will not be made prior to 11:00 a.m. The first scheduled event will be formation at 4:45 p.m. on Day 1. In the event that you must arrive after 4:45 p.m., report to the Main Office in Bancroft Hall. If you arrive before the designated check-in period (i.e. Friday evening) be sure to make lodging arrangements at a local hotel.

ROOM AND MEALS

You will be housed in Bancroft Hall, the largest single dormitory complex in the United States. All rooms are designed for 2 or 3 people and have desks, a shower and sink area. Please note that we cannot accept roommate requests. Your meals will be served in the USNA dining facility, King Hall, throughout your stay at USNA. The first meal served will be dinner on arrival day, and the last meal served will be breakfast on departure day. Please note that we CANNOT accommodate food allergies or special diets due to the family-style service.

ITEMS TO BRING WITH YOU

Upon arrival, you will receive 6 T-shirts, 3 pairs of shorts, a sweatshirt, and sweatpants to wear for the duration of Summer Seminar. The only clothing items that you need to bring are listed below. **Please remember to leave room in your luggage for the gear that you will be receiving.** Shorts or pants for arrival and departure day must be tasteful, please do not wear clothing that is tattered or revealing. Sneakers are required for daily events. You will not be able to do laundry while you are here, however if you bring a small amount of liquid laundry detergent, you can wash your PT shirts in your sink.

Be sure to bring:

1. Spandex or compression shorts for under shorts.
2. Socks (6-10 pairs)
3. Undergarments (6-10 pairs)
4. Shower towel
5. **Twin (long) size bed linens (sheets and a light blanket or a sleeping bag)- we do not provide bedding, so it is important that you bring your own.**
6. Pillow and pillowcase
7. Toiletries (including liquid laundry detergent if desired), shower flip flops, and clothes to sleep in.
8. Running shoes (You might want to bring a second pair of older running shoes for the Team Building Exercises).
9. Swimsuit and goggles . For females, a one piece swimsuit is required.
10. Photo ID
11. A combination or key lock for clothing lockers, if desired.*
12. Sunscreen

*Do not bring excessive amounts of money or other valuables as safekeeping facilities cannot be provided and the Academy will not be held responsible for lost or stolen articles.

COMMUNICATIONS

In case of family **emergency**, parents/guardians may contact the staff by calling the Admissions Duty Officer at (443) 223-4951. Please be sure to specify that the person you are trying to reach is participating in the Summer Seminar program, and **ONLY** use this number in event of an actual emergency. **DO NOT** use this number to confirm that your child has arrived to the program. You should make arrangements with your child to make sure that they contact you upon arrival.

Cell phones are allowed, but may not be used during scheduled activities. Please be aware that the reception is poor in many areas of the Academy. Personal property (including cell phones) is the responsibility of the student and the Naval Academy will not be held responsible for lost, damaged or stolen items.

DEPARTURE

The seminar concludes at approximately 11:00 a.m. on the Thursday of your visit following the awards ceremony. The ceremony is not intended as a “must-see” for parents and family, though your attendance is welcomed—it is simply a wrap-up of the week for the students. Naval Academy buses depart USNA at 11:15 a.m. for BWI Airport. **DO NOT** schedule airline departures earlier than 3:00 p.m. **Buses will not be provided for Washington Reagan or Dulles Airports.** Individuals waiting to be picked up should use Alumni Hall as a meeting place. Participants are not authorized to stay in Bancroft Hall after 1:00 p.m. on Thursday.

PARENTS' PROGRAM

Parents and guardians who accompany their NASS attendees on check-in day have the opportunity to meet with members of the Office of Admissions during check-in, as well as attend an optional Parent Panel. Parents and guardians who accompany their NASS attendee on check-out day have the opportunity to attend several information briefings to include a Naval Service Career Options Brief, Admissions Brief, Individual Q&A session, and NASS awards ceremony. The 1st briefing commences promptly at 8:45 am in Alumni Hall and the closing ceremonies commence at 11:00 am in Alumni Hall. These events are by no means mandatory and are designed to provide a small glimpse into the Naval Academy for parents.