



CORPS OF CADETS

PREPARING FOR O-WEEK (20-26 AUGUST 2017)

The 2017 O-Week for the 2017-2018 Academic Year will officially begin at 1200 (12:00pm) on Sunday, 20 August 2017. Below are some things you need to start doing to prepare for O-Week.

Updated information about O-Week can be found at <http://www.tamug.edu/corps/Oweek.html>.

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| <ul style="list-style-type: none"><input type="checkbox"/> Register for your New Student Conference<ul style="list-style-type: none">○ Plan to attend the session for the Texas A&M Maritime Academy and Corps of Cadets<input type="checkbox"/> Submit your completed:<ul style="list-style-type: none">○ Cadet Bookstore Pack to the Bookstore (via fax or mail) immediately and no later than 1 August 2017○ Uniforms Order Form to the Navy Uniform Support Center immediately and no later than 1 August 2017<input type="checkbox"/> On the day of O-Week check-in (1200; Sunday, 20 August 2017), please bring the following:<ul style="list-style-type: none">○ Driver license (or State ID)○ Original Social Security card○ Current passport (required for all License Option Cadets)○ Current medical insurance card○ Current vehicle insurance card (if applicable)<input type="checkbox"/> At least 30 days before you arrive, you should condition yourself and start:<ul style="list-style-type: none">○ Increasing your daily consumption of water<ul style="list-style-type: none">▪ Adapt to drinking at least (1) gallon of water per day▪ Reduce your consumption of high-caffeine and/or high sugar beverages such as sodas, energy drinks, and sports drinks (i.e., Gatorade)○ Exercising<ul style="list-style-type: none">▪ During O-Week, you will participate in morning physical training (PT) every morning beginning with Monday, 21 August. Morning PT will include at least:<ul style="list-style-type: none">• One-mile run• Push-ups• Sit-ups• Jumping-jacks▪ Check out the following:<ul style="list-style-type: none">• https://www.gocoastguard.com/faq/what-are-the-minimum-physical-fitness-requirements• https://www.navy.com/navy-life/life-as-a-sailor/fitness#physical-training | <ul style="list-style-type: none">▪ Advise the Office of the Commandant of any medical conditions that may prevent you from strenuous physical activity and/or exercise. A doctor's note will be required.<ul style="list-style-type: none">• Make sure to bring all required medications○ Waking up at 0530 (5:30am) daily<ul style="list-style-type: none">▪ Reveille during O-Week is at 0530<input type="checkbox"/> Prepare for:<ul style="list-style-type: none">○ Mandatory drug testing○ Regulated meals<ul style="list-style-type: none">▪ Although the chow hall will have a variety of options for faculty, staff, and students dining in the facility, Fish during O-Week will be limited to what they can have for morning chow, noon chow, and evening chow. For example:<ul style="list-style-type: none">• You will not be permitted to drink sodas or coffee, but you will be permitted to have juice, iced tea and/or a diluted amount of Gatorade• You will not be denied the opportunity to consume dairy products (i.e., milk, cottage cheese, cheese, etc.), but you do so with the understanding that you will be marching throughout the day○ No access to the Internet, email, phone, or the time<ul style="list-style-type: none">▪ You will have limited access to email and phone during personal time prior to lights-out○ Feeling home-sick○ Meeting new people○ Working as a team○ Making mistakes○ Succeeding |
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