

CORPS OF CADETS

LIFE-STYLE ADJUSTMENTS FOR O-WEEK

Below are some things you need to start doing to prepare for O-Week.

- At least 30 days before you arrive, you should start:
 - Increasing your daily consumption of water.
 - Adapt to drinking at least (1) gallon of water daily.
 - Reduce your consumption of high-caffeine or high-sugar beverages such as sodas, energy, and sports drinks (e.g., Gatorade).
 - Exercising.
 - You will participate in morning physical fitness training (PFT) every morning beginning the day after check-in.
 - Morning PFT will include at least:
 - 1.5 mile run.
 - Push-ups.
 - Sit-ups.
 - Jumping jacks.
 - Advise the Office of the Commandant of any medical conditions that may prevent you from strenuous physical activity or exercise. A doctor's note will be required.
 - Practicing waking up at 0515 (5:15 am) daily.
 - Reveille during O-Week is at 0515

- Preparing for:
 - Mandatory drug testing. Zero tolerance includes CBD and similar products.
 - Regulated meals.
 - Although the chow hall will have various options for faculty, staff, and students dining in the facility, during O-Week, you will be limited to what you can have for morning chow, noon chow, and evening chow.
 - For example, you will not be permitted to drink sodas or coffee, but you will be permitted to have juice, iced tea, 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.
 - You will have limited access to email and phone during personal time before lights out.
 - Not hearing your first name.
 - Feeling homesick.
 - Meeting new people.
 - Working as a team.
 - Making mistakes.
 - Succeeding.