

For Candidates/Plebe Parents – Useful Things to Know.....

Merchant mariners chart their course across the sea, managing the changes of wind and weather with fortitude, flexibility and creativity. As KP parents, you too will learn that you must be ***perpetually flexible***, managing constant change as your Candidates and soon to be Plebe Candidates, Plebes and ultimately Midshipmen will adjust to the changes they encounter not only at sea but at the Academy.

During the weeks before Indoctrination (INDOC)

BOOKMARK THE NATIONAL PARENTS ASSOCIATION WEBPAGE:

<http://kpparents.com>

Go to <http://www.usmmaf.com/s/1175/hybrid/social.aspx?sid=1175&gid=1&pgid=773>

and sign up for updates from the USMMA National Parents Association.

Join the 2021 Official Parents FaceBook Group at

<https://www.facebook.com/groups/USMMAClassOf2021Parents/>

The LOGGING IN Book – Class of 2021

Read the Logging-In Book completely. Your student received a link to the 2021 Logging In Book via email and will be receiving a copy via mail by mid-May. A link to this book can be found on our Official 2021 FaceBook page noted above and here: <https://www.usmma.edu/admissions/logging-class-2019>.

*Print a copy for yourself. It provides complete directions for everything you and your student need to accomplish prior to arriving on campus on June 27th. Make sure your student completes all of the **time sensitive material** on time and returns it to the academy prior to the deadlines! Things to do before INDOC follow:*

Transportation Worker Identification Credential (TWIC Card) & Passport

Every student must obtain a Transportation Worker Identification Credential (TWIC). Please do not delay applying for this credential. Follow the directions on page 5 of the Logging In and apply immediately! There is NO Expedited process for obtaining the TWIC and there may be a time lag of approximately 1 month from in person application to receiving the credential. Enrollment must be done in person at an enrollment center, however, the TWIC will be mailed to you. When pre-enrolling online, the purpose for the card is employment as a Merchant Mariner and the U.S. Merchant Marine Academy is the employer. Consult the Logging In Book page 5 if you do not have sufficient time to obtain a TWIC before reporting for INDOC. Arriving at INDOC with both a current signed *passport* and a current *TWIC* card is *mandatory* (See page 4-5 Logging In). You can pre-enroll and schedule an appointment to secure the TWIC card at: <https://universalenroll.dhs.gov/programs/twic> or <http://www.uscg.mil/nmc/twic/default.asp>.

Passport information is available at <http://travel.state.gov/passportservices.html>.

NAVAL SCIENCE/SECURITY FORMS

These are lengthy and arduous. Be sure to do them as soon as they arrive and return them promptly. Most parents are amazed at the length of time it takes to complete this so don't delay!

WHERE TO STAY/WHEN TO STAY

Make reservations for INDOC and Parents Weekend NOW. You'll find a listing of area hotels on page 1 of the Logging In Book and may also find local accommodations through websites including www.airbnb.com and www.homeaway.com.

PARENTS WEEKEND – Must Attend Event!

Information and details about Parents Weekend events can be located at <http://kpparents.com>.

Parents Weekend, September 1 – September 4 officially kicks off Friday September 1st and includes on campus activities, classroom visits, athletic and musical events, football game, a formal parade and the opportunity to meet and interact with “older” more seasoned parents and alumni who can share their insight and experiences about their student's time at KP. If the “Beat Retreat” is held as in previous years on Friday evening, don't miss it! Plebe Candidates will be accepted into the regiment and sworn in as Midshipmen Strategic Sealift Officers, U.S. Navy Reserve (SSO, USNR). More details will follow.

GEAR

The Logging In Book outlines specific requirements for gear for males and females (Pages 8- 9). Do not send your students with any additional gear other than what is required with the exception of extra underwear, socks and a second pair of the prescribed athletic shoes. Items may be purchased from the NEX as per the Logging In Book. The Plebe Personal Items Kit is a very convenient way to outfit your student and can be ordered through the NEX. (Refer to pages 14-15 of the Logging In Book.) The Educational Items Kit may also be purchased through the NEX (Page 16 Logging In). These items will be delivered to your students upon their arrival at INDOC. Additional helpful items: safety pins, white duct tape/duct tape.

HAIR CUTS

Hair regulations are specific to gender and are in effect upon arrival at INDOC. See Page 7 - 8 Logging In. Regardless of the regulations/standards, *shorter hair is generally encouraged; it is easier to care for at the Academy where time management is critical.* (Women may bring extra hair barrettes and hair ties.)

HEALTH INSURANCE/HEALTHCARE

Please refer to page 29 - 32 of the Logging In Book to complete all required documents promptly.

COMPANY ASSIGNMENTS

Your Candidate will be assigned to a company. Look for a number or letter B (Band) on their hand as you see them exit O'Hara Hall (gymnasium). This number indicates their company assignment. Plebe Candidates will not be moved because they do not wish to be in a specific company. Don't worry if you miss the company number; you will find out their company when they march in for lunch or when searching through photos online.

CELL PHONES

Students may bring Cell Phones, however, they will not be allowed to remain with the student and will be collected and stowed for safe keeping. You will have limited phone contact during INDOC. Cell phone service is spotty on campus. Be sure you have voice and data on phones. Plebe Candidates are usually given 2 Sunday phone calls during INDOC. Parents are usually told the dates and times of these calls. Make sure you are home and available on your cell phone during these times as these are the only times your student will be permitted to call. We say “usually” quite frequently because things “can and do change”: *always be flexible.*

COMPUTERS

Plebe Candidates are issued computers near the end of INDOC. Be sure you have high speed internet access on your computer and that you have installed Facebook, Facebook messenger, iChat, Skype, IM

or what-ever form of voice/data/video communication you prefer. Be familiar with how to use it. You will want to view the photos posted daily online during INDOC to look for your student. You'll find messaging may be the best way to “talk” with your student when they have permission to use their computers after INDOC. Email and messaging are generally the preferred forms of communication. (Computer details Logging In pp 17 - 23.)

MONEY/CREDIT CARDS

Have your candidate bring a small amount of cash, no more than \$50 (small bills) and at least \$100 in Traveler's Checks or a credit card. A credit card is a good idea for school supplies and travel home as well as an ATM card from your local bank. Navy Federal Credit Union is on campus and students are eligible for membership after INDOC. Discuss how you will handle finances and spending money with your student now. It may be wise to have a joint account with them where you have access and can transfer funds electronically. Typically Candidates are given an appointed time to go to Navy Federal to open an account, however, if you would like to open a joint account you may want to do it the day prior to INDOC during banking hours or on Friday during Acceptance Weekend (Logging In page 25). USAA will be on campus during Parents Weekend offering accounts with complete electronic access for students and families as well and fee free ATM usage.

LAUNDRY

Laundry service is provided, however, some students prefer to launder their own clothing. There are self-service laundry facilities on campus for student use. Plebe Candidates must purchase a laundry card to utilize these facilities. Laundry soap is available for purchase in the NEX. *Teach them to do their own laundry before they arrive on campus!*

MAIL

Encourage friends and family to send notes to your students during INDOC with words of encouragement. DO send mail to your student daily and be sure to mail the first letter before you leave Great Neck on June 27th. DO NOT send packages during INDOC; they will not be delivered to your student during this time. Mail should be addressed as follows:

Plebe Candidate (Student Full Name) Class of 2021
U. S. Merchant Marine Academy
300 Steamboat Road
Kings Point, NY 11024-1699

Mail call is Monday – Saturday. Send mail daily. Number and date your letters as mail may arrive all at once or letters may not arrive in order.

If you would like to receive mail from your student – Give them stamped addressed envelopes.

You can also fill the envelope with a form letter that they can complete and send to you.

Dear Mom & Dad,

Today is _____. I'm feeling ____ Happy ____ Sad ____ OK.

Check all that apply:

____ I love this place!

____ I hate this place!

____ I miss you!

____ I love you!

_____ I love my DI's

_____ The food is not so good.

_____ I'm getting lots of sleep.

_____ I'm not getting enough sleep.

_____ The food is good (but not as good as yours MOM)

_____ I'm having fun!

Other _____

CAMERAS

Most phones have cameras but if your student wants to bring a camera, consider a less expensive digital camera and upgrading prior to their sea duty. They'll share their photos online.

Conversations To Have with Your Student to Prepare Them for INDOC:

- Discuss and remind them that nothing they do during INDOC will be correct – it's just the way it is. Remind them when they are corrected not to take it personally. Everyone Gets Corrected!
- To be 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.
- Be prepared and discuss some of the thoughts and feelings they will experience during the first several days of INDOC.
 - Discuss the thoughts they will probably experience their first night on campus....“What the heck am I doing here?”
 - Or a few nights later...“I can't take this crap anymore!”
 - Everyone will likely experience these thoughts and feelings. Only you will know how to guide your student through this difficult process. Let them know INDOC is tough. It's meant to be that way but it will be over before they know it. They can do it. They will survive.
- They may want to bring lots of stuff. Convince them they will be better off having fewer personal possessions until after Acceptance Day. Family/home photos can be brought in a small frame or book.
- All items are subject to inspection and any items they bring that are not listed may be confiscated for the duration of the INDOC program.
- Try to convince them to take a little extra time when uniforms are issued. They will have limited time to try uniforms on. Bigger is better than smaller. Nothing is worse than having to run in tight shorts during INDOC.
- **WORK OUT** Make sure your student is working out and following the program set forth in the Logging In Book (pages 36-41). Running is very important, distance more so than speed, and they will be very active during INDOC. They will also be required to pass the Physical Fitness Assessment, meeting Navy regulations, during INDOC as well as every trimester at the Academy which includes body fat measurement, running, sit-ups, and push-ups.
- **US NAVY Height/Weight/Body Fat Standards-** Every student is weighed and measured at check in at INDOC. Consult Logging In page 37 for a complete explanation.
- Break in Running Shoes Prior to Arrival for INDOC. It's good to bring a spare pair as well.
- **CHURCH** Whether you believe or not, attend. It's air conditioned and a hassle free zone where students can relax. Most likely, your students will march together with their company.
- **PARENTS ARE NOT ALLOWED ON CAMPUS DURING INDOC** – even for Church. If you want to attend Church with your student-wait until after they are Accepted. If another parent says they have done this and it is not a problem, DO NOT believe them. You do not want to attract

any unnecessary attention to your student. They will hear about it back in the barracks!

- ***MATH & SCIENCE placement test*** - Make sure your students know this will be administered during INDOC to determine their class placement for Calculus, Physics and Chemistry. It is not necessary to study for this test.

DEFINITELY BRING:

Texas Instruments TI-89 graphics calculator (Logging In Page 9)

2 working Black Ball Point Pens

Extra Socks and Underwear – Everything must be white. It need not be expensive since it will probably take a beating during INDOC and it can be replaced with better quality goods after Parents Weekend. Follow guidelines in Logging In pages 8-9.

If your student wears glasses- they must be clear (non-darkening) prescription lenses for military formations. They may not wear sunglasses at any time when participating in military functions. Contact lenses may be work in lieu of eye glasses. If they have an old or extra pair of eyeglasses, it is a good idea to bring them.

DO NOT BRING:

Do not bring valuable jewelry. There will not be an opportunity to wear it.

Do not bring civilian clothing.

Do not bring Alarm Clock.

Do not bring Computer games, DVD's, headphones, speakers, computer monitors, etc.

THE DAY BEFORE INDOC:

Many KP coaches (traditional sports and waterfront) host a BBQ the day or weekend before INDOC. This is a good event to attend and usually “by invitation only”. Coaches and fellow teammates can play a significant role in the success of your Candidate. It's nice to meet other students and parents too. Check with coaches for invitations, locations and times.

Get a good night's sleep, so you can get up early and have a good breakfast INDOC morning.

JUNE 27 – INDOC

- Reporting time is between 0700 and 0830 (7AM to 8:30 AM). Don't be first and don't be last. Have all of the documents you need ready in one large envelope. Report in casual clothing including collared shirt/polo, lightweight shorts/slacks and your INDOC athletic shoes and socks (easier for changing). These will be the only civilian clothes you will have with you on campus.
- Parents, bring your camera. Take a family photo in front of the O'Hara Hall (gymnasium) Eagle BEFORE they enter to check in. Give them a kiss and hug. Once they enter they will not return.
- Be sure to give them some cash, small bills preferably, and take one last look at their back as they leave you. By lunch muster, all students should be wearing their blue PT shorts, grey T-shirts, running shoes, and baseball caps. It may be very difficult to identify them.
- You can remain in the vicinity of O'Hara Hall where you may see your student leave the building or move to the parent hospitality area. Midshipmen will be available to direct you.
- Wander the campus and visit the various Parent Association Tables and Navy Exchange (NEX) for goodies. Have cash or checks on hand to buy items from the Parents Associations.
- Stop by the National Parents Association table, pick up *your welcome gift*, say hello, and sign up for our email communication system.
- Attend the staff briefing in Ackerman Auditorium (1100) then follow the crowd to the Candidate formation and Lunch Muster on Barney Square (1200-1215). This is your last chance to see your student in their new attire, with a new haircut & looking like everyone else.

- If you can find your student in formation, take plenty of pictures, take note and take photos of the students around them in their company. This is a good time to note the company number to help you spot your student in pictures that are posted online of INDOC activities. You may think you can spot your student anywhere but when they are all dressed alike and in a large group, you may not be able to find them in a group unless you know what others in their company look like too.
- Try to figure out their company either by watching them hold up their fingers, listening to commands, or observing their position in formation. Observe others in their company; tall, short, and cue off those students when searching for your student in photos. You will be dismissed from this portion of activities at 1230.
- ***Your day isn't over yet!*** The USMMA Alumni Association & Foundation has invited you to be their guests for lunch at the conclusion of the Parents/Family Activities portion of INDOC. Please join the Alumni Association & Foundation (AAF) for lunch under the tent on Tomb Field (Football Field) where you can relax, enjoy lunch and meet other Candidate, Alumni, and Parent families. The luncheon concludes the day's festivities at which time everyone must leave the grounds. The Academy will then be closed to visitors until Acceptance Day. Enjoy the rest of your time with a visit to NY City and don't forget to mail that first letter!

DURING/AFTER INDOC

- Check online daily for INDOC photos. You will eventually see your student likely in a pack with their company mates. (FaceBook – National Parents Association Information Page, Alumni, Parents, Friends of USMMA Kings Point, www.usmma.edu, www.kpparents.com, and pics and videos at www.usmmaaaf.com.)
- Make sure you are available to receive that first phone call. It will be no longer than 5 minutes, but it will seem like 30 seconds, so plan ahead and keep a list of questions by the phone. It is very discouraging for students to call and reach an answering machine and they may not have a second opportunity to try to reach you. You need to be there for them so be sure they know what number to reach you at. Your task is to give them lots of encouragement. Some students will be crying, sound defeated and discouraged, or express thoughts of leaving to come home. Be supportive and encouraging, let them know they can do this, and let them know INDOC is a very short period of time. There are always a few Candidates that are unable to reach their parents and usually encouragement from home is what is needed most during these calls. Encouraging your student may help them help those that weren't able to reach their families.
- Do not worry about medical issues during INDOC. Immediately following breakfast daily, 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 an appropriate response.
- Continue to send mail daily and encourage friends and family to do the same. DO NOT send packages until the conclusion of INDOC at which time you may send school supplies. The Plebe Candidates will receive a list of NCAA approved food/snack items which may be sent. It's always a good idea to send plenty for everyone on their deck.
- Be sure to attend Parents Weekend! Don't miss it: your students will want you there. You'll want to see Colors at 0730 on Friday morning, the formal parades, classes and other activities. Details can be found at www.kpparents.com. Your Plebe Candidates should have their first Liberty Parents Weekend on both Saturday & Sunday evening and must return on Monday. Remember- **BE FLEXIBLE**
- DO NOT bring a girlfriend or boyfriend to Parents Weekend without first discussing it with your Plebe Candidate. The relationship may have changed. If your student doesn't have a cell phone

you can bring it Parents Weekend for them.

- Headphone privileges may be granted by company for good behavior so you may bring these however speakers and computer monitors are not permitted.

OTHER COMMENTS:

- Joint Service Academy Ball – Most areas have a formal holiday ball for students and families from all the Service Academies to get together during the holiday break. Try to attend this function! You'll receive information from your local Parents Association Chapter in Nov./Dec.
- Car Insurance – Check with your carrier for reduced rates. If your carrier is USAA, they provide coverage at no charge for service academy students provided your student is listed as a non-operator. When contacting USAA, inform them that the US Merchant Marine Academy is listed within IOP as a qualifying school.
- Internet shopping with direct delivery to the Academy is fine. Try Amazon Prime; they can find almost anything they need on Amazon. The NEX is also a good source for supplies on campus.
- Pre-paid cards like iTunes, Netflix, etc., make great gifts but be mindful that many Plebes may not be permitted to watch movies or listen to music so check before sending. Also be careful about sending items that present distractions to academic pursuits and studying.
- Electric Razors are permitted during INDOC but don't shave as close as a regular razor. If your son prefers an electric razor, consider bringing a regular razor for INDOC too.
- Watch the Regimental Calendar, especially regarding leave and liberty. Midshipmen may not depart early or return late from a leave or liberty period. Please note: Getting a better airfare is not an adequate reason to extend liberty or leave. Midshipmen who make travel arrangements without obtaining permission for the leave/liberty first, are subject to disciplinary action and will have to absorb the cost of the ticket if their request is denied. It is important that you and your student both consult the Regimental or Academic Calendar which outlines required departure and return times for all leave periods. As of this writing the Regimental Calendar has not been published. The link for the Academic Calendar is:
<https://www.usmma.edu/academics/registrar/academic-calendar-2017-2018>
- The *National Parents Association* is recognized by the Academy and MARAD as the only organization sanctioned to disseminate information for Academy Parents. Our communication is primarily through email. Please be sure to add us to your contacts and make sure to fill out our registration form online at www.kpparents.com or
<http://www.usmmaaf.com/s/1175/hybrid/social.aspx?sid=1175&gid=1&pgid=773>

HELPFUL LINKS:

- You'll be hearing new terms and acronyms. Refer to this list for explanations:
<http://www.serviceacademyforums.com/index.php?threads/the-acronym-list.11568/>
- Academic Calendar- <https://www.usmma.edu/academics/registrar/academic-calendar-2017-2018>
- Academy Website – www.usmma.edu
- USMMA Alumni Association & Foundation www.usmmaaf.com
- National Parents Association www.kpparents.com