



DEPARTMENT OF THE NAVY

NAVAL RESERVE OFFICERS TRAINING CORPS
SAVANNAH STATE UNIVERSITY
BOX 20299
SAVANNAH, GA 31404-9701

1533
SSU 43/169
5 May 11

Dear Midshipman Candidate,

Welcome to the Naval Reserve Officer Training Corps (NROTC) program at Savannah State University/Armstrong Atlantic State University! You have much to look forward to as your freshman year approaches. The Naval ROTC Unit will begin the 2011-2012 school year with an orientation program called Indoctrination For Midshipmen or "INFORM." Please read this letter and the following enclosures very carefully to ensure that you understand what is required of you and are ready to fully participate from day one at INFORM.

Enclosures:

1. What is INFORM?
2. NROTC INFORM Schedule
3. Physical Fitness Assessment (PFA) Information – for Navy Options
Physical Fitness Test (PFT) Information – for Marine Options
3rd Class Swim Qualification Information
4. Proper Civilian Attire (PCA) Guide
5. Freshmen INFORM Checklist
6. Uniform Measurements
7. Emergency Contact Information Sheet
8. Report of Medical History Form
9. Unit Information Sheet
10. NSTC Hold Harmless Agreement
11. NROTC Standard Release/Medical Emergency Form
12. Tattoo Screening Form
13. Naval Science Course Table
14. Naval Science Course Program of Study
15. MCRD Parris Island Hold Harmless Agreement
16. INFORM Completed Document Checklist

When: 07:00 A.M., Sunday, July 31 through 6:00 P.M. Friday August 5, 2011.

What: The purpose of the orientation period is to give you a brief indoctrination into Naval ROTC, complete your administrative in-processing, have you fitted for uniforms, and welcome you as a member of the Navy and Marine Corps Officer Class of 2015.

The week will consist of acclimation to military concepts of the Navy and Marine Corps. Please see the projected schedule of events in **enclosure (2)**.

Physical fitness is a way of life in the Navy and Marine Corps. Throughout your Naval and Marine Corps careers, you will be required to pass a semi-annual Physical Fitness Assessment (PFA) and Physical Fitness Test (PFT). Furthermore, performance on the PFA and PFT are used as an indicator of aptitude for military service. Having an exercise routine and a proper diet are highly important to being an officer. Diet information can be found at www.mypyramid.gov.

In preparation for the physical fitness portion of orientation we recommend that you train and condition your body to meet the Navy and Marine Corps standards highlighted in **enclosure (3)**. The Navy PFA consists of a mile-and-a-half run, a sit-reach, as well as push-ups and sit-ups scored in two-minute brackets. We will run the PFA for scores twice a year. By the end of your freshman year, Navy midshipmen must be able to meet the minimum of "Satisfactory Marginal" standards in the applicable age group. Upon reaching your senior year, to be commissioned in the Navy, you must meet the standards in the "Good Low" category.

Marine Corps option students will be tested twice a year on the Marine Corps Physical Fitness Test (PFT) which will consist of a 3 mile run, sit-ups completed in two minutes, dead-arm hang pull-ups for males and a timed flexed arm hang for females.

Swimming is another vital skill required of all personnel serving or planning to serve in the naval services. **Students will be expected to pass the Third Class Swim Test before the end of their Fourth Class Year (freshman year) in the NROTC program.** The Third Class Swim Test consists of an abandon ship jump (5-foot minimum deep water jump), fifty yard swim, five minute prone (face down) float, and a blouse or trouser/coverall inflation. **Weak swimmers are strongly encouraged to enroll in a swim class and practice swimming PRIOR to arriving for INFORM.** The 3rd Class Swim Test standards are highlighted in **enclosure (3)**.

You will be issued Navy and Marine Corps Physical Training (PT) attire which consists of a t-shirt and shorts upon arrival. In addition to this, you are required to bring plain white athletic socks, appropriate swimming attire (one-piece bathing suit for females), and running shoes. (Running shoes need to be broken-in prior to your arrival). Sandals, flip-flops, dress flats, hard surfaced shoes, and any shoes other than running shoes shall not be worn by any student during INFORM. At least two sets of civilian attire is also required, which is to include two pairs of long trousers (khaki pants and collared shirts are acceptable).

Within the accompanying enclosures you will find a Report of Medical History Form (enclosure (8)) that is to be completed by your local physician. It is imperative that the Medical History Form is completed and returned to us by 15 June 2011. Without this form you will not be allowed to participate in any physical fitness activity no matter how simple it may seem. This is for your protection and our records. In case of an emergency, it is an absolute necessity that we can provide all medical providers with the proper information about any existing medical condition you may have. So again I urge you to please take the time and have the form completed by your local physician and returned to us promptly.

Where: On Sunday July 31st, the NROTC orientation program begins at the Savannah State University Naval ROTC Building (McGlockton Bldg) at 200 Tompkins Road across from the

Blue Angel Jet at 0700 (7:00 AM). Student check-in will take place between 0700-0900 (7:00 – 9:00 AM) inside the McGlockton Bldg.

What to bring:

Incoming students shall arrive in appropriate civilian attire as outlined in **enclosure (4)**. You will be issued a sea bag with all of your uniforms upon arrival. Additional recommended items and toiletries are listed in **enclosure (5)**. I strongly recommend you wear shoes which do not have large heels. Males are expected to arrive with a fresh haircut and females must keep long hair neatly pinned up and off their shoulders; “pony tails” or “loose ends” are not acceptable. All hair ornaments must be similar to hair color.

Money: An orientation fee of \$160 is collected from each incoming Midshipman to cover the costs of the INFORM session to include NROTC polo shirt, meals, and miscellaneous items. **Money orders or cashiers checks can be made payable to the “Midshipman Account.”** We recommend students bring any additional funds as desired to buy items not furnished by the NROTC Unit on campus.

Medical Documents: In addition to the **REPORT OF MEDICAL HISTORY FORM enclosure (8)**, all students need to bring:

1. Original copy of birth certificate or certified to be a true copy
2. Shot record

The birth certificates must have a raised seal and maintained at the NROTC unit. The shot records will be kept on file in a Midshipman Medical Record. The Report of Medical History Form must be filled out by the individual and certified by a Physician.

Alcohol: Alcohol consumption is prohibited during INFORM, regardless of the participant’s age.

Emergency Contact information: If at any time throughout the week an emergency arises where your family needs to contact you, the following numbers are provided: **(912) 356-2206 (7:00 AM - 5:00 PM)**. After business hours, please contact the Command Duty Officer, on the emergency cell phone: **(912) 313-4340**.

Ceremonies and Parents:

Sunday, 31 July: 0900-1045 (9:00-1045 AM). A welcome brief will be held and staff members will be available to answer any questions.

Friday, 5 August: The end of orientation, oath of office, and induction ceremony will take place promptly at 1500 (3:00 PM) with the Commanding Officer. This will be a short ceremony, so family and friends are not required to make a long trip to be in attendance for this short presentation in light of gas costs and family budget concerns. However, parents are welcome and encouraged to come and support their student as they are officially sworn in as members of the

Midshipman Company. Following the ceremony, the Midshipman Company will have a barbeque for an afternoon of fun.

University Orientation:

Following INFORM, Savannah State University will hold a New Student Orientation program from 6-10 August 2011, in which incoming students will receive pre-registration academic advising for students who have not pre-registered. You will also get a chance to meet the rest of the incoming freshman student body.

Residence Hall Move-in:

Students will be assigned a residence hall room on Friday, 5 August. If you are a Savannah State University student, you are required to pay your room deposit through the Savannah State University Residential Services and Programs Office when you submit your housing application. This should be done at least one month in advance of you arriving at the NROTC unit for INFORM. Students who do not pay their room deposit will not have prearranged access to housing. For further information concerning the room deposit, contact the Residential Services and Programs Office at 912-358-3132. Since classes do not begin at Savannah State University until August 11, 2011, you will be arriving on campus before most of your non-NROTC classmates. Moving in early is a great advantage for you because you miss the crowds and hassle of moving in with the rest of the University. Remember, all residence hall costs are your responsibility and moving in early is a privilege.

For further information regarding room deposits for Armstrong Atlantic State University, contact the Housing and Residence Life Office at (912) 344-2940. Since classes do not begin at Armstrong Atlantic State University until 15 August, 2011, you will be arriving on campus before most of your non-NROTC classmates. Moving in early is a great advantage for you because you miss the crowds and hassle of moving in with the rest of the University. Remember, all residence hall costs are your responsibility and moving in early is a privilege.

Additionally, my staff will make their best effort to ensure Savannah State University students have early access to their assigned dorm rooms on 5 August and Armstrong Atlantic State University students have early access to move in to their assigned dorm rooms on 5 August.

NROTC Class Registration:

When you register for classes, you must register for the following Naval Science Courses:

- **NSCI 1001.01 Introduction to Naval Science**
 - **Savannah State University: CRN 80171**
 - **Armstrong Atlantic State University: CRN 81002**

- **NSCI 4050.01 Naval Drill**
 - **Savannah State University: CRN 80176**
 - **Armstrong Atlantic State University: CRN 81008**

Introduction to Naval Science is scheduled every Monday and Wednesday from 10 A.M. to 10:50 A.M. Naval Drill is scheduled every Thursday from 3:30 P.M. to 5:30 P.M. If you wish to compete for an NROTC Scholarship (Navy Option), keep in mind when you are registering for classes that scholarship students will be required to complete two semesters of calculus by the end of their sophomore year and two semesters of calculus-based physics by the end of their junior year. Ensure the math course(s) you sign up for will keep you on track to accomplish this requirement. When registering for courses, keep in mind that **all NROTC students must sign up for no less than 15 credit hours for their first semester. You will need to average 17-18 credit hours per each semester in order to graduate on time.**

SAT/ACT: All non-scholarship students will have an opportunity to earn an NROTC scholarship at the end of each semester during their freshmen and sophomore years. In order to enhance your chances of earning an NROTC scholarship, I strongly encourage you to re-take the SAT or ACT this summer at your earliest convenience. Minimum requirements for a scholarship are 520 math and 530 critical reading for the SAT and 21 math and 22 English for the ACT.

Passport: Over the summer, you will participate in the Summer Cruise portion of your training as a Midshipman. In recent years more and more Midshipman are traveling overseas to embark their designated ship for Summer Cruise. We highly recommend you apply for a Passport prior to your arrival at the University.

Enclosures: In order to facilitate in-processing, please mail the contents of the package enclosed, with a certified copy of your birth certificate and shot record. **The package must be returned to us using the enclosed envelope by June 15, 2011.** This is vital to preparing uniforms and equipment so please follow the instructions carefully. Please fill out and return the following **enclosures: (6), (7), (8), (9), (10), (11), (12), and (15).** For your convenience, a manila envelope is also enclosed for you to mail the required documents.

We are very happy that you will be joining us in July and August. Orientation is your introduction to the challenges and excitement of your college career and the Naval and Marine Corps service. You will get to know your new classmates, meet the unit staff, and embark on a new and exciting lifestyle. Welcome aboard! If you have any questions about orientation, do not hesitate to call Lieutenant Matthews at (912) 358-3087. You may also contact her by e-mail at matthewsc@savannahstate.edu.


K. V. FLOWERS
CAPT USN

WHAT IS INFORM

Indoctrination for Midshipmen (INFORM)

The Naval ROTC Unit at Savannah State University offers an indoctrination program for Midshipmen (INFORM) beginning their freshman year. This program is held during the week immediately preceding the start of fall semester classes. INFORM will be conducted on the campus of Savannah State University and Marine Corps Recruiting Depot (MCRD) Parris Island. The incoming freshmen will spend five days at MCRD Parris Island, SC which will provide the backdrop for a solid foundation in discipline, military bearing and military aptitude. The students will leave for MCRD Parris Island at 1600 on 31 July 2011 and return to the NROTC building at Savannah State University the afternoon of 05 August 2011. The scope of the program includes military instruction and drill, issuance and instruction on the proper wear of uniforms, lectures and familiarization on military customs, courtesies, laws, and introduction to the NROTC staff.

The program is organized and run each year by NROTC Midshipmen from both Savannah State University and Armstrong Atlantic State University. This type of peer training enables new midshipmen to emulate the military example set by the senior class. The program is not mandatory and is strictly voluntary. However, history has shown that freshmen which attend the program and keep themselves open to the learning experience it provides are more easily integrated into the Midshipmen Company and are more successful.

The students will be allowed to store the gear for their dorm rooms at the NROTC building until their return on 05 August 2011. The parents may also place the student's belongings in their assigned dorm rooms upon the parent's departure at 1200 on 31 July 2011.

Leadership-Learn by doing

NROTC midshipmen are given an opportunity to excel at all levels of the Midshipmen Company. As freshmen, they serve as squad members and learn military discipline and leadership attributes from their immediate superiors. Those who display a highly developed sense of leadership go on during their sophomore year to be squad leaders and serve in Chief Petty Officer billets in the Company. During the junior and senior years, midshipmen serve as Company Staff Officers, setting leadership examples for the underclassmen and honing the skills they will need to become active duty officers following commissioning.

Midshipmen, under the advisement of active duty Navy and Marine Corps Officers, run the entire Company structure. The proper use of the chain of command is stressed from day one. As they progress, midshipmen earn more responsibility by excelling in the Company structure. This growing sense of responsibility allows midshipmen to acquire the confidence to become competent Company Officers. Leadership, like medicine, is a practice. You continue to develop your skills throughout your career. In NROTC, leadership is learned by doing.



Indoctrination for Midshipmen Schedule of Events

Sunday, 31 July 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0700	Muster	NROTC Bldg.	Inform Staff	D
0700-0900	Student check-in	NROTC Bldg.	LT Matthews AMOI Inform Staff	D
0800-0900	MECEP/OC Meeting	CO office	CO / LT Matthews	D
0900-1045	Welcome aboard	Jordan Auditorium	All hands	D
1045-1145	Parent meeting	Jordan Auditorium	CO / LT Matthews	D
1145-1200	Parent departure			
1215-1315	Chow	Dining Hall	AMOI / Troop Handlers	D
1330-1445	Uniform issue	Supply Cage	INFORM Staff / Mrs. Archer	A
1445-1515	MCO Vision/ Schedule review/Issue Regulations	NROTC Classroom	MXO/CoGySgt	A
1515-1545	XO Academics Discussion	NROTC Classroom	XO	A
1545-1600	Head Calls/Load Vehicles		Inform Staff	A
1600-1715	Depart for Parris Island		INFORM STAFF	A
1730-1830	Chow	Chow Hall	Inform Staff	A
1845-1930	ARRIVE on Foot Prints	Parris Island	AMOI /Troop Handlers	A
1930-1945	Transit to Squad bay	Squad Bay	AMOI Troop Handlers	A
1945-2030	Squad Bay Setup	Squad Bay	AMOI Troop Handlers	A
2030-2130	Hygiene	Squad bay	Troop Handlers	C
2100	Taps			C

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)



Indoctrination for Midshipmen Schedule of Events

Monday, 1 August 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0500	Reveille	Squad Bay	Troop Handlers	C
0515	PT Muster		AMOI / Troop Handlers	C
0515-0645	Intro to PT	Class room/PT Field	AMOI /PTO Troop Handlers	C
0700-0800	Hygiene	Squad Bay	Troop Handlers	C
0800-0830	Chow	Dining Hall	AMOI / Troop Handlers	A
0830-0930	Watch Brief	Classroom	*Co GySgt Troop Handlers	A
0930-1100	Freshmen Advisor Brief	Classroom	LT Matthews / INFORM Staff	A
1100-1230	Uniform Regulations Brief	Class room	Midn Sarrell	A
1230-1330	Chow	Chow Hall	AMOI / Troop Handlers	A
1330-1400	Reporting Procedures	Classroom	Co GySgt	A
1410-1510	Components of Wellness	Classroom	AMOI	A
1520-1630	Intro to Close Order Drill	Parade Deck	AMOI / DTC/DTI MECEPs	A
1645-1800	Chow	Dining Hall	AMOI / Troop Handlers	A
1800-2000	Basic Daily Routine (BDR)	Squad Bay	Troop Handlers	C
2000-2100	Weapons Intro	Squad Bay	SSgt Morrison	C
2100	Taps			

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)



Indoctrination for Midshipmen Schedule of Events

Tuesday, 2 August 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0500	Reveille	Squad Bay	Troop Handlers	C
0515	PT Muster	PT Field	AMOI / Troop Handlers	C
0515-0630	Individual Movement Course	Page field	AMOI / Troop Handlers	C
0630-0700	Hygiene	Squad Bay	AMOI / Troop Handlers	A
0715-0815	Chow	Chow Hall	AMOI / Troop Handlers	A
0830-0930	Four Year Degree Plan	Classroom	LT Matthews	A
0930-1100	Midshipmen Regulations Review 1	Classroom	* CO GySgt	A
1100-1200	Equal Opportunity	Class room	*MIDN Ryner	A
1200-1300	Chow	Chow Hall	AMOI/ Troop Handlers	A
1300-1400	Fraternization	Classroom	*MIDN Cavallari	A
1400-1415	Head / Water calls	Classroom	Troop Handlers	A
1415-1645	Close Order Drill	Parade Deck	AMOI/ Troop Handlers MECEP's	A
1700-1800	Chow	Chow Hall	AMOI / Troop Handlers	A
1800-1900	Sexual Harassment	Squad Bay	SSgt Morrison	C
1900-2000	Basic Daily Routine (BDR)	Squad Bay	Troop Handlers	C
2000-2100	Daily Review	Squad Bay	Troop Handlers	C
2100	Taps			

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)



Indoctrination for Midshipmen Schedule of Events

Wednesday, 3 August 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0530	Reveille	Squad Bay	Troop Handlers	A
0545	Muster	Squad Bay	AMOI / Troop Handlers	A
0600-0745	Substance Abuse / Alcohol Awareness	Classroom	*MIDN Graf	A
0745-0845	Chow	Chow Hall	AMOI / Troop Handlers	A
0900-0950	Midshipmen Regulations Review #2	NROTC Classroom	*Co GySgt	A
0950-1000	Head / Water Calls	NROTC Bldg.	Troop Handlers	A
1000-1100	Customs and Courtesies	Class Room	*GySgt Shaffer	A
1115-1215	Leave/Liberty Brief Submission Process	Classroom	*Midn Starr	A
1230-1330	Chow	Chow Hall	AMOI / Troop Handlers	A
1330-1530	Close Order Drill	Parade Deck	AMOI / Troop Handlers MECEP's	A
1545-1645	Mentor Class and Assignments	Classroom	*MMO	A
1700-1800	Chow	Chow Hall	Troop Handlers	A
1815-1945	Plt Assignments / MIDN records	Classroom	MXO/CoGySgt	A
1945-2030	Basic Daily Routine (BDR)	Squad Bay	Troop Handlers	C
2030	Taps	Squad Bay	Troop Handlers	C

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)



Indoctrination for Midshipmen Schedule of Events

Thursday, 4 August 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0430	Reveille	Squad Bay	Troop Handlers	C
0500	Muster PT	PT Field	AMOI/ Troop Handlers	C
0500-0600	PFT/PFA	PT Field	AMOI/Troop Handlers	C
0600-0630	Hygiene	Squad Bay	Troop Handlers	A
0630-0730	Chow	Chow Hall	AMOI/Troop Handlers	A
0730-0815	Observe Colors	Main Parade Deck	AMOI/Troop Handlers	A
0830-0900	Guest Speaker (Navy)	Class Room	Inform Staff	A
0930-0940	Head /Water Calls	Class Room	Troop Handlers	A
0940-1015	Guest Speaker (Marine)	Class Room	Troop Handlers	A
1045-1230	ISMT/Box Chow	Range	AMOI Troop Handlers	A
1245-1345	MOI Brief	Class room	MOI	A
1400-1530	Museum Tour	PI Museum	AMOI/ Troop Handlers	A
1530-1630	Martial Arts Demo	LNS	AMOI/Troop Handlers	A
1700-1800	CHOW	Dining Hall Parris Island	AMOI/ Troop Handlers	A
1800-1930	Mandatory Study Brief	Squad Bay	MCO	A
1930-2030	Basic Daily Routine (BDR)	Squad Bay	Troop Handlers	C
2030	Taps			

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)



Indoctrination for Midshipmen Schedule of Events

Friday, 5 August 2011

TIME	EVENT	LOCATION	PERSONNEL	UNIFORM
0430	Reveille/Box Chow	Squad Bay	Troop Handlers	A
0500	Muster	Squad Bay	AMOI / Troop Handlers	A/E
0500-0510	Embark Vehicles	Parris Island	Inform Staff	A/E
0515-0630	Transit		Inform Staff	A/E
0630	Arrive at Willy Wilcox	Willy Wilcox	Inform Staff	A/E
0700-1000	Inventory Swim Assessment	Willy Wilcox	Troop Handlers LT Matthews	A/E
1000-1015	Transit to NROTC Bldg.		Troop Handlers	A
1015-1145	Room Issue		LT Matthews	A
1145-1200	Transit to Chow		Troop Handlers	A
1200-1300	Chow	Dining Hall	Troop Handlers	
1300-1315	Transit to NROTC Bldg.		Troop Handlers	A
1315-1330	Head / Water calls	NROTC Bldg.	Troop Handlers	A
1330-1500	HRA Time	NROTC Classroom	Ms. Shepard	A
1500-1530	Induction Ceremony / Honor Code Signing	NROTC Classroom	All Hands	A
1530-1700	Oath of Office/Service Agreement (Scholarship only)	CO's Office	CO/Mrs. Shepard	A
1530-1900	Cookout	NROTC Bldg.	All Hands	D

*Brief Assignment

Uniforms:

A – NWU's / Desert MARPAT

B – Unit Polo / Khaki trousers

C – PT gear

D – Appropriate Civilian Attire

E – Swim Attire (Males: PT Shorts / Females: One piece swimsuit with PT shorts)

Enclosure (2)

Navy PFA GOAL-ORIENTED SCORING

PERFORMANCE OF "SATISFACTORY-MARGINAL" OR BETTER IS REQUIRED ON EACH EXERCISE EVENT TO MEET THE PFA STANDARD.

OVERALL PFA PERFORMANCE IS THE TOTAL POINTS ATTAINED FOR THREE EVENTS DIVIDED BY THREE.

EX.	MALE 18yrs		Points
	Curl ups	94	80
	Push ups	85	85
	Run	9:00	90
	Total		255

Final Score: Average (255/3) = 85

Overall Performance is Excellent High.

EXERCISE EVENTS STANDARDS AND CATEGORIES FOLLOW:

MALES: AGE 17 TO 19 YEARS

PERFORMANCE CATEGORY	PERFORMANCE LEVEL	POINTS	CURL UPS	PUSH UPS	1.5-MILE RUN	500-yd SWIM
OUTSTANDING	HIGH	100	109	92	9:00	7:05
OUTSTANDING	MEDIUM	95	107	91	9:30	7:20
OUTSTANDING	LOW	90	102	86	9:50	7:55
EXCELLENT	HIGH	85	98	82	10:05	8:25
EXCELLENT	MEDIUM	80	93	79	10:20	9:00
EXCELLENT	LOW	75	90	76	10:40	9:15
GOOD	HIGH	70	81	68	10:55	10:05
GOOD	MEDIUM	65	71	60	11:25	11:25
GOOD	LOW	60	62	51	12:00	12:15
SATISFACTORY	HIGH	55	59	49	13:05	12:50
SATISFACTORY	MEDIUM	50	54	46	13:20	13:20
SATISFACTORY	MARGINAL	45	50	42	13:40	13:55

FEMALES: AGE 17 TO 19 YEARS

PERFORMANCE CATEGORY	PERFORMANCE LEVEL	POINTS	CURL UPS	PUSH UPS	1.5-MILE RUN	500-yd SWIM
OUTSTANDING	HIGH	100	109	51	9:29	7:20
OUTSTANDING	MEDIUM	95	107	50	11:15	8:25
OUTSTANDING	LOW	90	102	47	11:30	9:15
EXCELLENT	HIGH	85	98	45	11:45	9:50
EXCELLENT	MEDIUM	80	93	43	12:00	10:20
EXCELLENT	LOW	75	90	42	12:30	10:40
GOOD	HIGH	70	81	36	12:45	11:45
GOOD	MEDIUM	65	71	30	13:00	13:05
GOOD	LOW	60	62	24	13:30	14:10
SATISFACTORY	HIGH	55	59	24	14:15	14:25
SATISFACTORY	MEDIUM	50	54	20	14:45	15:00

Marine Corps PFT scoring

Point System. The table below will be used to assign a point value to each of the three events. Maximum obtainable score for any one event is 100 points, while 300 points represents a perfect score.

Example	6 pullups = 30 points
	40 situps = 40 points
	23:50 run = 65 points
	<hr/>
	Total Score 135 points

REQUIRED MINIMUM ACCEPTABLE PERFORMANCE (MALE)

AGE	PULLUPS	SITUPS	3-MILE RUN	SUBTOTAL POINTS	ADD POINTS	REQ'D PASSING SCORE
17-26	3	50	28 MIN	105	30	135
27-39	3	45	29 MIN	94	16	110
40-45	3	45	30 MIN	88	0	88
46+	3	40	33 MIN	65	0	65

"REQUIRED MINIMUM ACCEPTABLE PERFORMANCE (FEMALE)

AGE	FAH	SITUPS	3-MILE RUN	SUBTOTAL POINTS	ADD POINTS	REQ'D PASSING SCORE
17-26	15	50	31 MIN	105	30	135
27-39	15	45	32 MIN	94	16	110
40-45	15	45	33 MIN	88	0	88
46+	15	40	36 MIN	65	0	65

NROTC Swim Qualification Requirements

1. Midshipmen shall be able to pass the 3rd Class Swim test by the end of their freshmen year and demonstrate proficiency as a third class swimmer annually.
2. A 3rd Class Swimmer is described as a person who can stay afloat and survive without the use of a Personal Flotation Device (PFD) in open water under optimum conditions long enough to be rescued in a man-over-board situation. The 3rd Class Swimmer qualification is the minimum entry-level requirement for all U.S. Navy personnel.

The Third Class Swim Test

- This test consists of two modules. Module One is composed of three separate events, a deep water jump, a 50-yard swim, and a 5-minute prone float. Module Two consists of blouse and trouser or coverall inflation. Module One must be conducted before Module Two. If swimmers become fatigued or winded after an event, provide them ample time to catch their breath before attempting the next event. The prone float and blouse and trouser / coverall inflation must occur in deep water (deep water is defined as water too deep to stand with mouth and nose above the surface).
- **Module One: Deep Water Jump**
 - A lifeguard must be in the water, equipped with mask, fins and a rescue tube. Jumpers must be spaced such that there is no chance of a swimmer jumping onto another swimmer. Jumps must be performed from a minimum height of 5 feet. Water depth underneath the platform must be a minimum of 8 feet. Swimmers must display the ability to swim to the surface unassisted. The body position must be taught to the navy standards, but the body position will not be graded. All swimmers will be strongly encouraged to maintain proper body position until momentum slows underwater.
- **Module One: 50 Yard Swim**
 - Swimmers must complete the distance without stopping, standing, or holding onto the sides of the pool.

- **Module One: Prone (face down) Float**

- A lifeguard must be in the water equipped with a mask, fins and a rescue tube for up to five students.
- Students displaying improper breathing during survival floating will be removed from the water within the first minute.

Module Two: Blouse and Trouser or coverall Inflation

- A lifeguard must be in the water equipped with a mask, fins, and a rescue tube for up to five students
- Students displaying problems with blouse and trouser or coverall inflation must be removed from the water before becoming exhausted.

PROPER CIVILIAN ATTIRE GUIDE

Proper Civilian Attire (PCA) is defined as slacks, dress pants, causal dress pants (khakis), collared shirts, blouses, socks, and casual dress shoes (non-athletic). These shoes must be comfortable for walking. It is recommended to wear shoes that do not have heels. Females attending orientation must keep long hair neatly pinned up and off their shoulders. No "pony tails." All hair ornaments must be similar to hair color.

All incoming freshmen participating in INFORM need to bring at least 2 pair of Khaki trousers.

Note: During both NROTC and University Orientation, shoes worn should be comfortable for both walking and marching. Sandals, flip-flops, dress flats, hard surfaced shoes, and any shoes other than running shoes shall not be worn by any midshipman during INFORM. Baggy and/or revealing clothing is not authorized.

Savannah State University

Freshmen INFORM Checklist

** The following checklist is provided to assist in ensuring that you are prepared for the upcoming NROTC Freshmen INFORM. The optional items are not required.

Items required for Paris Island

- White T-shirts (6)
- White Tube Socks (6 pair)
- Underwear (6)
- Running Shoes
- Bath Towels/Wash Cloths (2)
- Swimming Trunks/Suit (No Two Piece)
- Running Shorts (2)
- Running Shirts (2)
- Toothpaste/Brush
- Bath Soap/Deodorant
- Shower Shoes (Flip Flops)
- Shaving Cream/Razor (Males)
- Cell Phone/Calling Card (Recommended)
- Sports Bras (females only)
- Insect Repellant/Sun Screen
- Fingernail Clippers
- Pens/Pencils/Notebooks
- Physical Screening Sheet

- Emergency Phone Numbers

- Swimming Cap/Goggles (Optional)

Items required for SSU Campus

- Khaki Trousers (2)
- Casual Dress Shoes (no heels)
- Collared Shirts (2)
- Cleaning Supplies for Dorm Rooms
- Civilian Attire (see encl. 4)
- Alarm Clock
- Bed Linen (Twin Size or Full/2 pair)
- Laundry Detergent
- Any Remaining Items You Desire

SUPPLY OFFICER'S REQUIRED INPUTS

Name: _____
(LAST, FIRST, MIDDLE)

1. MALE UNIFORM MEASUREMENTS

Shoe Size (dress shoe) _____ Width: narrow regular wide (Circle one)
(Have your feet measured in dress shoes, noting if your feet are wide, regular or narrow)

Hat size _____ (e.g. 7 ¼)

Neck Circumference _____ (Accurate neck and arm measurements are necessary for proper fit. Recommend that you visit a tailor to have arm length measured. Arm Length is measured from middle of spine to the first knuckle on the thumb.)

Arm Length _____

Coat Size (standard sport jacket) _____ (The uniform coat, which will be issued, is double breasted. Example of sizes would be 40R or 40L)

T-Shirt Size: S M L XL (Circle one) Shorts Size: S M L XL (Circle one)

Sweat Shirt: S M L XL (Circle one) Sweat Pants: S M L XL (Circle one)

Height (inches) _____

Inseam measurement _____

Waist Circumference _____

2. FEMALE UNIFORM MEASUREMENTS

Shoe Size (dress shoe) _____ Width: narrow regular wide (Circle one)
(Have your feet measured in dress shoes, noting if your feet are wide, regular or narrow).

Hat Size _____ (e.g. 22)

T-Shirt Size: S M L XL (Circle one) Shorts Size: S M L XL (Circle one)

Sweat Shirt: S M L XL (Circle one) Sweat Pants: S M L XL (Circle one)

Neck Circumference _____ (Accurate neck, chest and arm length are necessary for the Winter Blue uniform blouse. Recommend that you visit a tailor for proper measurements).

Bust Circumference _____

Waist Circumference _____

Hip Circumference _____

Height (inches) _____

3. REMARKS: It is recommended this be taken to a professional seamstress or tailor. These measurements will be used for fitting uniforms for a one time issue.

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Freshman Orientation Emergency Information Contact Sheet

(Please fill out the information below and return by **15 June 2011**)

Personal Information:

Name (Last, First, MI): _____

Date of Birth: _____

Blood Type: _____

Social Security Number (Last Four Only): _____

Permanent Address: _____

Emergency Point of Contact (POC) Information:

Primary

Name: _____

Address: _____

Phone #: () _____

Relationship: _____

Secondary

Name: _____

Address: _____

Phone #: () _____

Relationship: _____

Insurance Information:

Company Name: _____

Policy Number: _____

Phone Number: _____

Medical Information:

- Using the back of this sheet, list all known allergies (bee stings, medication, peanut oil, milk, etc.)
- Do you have any current medical conditions not mentioned on your DODMERB physical? Y/N
If yes, explain below. (Please disregard if you were not required to take a DODMERB physical).

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Enclosure (7)

SF 93 Addendum:

Dear Applicant:

1. Please complete the SF-93 and answer all questions. **Please print.**
2. Pay particular attention to the following blocks of information. Specific instructions follow regarding this requested information:
 - Block 1: Name (Last, First, Middle Initial)
 - Blocks 4a-4d: Your home address
 - Block 6: Response is "pre-employment exam"
 - Block 7b: List your current medications.
If none- state "none"
 - Block 7c: List any allergies that you might have.
If none- state "none"
 - Block 7d: Indicate your height
 - Block 7e: Indicate your current weight
 - Block 23: Bring your records of all immunizations received with you when you complete your physical.
 - Block 24a-c: Print your name/sign/ and date the SF 93
3. If you have answered "**yes**" to any question on the SF 93, you must provide a **detailed description** of this history, to include:
 - a. the dates of occurrence,
 - b. what occurred,
 - c. if and when any treatments,
 - d. medications and/or surgeries were received,
 - e. if any work was missed,
 - f. the current status of this condition,
 - g. if there are any related restrictions or limitations,
 - h. and details for any history of hospitalizations
4. If you take any medications, either regularly or occasionally, you must indicate the following:
 - a. What medical condition(s) do you use these medications to treat?
 - b. How long have you been affected by this condition (include the date of diagnosis)?
 - c. Have there been any doctor visits, hospitalizations, surgeries, or other treatments relating to these medical conditions? Is so, when?
 - d. Have you missed school or work due to these medical conditions? If so, when?
 - e. Do you have any current related restrictions or limitations?
 - f. How many times in the past 60 days have you taken these medications?
5. If you have a past or current medical history of any other condition(s) not listed on the SF 93, please explain.

Please type your answers on a separate document, sign and date it, and attach to the SF 93 form. You are to take both the SF 93 and this separate document to your scheduled physical.

MEDICAL RECORD	REPORT OF MEDICAL HISTORY	DATE OF EXAM
-----------------------	----------------------------------	--------------

NOTE: This information is for official and medically-confidential use only and will not be released to unauthorized persons

1. NAME OF PATIENT (Last, first, middle)	2. IDENTIFICATION NUMBER	3. GRADE
4a. HOME STREET ADDRESS (Street or RFD; City or Town; State; and ZIP Code)		5. EXAMINING FACILITY
4b. CITY	4c. STATE	
4d. ZIP CODE		
6. PURPOSE OF EXAMINATION		

7. STATEMENT OF PATIENT'S PRESENT HEALTH AND MEDICATIONS CURRENTLY USED (Use additional pages if necessary)

a. PRESENT HEALTH	b. CURRENT MEDICATION	REGULAR OR INTERM.
c. ALLERGIES (Include insect bites/stings and common foods)		
	d. HEIGHT	e. WEIGHT
8. PATIENT'S OCCUPATION	9. ARE YOU (Check one) <input type="checkbox"/> RIGHT HANDED <input type="checkbox"/> LEFT HANDED	

10. PAST/CURRENT MEDICAL HISTORY

CHECK EACH ITEM	YES	NO	DON'T KNOW	CHECK EACH ITEM	YES	NO	DON'T KNOW	CHECK EACH ITEM	YES	NO	DON'T KNOW
Household contact with anyone with tuberculosis				Shortness of breath				Bone, joint or other deformity			
Tuberculosis or positive TB test				Pain or pressure in chest				Loss of finger or toe			
Blood in sputum or when coughing				Chronic cough				Painful or "trick" shoulder or elbow			
Excessive bleeding after injury or dental work				Palpitation or pounding heart				Recurrent back pain or any back injury			
Suicide attempt or plans				Heart trouble				"Trick" or locked knee			
Sleepwalking				High or low blood pressure				Foot trouble			
Wear corrective lenses				Cramps in your legs				Nerve Injury			
Eye surgery to correct vision				Frequent indigestion				Paralysis (including infantile)			
Lack vision in either eye				Stomach, liver, or intestinal trouble				Epilepsy or seizure			
Wear a hearing aid				Gall bladder trouble or gallstones				Car, train, sea or air sickness			
Stutter or stammer				Jaundice or hepatitis				Frequent trouble sleeping			
Wear a brace or back support				Broken bones				Depression or excessive worry			
Scarlet fever				Adverse reaction to medication				Loss of memory or amnesia			
Rheumatic fever				Skin diseases				Nervous trouble of any sort			
Swollen or painful joints				Tumor, growth, cyst, cancer				Periods of unconsciousness			
Frequent or severe headaches				Hernia				Parent/sibling with diabetes, cancer, stroke or heart disease			
Dizziness or fainting spells				Hemorrhoids or rectal disease				X-ray or other radiation therapy			
Eye trouble				Frequent or painful urination				Chemotherapy			
Hearing loss				Bed wetting since age 12				Asbestos or toxic chemical exposure			
Recurrent ear infections				Kidney stone or blood in urine				Plate, pin or rod in any bone			
Chronic or frequent colds				Sugar or albumin in urine				Easy fatigability			
Severe tooth or gum trouble				Sexually transmitted diseases				Been told to cut down or criticized for alcohol use			
Sinusitis				Recent gain or loss of weight				Used illegal substances			
Hay Fever or allergic rhinitis				Eating disorder (anorexia bulimia, etc.)				Used tobacco			
Head Injury				Arthritis, Rheumatism, or Bursitis							
Asthma				Thyroid trouble or goiter							

11. FEMALES ONLY

CHECK EACH ITEM	YES	NO	DON'T KNOW	DATE OF LAST MENSTRUAL PERIOD	DATE OF LAST PAP SMEAR	DATE OF LAST MAMMOGRAM
Treated for female disorder						
Change in menstrual pattern						

CHECK EACH ITEM. IF "YES" EXPLAIN IN BLANK SPACE TO RIGHT. LIST EXPLANATION BY ITEM NUMBER.

ITEM	YES	NO
12. Have you been refused employment or been unable to hold a job or stay in school because of:		
a. Sensitivity to chemicals, dust, sunlight, etc.		
b. Inability to perform certain motions.		
c. Inability to assume certain positions.		
d. Other medical reasons (if yes, give reasons.)		
13. Have you ever been treated for a mental condition? (if yes, specify when, where, and give details.)		
14. Have you ever been denied life insurance? (if yes, state reason and give details.)		
15. Have you had, or have you been advised to have, any operation? (if yes, describe and give age at which occurred.)		
16. Have you ever been a patient in any type of hospital? (if yes, specify when, where, why, and name of doctor and complete address of hospital.)		
17. Have you consulted or been treated by clinics, physicians, healers, or other practitioners within the past 5 years for other than minor illnesses? (if yes, give complete address of doctor, hospital, clinic, and details.)		
18. Have you ever been rejected for military service because of physical, mental or other reasons? (if yes, give date and reason for rejection.)		
19. Have you ever been discharged from military service because of physical, mental, or other reasons? (if yes, give date, reason, and type of discharge; whether honorable, other than honorable, for unfitness or unsuitability.)		
20. Have you ever received, is there pending, or have you applied for pension or compensation for existing disability? (if yes, specify what kind, granted by whom, and what amount, when, why.)		
21. Have you ever been arrested or convicted of a crime, other than minor traffic violations. (if yes, provide details.)		
22. Have you ever been diagnosed with a learning disability? (if yes, give type, where, and how diagnosed.)		

23. LIST ALL IMMUNIZATIONS RECEIVED

I certify that I have reviewed the foregoing information supplied by me and that it is true and complete to the best of my knowledge. I authorize any of the doctors, hospitals, or clinics mentioned above to furnish the Government a complete transcript of my medical record for purposes of processing my application for this employment or service. I understand that falsification of information on Government forms is punishable by fine and/or imprisonment.

24a. TYPED OR PRINTED NAME OF EXAMINEE	24b. SIGNATURE	24c. DATE
--	----------------	-----------

NOTE: HAND TO THE DOCTOR OR NURSE, OR IF MAILED MARK ENVELOPE "TO BE OPENED BY MEDICAL OFFICER ONLY".

25. PHYSICIAN'S SUMMARY AND ELABORATION OF ALL PERTINENT DATA (Physician shall comment on all positive answers in Items 7 through 11. Physician may develop by interview any additional medical history deemed important, and record any significant findings here.)

26a. TYPED OR PRINTED NAME OF PHYSICIAN OR EXAMINER	26b. SIGNATURE	26c. DATE
---	----------------	-----------

**NROTC SCHOLARSHIP / COLLEGE PROGRAM STUDENT
INFORMATION SHEET**

LAST NAME: _____ FIRST NAME: _____

SSN (Last four Only): _____ RATE/ RANK: MIDN 4/C

GRADUATION DATE: MAY 2015 BLOOD TYPE: _____

EYE COLOR: _____ HAIR COLOR: _____

HEIGHT: _____ WEIGHT: _____ MARITAL STATUS: _____

DATE OF BIRTH: _____ SAT/ACT VERBAL: _____

PLACE OF BIRTH: _____ SAT/ACT MATH: _____

LOCAL ADDRESS: _____ CLASS RANK: _____

CITY/STATE/ZIP: _____ CLASS SIZE: _____

LOCAL PHONE # _____ GPA _____ ON SCALE OF _____

HOME PHONE # _____ HOMETOWN DEMOGRAPHICS

(circle one)

1. Urban (city greater than 500,000)
2. Suburban (city less than 500,000)
3. Rural (farming/ county environment)

NEXT OF KIN: _____

HOME ADDRESS: _____ Father's Name _____

Address _____

CITY/STATE//ZIP: _____ _____

RACE: _____ Mother's Name _____

Address _____

ETHNICITY: _____ _____

Are you a Georgia resident?: Y / N

Are you on an NROTC scholarship? Y/N

Are either of your parents active duty military? Y / N

Signature _____ Date _____

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Enclosure (9)

NSTC Hold Harmless Agreement IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions,
please ask us or consult an attorney.

The Naval Reserve Officers Training Corps ("NROTC") Unit, Savannah State University, hereinafter, the "NROTC UNIT," and its staff have done everything possible to ensure members of the Indoctrination For Midshipmen (INFORM) program experience an introduction to military service. To this end, we have allowed members of the INFORM program to participate in evolutions designed to prepare them professionally and physically for the rigors of military training; this program is hereinafter referred to as the "Physical Training Program." You are advised that the Physical Training Program is not risk free. The same elements that contribute to the unique character and fun of the Physical Training Program, such as physical challenge and exertion, can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death to you or others. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be informed of some of the possible risks. You must read, sign, and return this document to our office before participating in the Physical Training Program.

PHYSICAL TRAINING PROGRAM ACKNOWLEDGMENT OF RISK

The Physical Training Program may consist of the following activities: pull-ups and push-ups (upper body conditioning), rope climbs, calisthenics, abdominal exercises, distance running, endurance running (including runs with weighted packs and/or boots/utility runs and/or obstacle/confidence courses), hiking (with and without weighted packs), timed track work-outs, mock physical fitness examinations, combat conditioning exercises/drills (low crawl, fireman's carry, bear crawl, commando crawl, etc.), plyometrics, log drills (carrying logs while running/hiking), weight training, and circuit training. The Physical Training Program may also consist of field training exercises, such as land navigation/orienteering, fire team/squad formations and field trips to locations of interest to future Navy and Marine Corps officers. It is noted that participation in the foregoing activities may involve transportation to and from the NROTC UNIT.

Participation in any or all of the activities stated above may result in bodily injury, disease, strains, fractures, partial and/or total paralysis, other ailments that could cause serious disability or death. It is also possible that some participants would suffer mental anguish or trauma from the experience or their injuries.

The foregoing list is not an exclusive or exhaustive statement of possible injuries, trauma, or accidents that may occur while participating in the Physical Training Program. Most of these injuries are rare, and you are not likely to encounter them; however, they have occurred, and you need to know about them and other possible injuries not mentioned above. These injuries occur more often when participants are using drugs or alcohol or not physically able to undertake the Physical Training Program.

CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I certify that I am fully capable of participating in the Physical Training Program and that I have read the above statement on some of the possible risks associated with the Physical Training Program. Accordingly, I assume full responsibility for bodily injury, death, loss of personal property and any expenses as a result of my negligence, the negligence of another participant on the trip/program or activity, or the negligence of the NROTC UNIT and its staff. I also understand that the NROTC UNIT reserves the right to refuse any person it judges to be incapable of meeting the rigors and requirements of participating in the Physical Training Program. I am in good physical condition and able to undertake this activity.

I, on behalf of myself, my family, and my heirs and assigns, agree to indemnify and hold harmless the NROTC UNIT, its staff, and the United States of America, the Department of the Navy, and its members, agents and employees from all claims, damages, losses, injuries and expenses arising out of or resulting from my participation in the Physical Training Program, including all claims, damages, losses, injuries and expenses arising out of or resulting from my transportation to and from the activities of the Physical Training Program. I further agree to release, acquit and covenant not to sue the NROTC UNIT, its staff, and the United States of America, the Department of the Navy, and its members, agents and employees for all actions, causes of action, claims or damages, damages in law or remedies in equity of whatever kind, including the negligence of the NROTC UNIT and its staff. In short, my family members, heirs,

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Enclosure (10)

assigns and I cannot sue the NROTC UNIT, its staff, and the United States of America, the Department of the Navy, and its members, agents and employees, and if I or they do, we cannot collect any money.

I agree to the site of any lawsuit and the law governing any such lawsuit shall be governed under the Federal Tort Claims Act, Military Claims Act, Foreign Claims Act, Suits in Admiralty Act, Public Vessels Act or Admiralty Extension Act, which ever is applicable. The terms of this agreement shall continue and be in effect after the Physical Training Program has ended.

As liquidated damages, I hereby agree that if the NROTC UNIT is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my family's or my behalf, my heirs or executors and I shall pay court costs and attorney fees if such defense is successful.

Should a court of competent jurisdiction declare any paragraph or part of this agreement unenforceable, the remaining parts or paragraphs shall remain in full force and effect. A copy of this agreement can be used as if it were an original.

I authorize and release to the NROTC UNIT and its staff the use of my image in any photograph or video recording for any purpose of the NROTC UNIT.

I have adequate health, disability and life insurance.

I hereby give permission for transportation to any medical facility or hospital, and I authorize the rendering of necessary emergency medical care for me by medical personnel and/or the NROTC UNIT. I hereby authorize the release of any medical information, including information concerning my HIV or "AIDS" status, in the possession of the NROTC UNIT to any medical facility, hospital, ambulance, first aid provider, first aid service, doctor, nurse or other such person rendering care on my behalf. I hereby waive any action or claim against the NROTC UNIT and its staff, or any health care provider, hospital, doctor, nurse or first aid provider for the release of this medical information including my HIV or "AIDS" status.

I, _____, of my own free will, for my heirs and executors and myself, have read this agreement in its entirety and fully understand and acknowledge the risks and liability involved from my participation in the Physical Training Program this _____ day of _____ 20____.

[] I have no medical condition that would prevent my participation in this activity (initial).

I have read and understood this agreement.

PARTICIPANT SIGNATURE _____

PRINTED NAME _____

ADDRESS _____

PHONE: (____) ____ - _____

EMERGENCY POINT OF CONTACT

MEDICAL INSURANCE

NAME _____

PROVIDER/INSURER _____

RELATIONSHIP _____

GROUP/POLICY NUMBER _____

PHONE: (____) ____ - _____

PHONE: (____) ____ - _____

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Enclosure (10)

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Enclosure (10)

**NAVAL RESERVE OFFICERS TRAINING CORPS
(NROTC)
STANDARD RELEASE/MEDICAL EMERGENCY FORM**

Date: _____

I, _____, being the legal parent/guardian of

_____, a member of the Naval Reserve Officers Training Corps, in consideration of the continuance of his/her membership in NROTC and/or his/her acceptance for NROTC training, do hereby release from any and all claims, demands, actions, or causes of action, due to death, injury, or illness, the government of the United States and its officers, representatives, and agents acting officially or otherwise and also the local, regional, and national Navy officials of the United States, and the U.S. Naval Reserve Officers Training Corps and its officers and officials.

I hereby authorize personnel of the Department of Defense, Armed Forces, Public Health Service, or civilian physicians to render such medical and dental care as may be necessary and medically indicated in the case of my son/daughter during his/her period of training, as is deemed necessary by a qualified practitioner.

I understand that care at a military medical facility for non-military dependents will normally be rendered on a temporary (emergency) basis only; if further care is indicated, the patient will be transferred to non-military care as soon as possible. Emergency care provided to cadets who are not military dependents at a military medical facility may be subject to reimbursement, and I may be billed for the care provided. For Navy and Marine Corps sponsored activities, such care is authorized by NAVMEDCOMINST 6320.3B.

My son/daughter/ward has been determined to have the following allergies:

He/she requires medication for the treatment of:

Below are listed any other medical conditions which my son/daughter/ward is known to have, which would preclude or limit in any way his/her participation in physical exercise and athletic programs.

CNET-GEN 5800/4 (Rev. 1-95)

His/Her physician is:

Name: _____

Address: _____

Telephone: (include area code) _____

Medical/Injury Co. Insurance Info*

Dental Insurance Info*:

(name)

(name)

(street)

(street)

(city, state, zip code)

(city, state, zip code)

(Policy/ID Number)

(Policy/ID Number)

(Telephone Confirmation #)

(Telephone Confirmation #)

*This insurance is not required. However, the information provided may be required to obtain non-emergency care.

PRIVACY ACT NOTIFICATION:

Under the authority of 5 U.S.C. Sec. 301, the information regarding your child's/ward's health, medical condition and treatment is requested, in order to verify any need to administer medication and to enable medical/dental personnel to diagnose and treat any emergency condition which may arise during training. Pursuant to the Privacy Act, 5 U.S.C. Sec 552, the requested information will not be divulged without your written authorization to anyone other than NROTC area personnel involved with administration of NROTC activities, and medical/dental personnel requiring the information in order to effectively treat any health problem which may arise. Disclosure is voluntary; however, failure to provide the requested information will preclude your child's/ward's participation in the training.

(signature of parent/guardian)

(address)

(city) (state) (zip)

(telephone: home) (work)

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TATTOO SCREENING FORM

NAME _____ Last four of SSN _____ DATE _____

1. Does the applicant have any tattoos, brands or body ornamentation?
Y N

2. Does the applicant have more than 4 body markings? Y N

3. Where are the applicant's tattoos, brands or body ornamentation?

4. How many of the tattoos, brands or body ornamentation can be seen when wearing the standard physical training uniform (shirt and shorts)?

5. Does the tattoo, brand or body ornamentation coverage exceed one-quarter of the respective body parts surface when wearing the standard physical training uniform?
Y N

6. Does the tattoo, brand or ornamentation exceed the area of the wearer's hand, with fingers extended and joined with the thumb touching the base of the index finger?
Y N

7. Are any of the tattoos, brands or body ornamentation on the neck or head? (Above the collarbone in front, first cervical vertebrae in back or exposed by an open short sleeve khaki shirt)
Y N

8. Are any of the tattoos, brands or body ornamentation represent a gang membership, advocate racial, ethnic, religious discrimination, sexist (express nudity), drug related, obscene or are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the United States Navy and Marine Corps?
Y N

Explain: _____

TATTOO SCREENING FORM

NAME _____ Last four of SSN _____ DATE _____

9. Are any of the tattoos a result of a specific activity? (i.e. the result of any violation of law(s))?
Y N

10. Has the applicant ever had a tattoo, brand or body ornamentation removed?
Y N

Explain: _____

NOTE: IF THE APPLICANT HAS RESPONDED "YES" TO ANY OF THE ABOVE QUESTIONS, THEY MUST BE INTERVIEWED BY A **COMMISSIONED OFFICER** TO DETERMINE IF THE APPLICANT IS ELIGIBLE FOR THE PROGRAM. DIGITAL PHOTOGRAPHS OF EACH BODY MARKING WILL ACCOMPANY THIS FORM WHEN FORWARDED FOR REVIEW.

Commissioned Officers Reviewing Comments: _____

NAME/SIGNATURE OF COMMISSIONED OFFICER **RANK** **POSITION**

NOTE: ALL QUESTIONABLE BODY MARKINGS ON CONTENT, SIZE, NUMBER OR LOCATION WILL BE FORWARDED TO THE APPROPRIATE DECISIONING AUTHORITY FOR APPROVAL/REVIEW.

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(e) Two NROTC courses are available as electives: Navigation and Naval Operations and Seamanship.

TABLE 4-2: NAVAL SCIENCE COURSE

Courses	Year normally completed	USN Scholar-ship	USMC Scholar-ship	USN CP	USMC CP	MECEP	Nurse	STA-21
Introduction to Naval Science	Freshman	R	R	R	R	N	R	R*
Sea Power and Maritime Affairs	Freshman	R	R	R	R	N	R	R*
Leadership and Management	Sophomore	R	R	R	R	N	R	R
Navigation	Sophomore	R	N	R	N	N	N	R*
Engineering	Junior	R	N	R	N	N	N	R*
Weapons	Junior	R	N	R	N	N	N	R*
Naval Operations & Seamanship	Senior	R	N	R	N	N	N	R*
Leadership and Ethics	Senior	R	R	R	R	R	R	R
Evolution of Warfare	Sophomore / Junior	N	R	N	R	R	N	N
Amphibious Warfare	Junior / Senior	N	R	N	R	R	N	N
Naval Science Laboratory	All years	R	R	R	R	R	R	R

R= Required; N= Not required; R*= Required but taken at NSI.

b. Instruction and Content. Curriculum guides for each Naval Science course are developed and approved by OD and are available through OD3. (All Naval Science curriculum guides are available online at

- Submit application materials for evaluation by the Office of Undergraduate Admissions at Georgia Tech.
- Be citizens or permanent residents of the United States.

**DEPARTMENT OF NAVAL SCIENCE
(Naval ROTC)**

GENERAL

The department offers a minor in naval science. The program is designed to prepare the student for a commission in the U. S. Navy or Marine Corps and is required of those NROTC students who will obtain a commission. All course work must be completed with a grade of C or better.

**NAVAL SCIENCE COURSES
PROGRAM OF STUDY**

ALL MIDSHIPMEN:

NSCI 1001 Introduction to Naval Science	2 hours
NSCI 1002 Seapower and Maritime Affairs	3 hours
NSCI 1003 Sailing.....	3 hours
NSCI 2102 Naval Ship Systems I (Engineering)	3 hours
NSCI 2002 Leadership and Management.....	3 hours
NSCI 4001 Naval Ship Systems II (Weapons).....	3 hours
NSCI 4104 Leadership and Ethics.....	3 hours

Advanced Program - Navy Option:

NSCI 3003 Navigation	3 hours
NSCI 3004 Naval Operations and Steamship	3 hours

Advanced Program - Marine Corps Option:

NSCI 3101 Evolution of Warfare	5 hours
NSCI 4102 Amphibious Warfare.....	5 hours

Additional and Substitute Requirements:

- NSCI 4050, Naval Drill (0-2-0), is required each academic term of all midshipmen.
- NSCI 1003 AND 4050 satisfy the university physical education requirement.

Navy Scholarship Midshipmen (additional requirements):

One year of calculus (completed before junior year)	6 hours
One year of calculus -based physics (completed before senior year).....	6 hours
Computer science.....	3 hours
Military history and political science.....	6 hours

(Professor of naval science will promulgate courses that satisfy the above requirements)

Non-Scholarship Navy College Program Midshipmen (non-scholarship)

These students must complete one year of math, college algebra or higher, by the end of the junior year and one year of physical science by the end of the senior year as a prerequisite for commissioning. The physical science requirement can be met by completing a one-year sequence or two courses in any area of physical science. One mathematics course may be selected from the field of computer science or statistics.

Marine Corps Option

All Marine Corps option students shall take, during the junior or senior year, one course in military history and one in political science (6 hours total) from a list approved by the Professor of Naval Science.

NROTC Uniforms, Books and Instructional Materials

NROTC uniforms, books and special instructional materials will be issued at no charge to naval scholarship and college program students. Uniforms must be returned upon exit from the NROTC program. Books and other instructional material must be returned at the completion of each academic term.

Scholarships

Nationally awarded Navy ROTC scholarships are available to qualified students for tuition, fees and laboratory expenses. The scholarships can pay for up to four years of expenses and includes a \$350 book stipend per semester. Additionally, the Professor of Naval Science has several Historically Black College and University NROTC Scholarships that may be awarded to qualified high school seniors and graduates.

Financial Assistance

All Midshipmen in the NROTC program who qualify for the college program advanced standing or the scholarship program are paid a monthly tax-free stipend. The monthly amount is \$250 for freshmen, \$300 for sophomores, \$350 for juniors and \$400 for seniors.

Summer Training Cruises

Scholarship midshipmen will go on summer training cruises during three of their summer inter-term periods. Other midshipmen will attend summer training cruises based on their scholarship programs.

MARINE CORPS RECRUITING DEPOT, PARRIS ISLAND
RELEASE & HOLD HARMLESS AGREEMENT & INDEMNIFICATION AGREEMENT

In consideration of _____ (Name of Participant) being allowed to participate in any way with activities related to INFORM on _____ (Date), the undersigned agree to the following:

1. That prior to participating, I agree to inspect the facilities and equipment to be used, and if I believe that anything is unsafe, I will advise the United States Marine Corps of such condition and refuse to participate.
2. That I acknowledge and fully understand that each participant will be engaging in activities that are known to involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from our own actions, inaction or negligence, but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or any of the equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. That I assume all risks and accept all responsibility for any damages following such injury, permanent disability or death that might result to myself.
4. That I intend to be legally bound, and do hereby release, waive, discharge and covenant not to sue the United States Navy, United States Marine Corps, its administrators, officers, directors, agents, coaches, teachers, instructors, or other employees or volunteers of the organization, or the owners and lessors of the premises used to conduct the event, all of which are hereafter referred to as the "releasees", from any and all liability to each of the undersigned, his or her heirs, and next of kin for any claims, demands, losses or damages on account of any injury, including death and permanent or partial disability or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise in connection with and/or arising out of my travel to, participation in, and return from the event. I understand that in transporting me, the United States Government is not acting as a common carrier for hire and does not bear the liabilities attached to that status.
5. That I agree to indemnify and hold harmless the Department of the Navy, the U.S. Marine Corps, its administrators, officers,

**** PLEASE RETURN THIS FORM TO LT MATTHEWS NO LATER THAN 15 June 2011.**

Enclosure (15)

directors, agents, teachers, instructors, or other employees or volunteers, or owners or leasers of the premises used to conduct the class against all civil actions or claims for loss or damage to my property or the injury, death, disease, or disability to the undersigned that is caused or alleged to have been caused in whole or in part from any act having any connection with and/or arising out of my participation in the class.

6. That should I sustain injury or illness while participating in the activities described above, I hereby authorize any emergency first aid, medication or surgery deemed necessary by licensed medical personnel. I give permission for the attending medical personnel to execute on my behalf any necessary medical documents or permission forms and to act in my behalf if I am not able to do so.

7. That, I understand the United States Navy will not provide medical care (except on an emergency basis) for any injuries or disease occurring during the activities described above. I certify that I have sufficient medical insurance coverage to pay for any medical treatment should an injury occur. I agree to reimburse the Government for any medical care provided.

8. I certify that I am not currently under a physician's care, am in good health, and have no reason to believe that I am not physically capable of safely participating in the activities described above.

I, THE UNDERSIGNED HAVE READ THE ABOVE RELEASE AND HOLD HARMLESS AGREEMENT, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS AND MADE CERTAIN IMPORTANT GUARANTEES BY SIGNING IT AND HEREBY SIGN IT VOLUNTARILY.

Signature of Participant

Date

Witness

Date

In the event I am injured and cannot be resuscitated, herein below is listed an emergency contact name and telephone number and I do hereby authorize the United States Navy to release any and all information on my injury and/or death.

Emergency contact and telephone number

** PLEASE RETURN THIS FORM TO LT MATTHEWS NO LATER THAN 15 June 2011.

Enclosure (15)

INFORM COMPLETED DOCUMENT CHECKLIST

Please mail the below completed documents by 15 June 2011 to Lieutenant Matthews at the mailing address mailing address provided below:

1. Uniform Measurements
2. Emergency Contact Information Sheet
3. Report of Medical History Form
4. Unit Information Sheet
5. NSTC Hold Harmless Agreement
6. NROTC Standard Release/Medical Emergency form
7. Tattoo Screening Form
8. MCRD Parris Island Hold Harmless Agreement
9. Student's Birth Certificate
10. Student's Shot Record
11. Money order or cashiers check for \$160 (INFORM orientation fee)

Naval ROTC Unit Savannah State University's mailing address:

NROTC Unit
Savannah State University
3219 College Street
P.O. Box 20299
Savannah, GA 31404

If you have any questions or concerns, contact Lieutenant Matthews at 912-358-3087.