

Welcome Aboard



University of New Mexico NROTC Unit

2009 Orientation Package

June 5, 2009

Dear Candidate,

Congratulations on becoming a part of the NROTC Unit at the University of New Mexico!

Enclosed is a tentative schedule of our five-day orientation, which will be filled with fun and important activities to help you integrate into our unit. I would like to highlight the family oriented "Welcome Aboard" brief to be held on Tuesday, August 18th, at 0800. Please let your parents, spouses, and other family members know that they are cordially invited and are very welcome to attend. On the last day of the orientation, Saturday, August 22nd, we will hold a picnic, which is a great opportunity for your friends and family to meet our staff and other students.

Although not a "boot-camp," during the orientation you will participate in physical training (PT) as an introduction to Navy/Marine Corps physical fitness standards. In order to ensure you are ready for PT, remain active during the summer. Recommend doing plenty of pushups, curl-ups, and running at least three times per week. This will help you avoid being sore at the beginning of the fall semester and will start you on a habit of good health, which is important to your future career choice. Also, do not forget to bring your certification of medical qualification for participation. Without it, you will not be able to participate in all the orientation activities. This can be your DODMERB physical for scholarship students or documentation from your private physician ensuring that you are cleared to participate in PT.

There are multiple documents within this packet that will require your signature. Please fill out the enclosed clothing questionnaire and return it in the envelope provided.

It is important for you to check in on Tuesday, August 18th at 0700 at the NROTC building. Additionally, please note that if you plan on living in the campus housing/dormitory, the university is conducting check-in from August 18th until August 24th from 0700 to 2100.

Please call our administrative assistant, Ms. Lucy Yebra, at (505) 277-3744 to RSVP with the number of participants for the "Welcome Aboard" brief and picnic by August 10th, 2009. As always, feel free to contact me by phone or e-mail at (858) 395-2641 or nrotcrec@unm.edu with any questions or concerns that you might have.

Again, welcome aboard, enjoy the remainder of your summer and we look forward to seeing you on August 18th, 2009!

Respectfully,

C. A. TORRES
LT USN
Instructor / Recruiting / Public Affairs
University of New Mexico NROTC Unit

PLEASE READ THIS ENTIRE PACKAGE CAREFULLY! It will provide the basic information you will need for planning purposes and also address standards you are expected to meet upon your arrival. **NOTE: You must turn in completed required documents at orientation check-in (18 August 2009).**

1. LIST OF ENCLOSURES:

1. UNM Helpful Phone Numbers
2. General Information
3. Swim Training and Qualification
4. Extracurricular Activities offered at UNM NROTC
5. Physical Fitness Requirements
6. Navy Physical Fitness Program
7. Grooming Standards and Personal Appearance
8. Naval and USMC Terminology
9. Required documents:
 - a. Medical form (**signed by a qualified health care provider**)
 - b. Record of Emergency Data
 - c. Release of Academic Transcripts
 - d. Privacy Act Consent
 - e. Confidence Course Assumption of Risk
 - f. Confidence Course Medical History Survey
 - g. Confidence Course Information
 - h. Acknowledgement of Risk Factors
 - i. Male/Female Clothing Questionnaire – To be added depending on gender
 - j. Questionnaire for National Security Positions (SF86)
10. Other required documents list for orientation check in
11. Direct Deposit form – Treasure Department Standard 1199A (Scholarship only)
12. UNM NROTC New Student Information
13. Academic Standards
14. Course Requirements Check Off Sheet
15. Orientation schedule

16. ARRIVAL INFORMATION:

- a. Dress: Appropriate Civilian Attire (ACA)
- b. Date: Tuesday, August 18th, 2009
- c. Time: Check in time is at 0700. **ALL STUDENTS MUST CHECK IN AT THIS TIME.**
- d. Location: University of New Mexico Naval Science Building
720 Yale Blvd NE (Southeast corner of Lomas and Yale)
Albuquerque, New Mexico

17. REQUIRED ITEMS (students will change from ACAs to physical training/PT gear on the first day, shower facilities available):

- a. Running shoes
- b. Swim suit (one piece for females)
- c. Sunscreen
- d. Shower shoes

- e. Soap and shampoo
- f. Towel
- g. Light colored t-shirt and dark colored shorts (appropriate for physical training)

Helpful Phone Numbers For NROTC

LT Torres, Recruiting Officer -- Navy Freshman Advisor

Primary: (858) 395-2641

Alternate: (505) 277-7028

NROTC Unit Administration

(505) 277-7033

NROTC Unit Fax

(505) 277-4501

Helpful Phone Numbers For The University of New Mexico

UNM Main Line (505)-277-0111

Admissions (505) 277-2447

Student Activities (505) 277-4706

Registrar (505) 277-8900

Records and Registration (505) 277-8900

UNM Housing (505) 277-2606

Scholarship Office (505) 277-6090

Financial Aid (505) 277-2041

Anderson School of Management (505) 277-3888

School of Architecture (505) 277-0076

College of Arts and Sciences (505) 277-3046

College of Education (505) 277-3190

School of Engineering (505) 277-5521

College of Fine Arts (505) 277-4817

College of Nursing (505) 272-4223

College of Pharmacy (505) 272-3241

Undergraduate Studies (505) 277-9302

Continuing Education (505) 277-2527

Helpful Numbers for Kirtland AFB (Active Duty only)

KAFB Information (505) 846-0011

Housing and Housing Referral (505) 846-8217

Billeting (505) 846-9652 or 1497

Inbound Household Goods (505) 846-1974

LODGING AND HOUSING

The dormitories at UNM will not be checking in any students until August 18th. If you plan to live in the dorms, and plan on arriving on the weekend, you will need to make arrangements for lodging up until August 18th. It is possible to move into the dorms early on Monday August 17th. This is highly encouraged. If you wish to do so, contact Diane Ranville at (505) 925-9626 or via email at dianner@unm.edu. Additionally, if you plan on staying in the dorms, notify UNM Housing and Food Services at (505) 277-2606 or via email at reshalls@unm.edu so that they can get you on the list of students gaining access to the dorms on the 18th.

Housing off campus may be an option for some personnel. If you wish to obtain off campus housing, utilize a free Apartment Guide for the Albuquerque area. Although we encourage first year students to live on campus at least one semester, it is not a requirement. When selecting housing options, keep in mind that Midshipmen will be required to attend multiple ROTC events during the school year, at 0545.

PHYSICAL READINESS

All personnel will be required to meet some minimum physical fitness standards. Physical fitness is an important part of the curriculum at our NROTC Unit and we take it seriously, as should all future officers. All new students will participate in physical training during the orientation week. It is important that all personnel develop some sort of physical fitness readiness and a work out routine before reporting to UNM. Preparing for the “minimums” is not enough, as you will find that you will fall behind the other students considerably. All students are expected to complete 1.5 mile run (Navy) or 3.0 mile run (Marine Corps) prior to the start of classes.

Before participation in any physical activity at UNM NROTC all eligible non-active duty applicants must have the **Medical Questionnaire (enclosure 8-a)** completely filled out by a **qualified health care provider**. Scholarship students must be qualified by DODMERB or have received a waiver from BUMED prior to participating in physical activity. **SCHOLARSHIPS AND FINANCIAL BENEFITS WILL NOT BE ACTIVATED UNTIL YOU ARE PHYSICALLY QUALIFIED.**

FINANCIAL INFORMATION

All students who will be participating in orientation week will need to bring a little extra cash for miscellaneous expenses, the most notable of which being the cost of meals. Approximately \$15 per day should suffice depending on your preferences. Scholarship students will be receiving a \$375 book stipend each semester. This is all you get so if your books cost more than \$375 you will have to cover the difference.

UNM LOBO ORIENTATION

For Scholarship and College Program Students:

This program is a two-day session offered throughout the summer. It is mandatory to attend one of the Orientation sessions. To sign-up, go to <http://nso.unm.edu/freshmen/dates.htm>. Please attend UNM's mandatory orientation prior to August 18th.

For active duty personnel (STA-21 and MECEP):

Transfer/Non-Traditional Orientation. This program is only offered twice during the summer. To register for the Orientation, go to <http://nso.unm.edu/freshmen/dates.htm>. **NOTE:** If the University of New Mexico has formally accepted at least 30 hours of transfer credit, you are not required to attend Orientation. If this has not been officially waived by the University, you will not be able to sign up for classes and attendance for this Orientation will be required.

SWIMMER TRAINING AND QUALIFICATIONS

During your Orientation Week, you will be required to participate in a swimming test. All students are required to complete at least the “Third Class Swimmer Qualification” during the first week of training and the “Second Class Swimmer” qualification prior to graduation from UNM. The following is a list of classifications and requirements for swimming qualifications:

NOTE: Naval activities in qualifying swimmers shall utilize the current edition of the American Red Cross Swimming and Water Safety Manual as the authoritative text for the swimming procedures, strokes, breaks, holds, etc., described below:

1. Qualifications for Swimmer, **THIRD CLASS**:
 - a. Enter the water feet first from a minimum height of 5 feet
 - b. Remain afloat for 5 minutes
 - c. Swim 50 yards using any one or a combination of strokes

2. Qualifications for Swimmer, **SECOND CLASS**:
 - a. Complete Qualifications for Swimmer **THIRD CLASS**
 - b. Enter the water feet first from a minimum height of 10 feet
 - c. Remain afloat for 10 minutes
 - d. Swim 100 yards using the three basic survival strokes:
 - i. Side stroke
 - ii. Back stroke
 - iii. Breast stroke

NROTC EXTRACURRICULAR ACTIVITIES

At the University of New Mexico NROTC Unit there are several activities in which you can participate on your own time. These are considered an optional part of our program.

UNIT TEAM

1. The Marksmanship Team: The team utilizes 22 caliber rifles at competitions.
2. Physical Fitness Team – Bulldog Platoon
3. Color Guard

*** Teams will participate at local and distant events throughout the year.**

MANDATORY UNIT FUNCTIONS

1. NROTC Orientation (18-22 August 2009)
2. JROTC Golden Anchor Drill Meet (October 2009)
3. NROTC Navy and Marine Corp Ball (30 October 2009)
4. NROTC Graduation/Commissioning Ceremony (18 December 2009)
-- Not mandatory but highly encouraged
5. NROTC Dining In (Spring 2010)

INTRAMURAL SPORTS

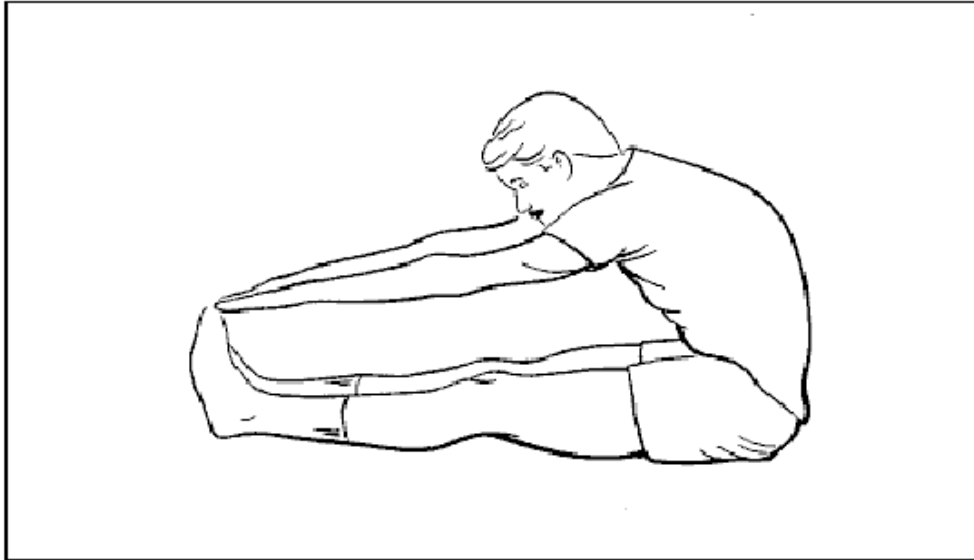
As a battalion member, you will have the opportunity to participate and compete in intramural sports. Intramural sports include: softball, volleyball, racquetball, basketball, wrestling, and many other sports. All members are encouraged to compete in these activities. The teams usually involved are the Air Force and Army ROTC Units, fraternities and sororities. Intramural sports are a great way to compete together with your fellow Midshipmen, get some exercise, and have a good time. We hope that all new battalion members will contribute to the tradition and excellence this unit has shown over the years.

NAVY PHYSICAL FITNESS REQUIREMENTS

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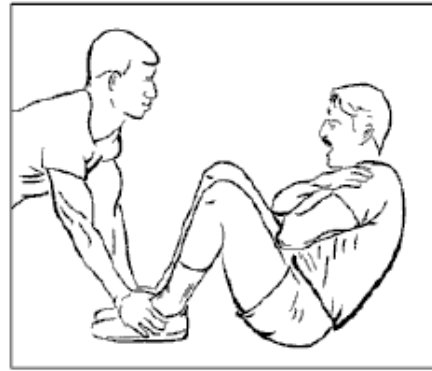
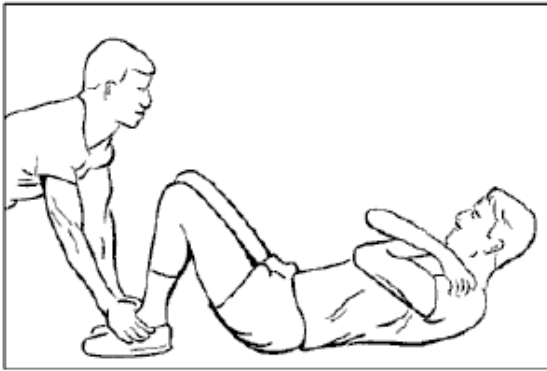
5. Event procedures

a. Sit-reach



- (1) Ensure proper warm-up and stretching is done prior to testing.
- (2) Sit on deck, legs extended, knees very slightly flexed, feet together, and toes pointed up. Shoes are optional.
- (3) Reach slowly forward and touch toes with fingertips of both hands simultaneously.
- (4) Hold reach for one second. Do not bounce or lunge.

b. Curl-ups



(1) Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.

(2) Curl-ups are conducted as follows:

(a) Participants shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.

(b) Feet shall be held to floor only by partner's hands.

(c) Timer shall signal start for participants and call out 15-second time intervals until two minutes have elapsed.

(d) Participants curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.

(e) After touching elbows to thighs, participants lie back, touching lower edge of shoulder blades to deck.

(f) Participants may rest in either up or down position.

(3) Curl-ups are repeated correctly as many times as possible in 2 minutes. The Command Fitness Leader (CFL) or assistant CFL monitors participants for correct form and counts number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be counted. Results for event ended in less than two minutes shall be the number of curl-ups properly completed at time of termination.

(4) Event is ended if participant

(a) Lowers legs

(b) Raises feet off ground or floor

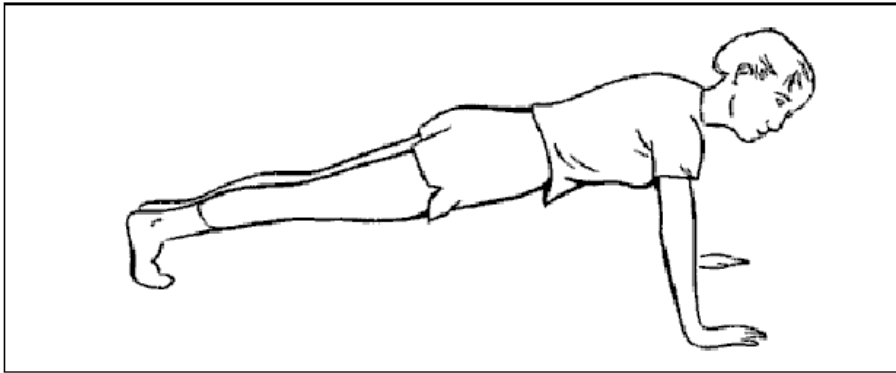
(c) Lifts buttocks off ground or floor

(d) Fails to keep arms folded across and touching chest.

(e) Fails to keep hands in contact with chest or shoulders.

(5)

c. Push-ups



(1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.

(2) Push-ups shall be performed as follows:

(a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.

(b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.

(c) Timer shall signal start for participants and calls out 15-second time intervals until two minutes have elapsed.

(d) Participants shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.

(e) Participants shall return to starting position by extending elbows, raising body as a single unit until arms are straight.

(f) Participants may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.

(3) Push-ups are repeated correctly as many times as possible in two minutes. CFLs or assistant CFLs monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two minutes shall be number of push-ups properly performed at time of termination.

(4) Event is ended if participant

(a) Touches deck with any part of body except hands and feet.

(b) Raises one or both feet or hands off deck or ground.

(c) Fails to maintain back, buttocks, and legs straight from head to heels.

d. 1.5-mile run/walk

(a) Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.

(b) Event shall be conducted on a flat and solid surface.

(c) Event shall be conducted on a track or outdoor follows:

(1) Participants shall stand at start line.

(2) Timer shall signal start and call out time intervals until completion of test.

(d) Time is recorded with stopwatch to nearest second.

MARINE PHYSICAL FITNESS REQUIREMENTS

1. Event procedures

a. Pull-up. The goal of the pull-up event is for the Marine to execute as many accurate and complete pull-ups before dropping off the bar. The procedures are:

- (1) This is not a timed event.
- (2) Sweatshirts will be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.
- (3) Assistance to the bar with a step up, being lifted up, or jumping is authorized. Any assistance up to the bar will not be used to continue into the first pull-up.
- (4) The bar must be grasped with both palms facing either forward or to the rear.
- (5) The correct starting position begins when the Marine's arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.
- (6) The Marine's legs may be positioned in a straight or bent position, but may not be raised above the waist.
- (7) One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a Marine rest his chin on the bar.
- (8) The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition will not count for score.
- (9) A repetition will be counted when an accurate and complete pull-up is performed.

b. Flexed-Arm Hang. The goal of the flexed-arm hang event is for a Marine to hang (maintain elbow flexion) for as long as possible. The procedures are:

- (1) This is a timed event.

- (2) Sweatshirts will be removed during the conduct of the flexed-arm hang event in order to observe when the Marine has completely locked-out her elbows.
- (3) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.
- (4) The bar must be grasped with both palms facing either forward or to the rear.
- (5) The correct starting position begins when the Marine's arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a Marine rest her chin on the bar.
- (6) Marines are authorized to drop down below the bar, however, some degree of elbow flexion must be maintained with both arms. Once a Marine's arms are fully extended or the Marine drops off the bar, the clock will stop.

c. Abdominal Crunch. The goal of the abdominal crunch event is for a Marine to execute as many proper and complete crunches within the prescribed time limit.

- (1) 2-minute time limit
- (2) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees will be bent, and both feet will be flat on the deck.
- (3) The arms will be folded across the chest or rib cage with no gap existing between the arms and chest/rib cage. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position until both forearms or elbows simultaneously touch the thighs, and then returning to the starting position with the shoulder blades touching the deck.
- (4) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting the buttocks is permitted.
- (5) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine's feet is permitted.
- (6) A repetition will be counted when an accurate and complete abdominal crunch is performed.

d. 3.0 Mile Run. The goal is for a Marine to complete the measured course as quickly as possible. The procedures are:

(5)

- (1) This is a timed event.
- (2) On the command to start, the two Marines monitoring the event will start their watches simultaneously when the last Marine passes the starting point. The Command PT Representative will remain at the start/finish and the other monitor will take the safety vehicle (with communication capabilities) to the halfway point. Monitors will call out the split or finishing time as appropriate, as each Marine passes.

2. Scoring

PFT	AGE
CLASS	17-26
1st	225
2nd	175
3rd	135

Minimum PFT Classification Scores

NOTE: It is highly encouraged that each incoming Marine Option Midshipmen be able to, at minimum, run a 3rd class PFT upon stepping on deck for orientation. A 3rd class PFT requires:

- 3 Pull-ups
- 50 Crunches
- 3 mile run under 28 minutes for males
 - under 31 minutes for females

Further instruction will be given throughout the semester on physical fitness requirements and performance.

Navy Physical Fitness Program

Physical Readiness Standards

The Navy considers a physically fit body as important as a sound mind. The objectives of the physical training classes at ROTC are to develop stamina and endurance and to improve your overall physical condition so you can meet demanding physical fitness standards. These objectives are accomplished primarily through the use of a running program augmented by calisthenics and aquatic programs.

Physical training instruction begins almost immediately upon arrival. You will be required to complete a physical fitness assessment (PFA) during your orientation. The PFA consists of as many sit-ups as you can do in two minutes, as many push-ups as you can do in two minutes and a 1.5 mile run. You should report in your best possible physical condition. The better shape you're in, the less susceptible you'll be to injury. It is highly recommended that you start preparing well ahead of time.

The following file is a recommended to help prepare you for the physical training requirements of ROTC.

CONDITIONING PROGRAM

NOTE: It is highly encouraged that each incoming Navy Option Midshipmen be able to, at minimum, run a **Good Low** PFA upon stepping on deck for orientation. Remember, these are minimums, your goal should be to exceed these scores.

	Men	Women	Outstanding (Men)
Push-ups	37 in two minutes	16 in two minutes	87 in two minutes
Curl-ups	46 in two minutes	46 in two minutes	105 in two minutes
1.5 Mile Run	13:30 minutes max	15:30 minutes max	8:30 minutes max

SCORING

Males: Age 17 to 19 Years

Performance Category	Performance Level	Points	Curl Ups	Push Ups	1.5 Mile Run	500 YD Swim	450 M Swim
Outstanding	High	100		92	8:15	6:30	6:20
Outstanding	Medium	96	107	91	8:45	6:45	6:35
Outstanding	Low	90	102	86	9:00	7:15	7:05
Excellent	High	85	98	82	9:15	7:45	7:35
Excellent	Medium	80	93	79	9:30	8:15	8:05
Excellent	Low	77	90	76	9:45	8:30	8:20
Good	High	70	81	68	10:00	9:15	9:05
Good	Medium	65	71	60	10:30	10:30	10:20
Good	Low	60	62	51	11:00	11:15	11:05

Satisfactory	High	55	59	49	12:00	11:45	11:35
Satisfactory	Medium	50	54	46	12:15	12:15	12:05
Probationary		45	50	42	12:30	12:45	12:35

Males: Age 20 to 24 Years

Performance Category	Performance Level	Points	Curl Ups	Push Ups	1.5 Mile Run	500 YD Swim	450 M Swim
Outstanding	High	100	105	87	8:30	6:30	6:20
Outstanding	Medium	95	103	86	9:00	7:00	6:50
Outstanding	Low	90	98	81	9:15	7:30	7:20
Excellent	High	85	94	77	9:45	8:00	7:50
Excellent	Medium	80	90	74	10:00	8:15	8:05
Excellent	Low	77	87	71	10:30	8:45	8:35
Good	High	70	78	64	10:45	9:30	9:20
Good	Medium	65	66	55	11:30	10:30	10:20
Good	Low	60	58	47	12:00	11:30	11:20
Satisfactory	High	55	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	50	42	13:15	12:15	12:05
Probationary		45	46	37	13:30	13:00	12:50

Males: Age 25 to 29 Years

Performance Category	Performance Level	Points	Curl Ups	Push Ups	1.5 Mile Run	500 YD Swim	450 M Swim
Outstanding	High	100	101	84	8:55	6:38	6:28
Outstanding	Medium	95	100	82	9:23	7:08	6:58
Outstanding	Low	90	95	77	9:38	7:38	7:28
Excellent	High	85	91	73	10:15	8:08	7:58
Excellent	Medium	80	87	69	10:30	8:23	8:13
Excellent	Low	77	84	67	10:52	8:53	8:43
Good	High	70	75	60	11:23	9:38	9:28
Good	Medium	65	62	51	12:15	10:38	10:28
Good	Low	60	54	44	12:53	11:38	11:28
Satisfactory	High	55	50	41	13:23	12:08	11:58
Satisfactory	Medium	50	47	38	13:45	12:23	12:13
Probationary		45	43	34	14:00	13:08	12:58

Females: Age 17 to 19 Years

Performance Category	Performance Level	Curl Ups	Push Ups	1.5 Mile Run	Swim 500 Yd	Swim 450 M
Outstanding	High	109	51	9:29	6:45	6:35
Outstanding	Medium	107	50	11:15	7:45	7:35
Outstanding	Low	102	47	11:30	8:30	8:20
Excellent	High	98	45	11:45	9:00	8:50
Excellent	Medium	93	43	12:00	9:30	9:20
Excellent	Low	90	42	12:30	9:45	9:35
Good	High	81	36	12:45	10:45	10:35
Good	Medium	71	30	13:00	12:00	11:50

Good	Low	62	24	13:30	13:00	12:50
Satisfactory	High	59	24	14:15	13:05	13:05
Satisfactory	Medium	54	20	14:45	13:35	13:35
Probationary		50	19	15:00	14:05	14:05

Failure to perform any portion of these requirements constitutes an unsatisfactory performance for the entire test. Failure may result in removal from the program or remedial physical training added to your already demanding daily routine.

Maintaining a smart, military appearance is difficult if a reasonable weight is not maintained. The Navy uses body-fat percentage to determine whether members are within proper weight standards. You must meet the Navy's body-fat standard in order to become a naval officer.

Height and weight standards are used as a guideline to indicate the need for a body-fat determination. These height and weight standards are provided below.

Height and Weight Standards

Male Max Weight (lbs.)	Height (in.)	Female Max Weight (lbs.)
132	58	134
137	59	138
142	60	142
147	61	145
152	62	149
157	63	152
162	64	156
167	65	160
172	66	163
177	67	167
182	68	170
188	69	174
192	70	177
196	71	181
201	72	185
206	73	188
211	74	192
216	75	195

Physical conditioning while in any collegiate program is mandatory and will be strictly monitored and enforced by the NROTC Staff.

To achieve the level of fitness required at ROTC, you need to start the physical conditioning program outlined in this guide.

As with any physical conditioning program, it is important that you include a warm-up and cool-down in your routine. And of equal importance, your training needs to be progressive: **DO NOT OVER-EXERT YOURSELF.**

TOTAL BODY FITNESS

Physical fitness refers to an individual's ability to efficiently perform both aerobic and strength-related activities and to that individual's ability to maintain such capacity throughout life. A physically fit person has cardiovascular endurance, anaerobic capacity, muscular strength and endurance.

BALANCED TRAINING

A balanced physical fitness program includes four major training elements: aerobic (cardiovascular), muscle strength and endurance, flexibility and warm-up / cool-down.

CARDIOVASCULAR CONDITIONING

The first step in any conditioning program is to build an aerobic base. This requires two to four sessions per week of continuous aerobic activity (e.g. jogging, brisk walking) for 15 to 30 minutes at a moderate intensity.

The target heart rate for Midshipmen during exercise is approximately 130 to 150 beats per minute or a perceived exertion of “moderately hard.”

Faster is not better. As long as you get your heart rate into the target range, running a 12-minute mile or a 6 minute mile produces approximately the same aerobic and caloric effect. A minimum of four to six weeks is generally recommended for a healthy young adult to build an aerobic base.

MUSCLE CONDITIONING

Muscle conditioning consists of strength and endurance training. It should occur two to three times per week on non-consecutive days for specific muscle groups.

Calisthenics are exercises that use body weight to produce resistance. They can be used for both muscle strength and endurance training.

FLEXIBILITY TRAINING

Flexibility refers to joint range of motion. The purpose of flexibility training is to produce a permanent stretch in the muscles and connective tissues to allow full joint range of motion.

PHYSICAL FITNESS PROGRAM

Ideally stretching exercises should occur **BEFORE AND AFTER** any strenuous physical training as follows

WARM-UP ~ STRETCH ~ EXERCISE SESSION ~ STRETCH

Since muscles are most flexible when they are warm, a 10 to 15 minute warm-up session (e.g. brisk walk, slow jog, light calisthenics) should always precede any stretching exercises to minimize the risk of tearing tissues. The pre-exercise stretching should be activity specific. For example, if the exercise session includes mostly running, the lower extremity muscles should be stretched.

For maximum safety and effectiveness, stretches should be slow and static (no bouncing); held for 10 to 20 seconds; taken to the point of tightness, not pain; and performed with proper bio-mechanical technique. The recommended frequency is three to five times per week.

WARM-UP AND COOL-DOWN

The warm-up should:

- last minimum of 10 minutes
- use large muscle groups
- gradually progress to the target activity (e.g. brisk walking to warm-up running)

The cool-down should:

- last minimum of 10 minutes
- use the same large muscle groups as the preceding exercise session (e.g. brisk walking to cool-down from running)
- finish with stretching exercises targeting all major muscle groups

In general, a physical training program should include:

- two sessions per week of aerobic training on non-consecutive days;
- two sessions per week of balanced muscle strength and endurance program on non-consecutive days;
- warm-up and cool-down (including a total body flexibility routine) before and after each exercise session.

AEROBIC CONDITIONING

Warm-Up (10 to 15 minutes)

- jumping jacks
- arm circles
- brisk walk
- knee lifts

Aerobic Conditioning Routine (20 to 40 minutes)

- 1 – 1.5 Mile Run

Cool-Down / Flexibility Training (10 to 15 minutes)

The cool-down should use the same muscle groups as the preceding exercise session in a similar activity with gradually decreasing intensity (e.g. brisk walking to cool down from running).

Once the cardiovascular system has returned to a near resting state (5 to 10 minutes), the cool-down should conclude with a total body stretching routine. All stretches should be performed in a static manner (no bouncing) and held for 10 to 20 seconds.

STRETCHES

- neck stretch
- rounded shoulder reach (upper back, shoulders)
- chest, shoulder and biceps stretch
- back, scratch stretch (biceps)
- overhead side bends (trunk)
- spinal twist (lower back, iliotibial band)
- seated butterfly stretch (groin muscles)
- standing hip flexor (hip flexor, calf muscles)
- supine hamstring stretch (hamstrings)
- prone quadriceps stretch (quadriceps, shin muscles)
- straight / bent-knee standing calf stretch (calf muscles)

MUSCLE STRENGTH AND ENDURANCE TRAINING

Warm-up (10 to 15 minutes)

- jumping jacks
- arm circles
- brisk walk
- knee lifts

Muscle Strength & Conditioning Routine (20 to 40 minutes)

Group A

- push-ups (chest and shoulders)
- squats (hamstrings, quadriceps, gluteal)
- toe raises (shin muscles)
- heel raises (calf muscles)
- narrow grip push-ups (chest, triceps)
- front lying chest lifts (backs)
- trunk curls (abdominal)

Group B

- lunges (hamstrings, quadriceps, gluteal)
- outer thigh lifts (hip abductors)
- inner thigh lifts (hip abductors)
- front lying leg lifts (gluteal)
- twist trunk curls (abdominal, oblique)
- hip rollers (abdominal)

Group A exercises target all the major muscles groups of the body. They should be performed, in the order listed, during each scheduled strength and conditioning session.

Group B exercises may be added for variety and to increase the training stimulus. The number of exercise sets and repetitions performed should gradually progress from week on to week eight. For example, week one: two sets of 20 to 30 reps of each exercise; week eight: two to three sets of 30 to 50 reps of each exercise. You should feel temporary muscles fatigue at the completion of each set. Rest periods between sets should be approximately two minutes.

Cool-Down / Flexibility Training (10 to 15 minutes)

Same as performed in aerobic conditioning.

LOW INTENSITY TRAINING & EXERCISE

Warm-up (10 to 15 minutes)

- jumping jacks
- arm circles
- brisk walk
- knee lifts

Low Intensity Training & Exercise Routine (30 to 40 minutes)

- 1 to 1.5 mile slow jog
- cool-down/training – same as in the aerobic conditioning
- flexibility training – same as in the aerobic conditioning

STRETCHES AND EXERCISE PHOTOS

BACK EXTENSION STRETCH



Lie face down with your arms bent in front of you. Lift your head and chest as you slide your forearms up until your elbows are directly below your shoulders.

BUTTERFLY STRETCH



Sit with soles of feet together. Place both hands around feet/ankles to stabilize. Sit up straight and push knees to the ground. Lean forward with a straight back and hold.

POSTERIOR SHOULDER STRETCH



In the kneeling position one arm is positioned across the body and held down at the wrist by the other hand. Lean upper torso away from the hands stretching the posterior muscles of the shoulder. Repeat for the other side.

LOWER BACK STRETCH



Lie on your back with both hands clasped behind the left knee. Slowly pull knee towards chest. (Do not strain). Repeat for the right leg. This stretch should be done to the point of resistance.

CLASPED HAND CHEST STRETCH



Stand with your hands clasped behind your back. With your shoulder blades squeezed together and shoulder pressing down toward the floor, lift your chest toward the sky. You should feel this stretch across your upper chest and shoulders.

TRICEP STRETCH



Stand with both arms extended over head. Bend one arm behind your back with the hand positioned between the shoulder blades. Push down on the elbow with the opposite hand. Repeat for the other arm. You should feel this stretch in the back of the upper arm.

QUADRICEP STRETCH



Lie on stomach with your chin supported by the left hand. Bend the right knee and clasp your foot with the right hand. Slowly pull the foot towards the buttocks. Repeat for the opposite leg. You should feel this stretch in the front of the thigh.

CALF STRETCH



From the push-up position, walk feet towards the hands, bending upward at the hips, keeping hands planted. With legs straight, and feet flat on the ground, place one foot on the back of the other foot at the ankle, stretching the calf muscle.

SEATED HAMSTRING STRETCH



Sit on the ground. Tuck right foot near groin with opposite leg straight in front of you. Slowly reach down the extended leg until you feel a stretch in the back of your thigh. Repeat for the left side.

OVER HEAD SIDE BENDS



Standing with one foot over the other at the ankle, place one hand on the hip. Extend the other arm upward over your head bending the torso to stretch the ilio tibialis band.

PUSH UP

Position yourself face down, hands shoulder-width apart, with only your hands and toes touching the ground. Slowly lower yourself down until your upper arms are parallel with the ground and then straighten your arms to return to the starting position. It is important to keep your body straight at all times.

CURL UP

Lie on your back with knees bent at a 90 degree angle. Feet should be flat on the floor about 12 inches from your buttocks. (Your partner should apply enough pressure to anchor your feet in this position.) Arms are crossed over your chest. Slowly contract your abdominal muscles and raise your shoulder blades off the floor. Briefly hold and slowly lower yourself back down to the floor. You should feel the effort in your stomach area, not your neck or lower back.

FLUTTER KICK

Lie on your back with hands placed beneath the buttocks. Head should be slightly raised and the knees slightly bent. Alternately raise and lower the legs keeping the knees slightly bent the feet elevated 8-12" above the ground. You should feel the effort in the stomach area.

SUPINE BICYCLE

Lie on your back with the hips and the knees flexed. Place the palms directly on top of the head with fingers interlaced. Bring the left knee upward while curling the trunk upward. Touch the right elbow to the left knee. Repeat action for the opposite side.

JUMPING JACKS

Stand loosely at attention. Jump slightly in the air opening the legs to shoulder width apart while swinging the arms overhead and clapping the palms together. Jump slightly into the air and return to the starting position.

LEG RAISE

Lie face up on the floor with hands placed beneath the buttocks. Keeping your legs straight, slowly raise to a vertical position. Slowly lower your legs until they are slightly above the ground.

BODY BUILDERS

Stand at attention, do a knee bend, and then extend the arms forward and kick both feet out behind you to end up in the pushup position. Perform one pushup. Spread both legs out to shoulder width perform one pushup the close legs. Quickly return to the squatting position and return to attention.

Grooming Standards and Personal Appearance

Personal Appearance: Because it is important to provide examples of every appropriate or unacceptable hairstyle of “conservative” or “eccentric” grooming, the good judgment of leaders at all levels is key to enforcement of Navy grooming policy. Therefore, hair/grooming standards while in uniform shall present neat, professional appearance.

1. HAIR

- i. Men. Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least $\frac{3}{4}$ inch and outward not greater than $\frac{3}{4}$ inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, or extend below the eyebrows. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line.
- ii. Women. Hairstyles shall not be outrageously multicolored or faddish, to include shaven portions of the scalp (other than the neckline), or have designs cut out or braided into the hair. Hair coloring must look natural and complement the individual. Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized. Ponytails, pigtails, widely spaced individual hanging locks, and braids which protrude from the head, are not authorized. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head. A maximum of two small barrettes/combs/clips, similar to hair color, may be used in the hair. Additionally, bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastic bands are not authorized.

2. SHAVING AND MUSTACHES (Men). The face shall be clean-shaven. Mustaches are authorized but shall be kept neatly and closely trimmed. No portion of the mustache shall extend below the lip line of the upper lip. It shall not go beyond a horizontal line extending across the corners of the mouth and no more than $\frac{1}{4}$ inch beyond a vertical line drawn from the corner of the mouth. The length of an individual mustache hair fully extended shall not exceed approximately $\frac{1}{2}$ inch. Handlebar mustaches, goatees, beards or eccentricities are not permitted.

3. COSMETICS (Women). Cosmetics may be applied in good taste so that colors blend with natural skin tone and enhance natural features. Exaggerated or faddish cosmetic styles are not authorized with the uniform and shall not be worn. Care should be taken to avoid an artificial appearance. Lipstick colors shall be conservative and complement the individual. Long false eyelashes shall not be worn when in uniform.

4. FINGERNAILS.

- i. Men. Fingernails shall not extend past fingertips. They shall be kept clean.
- ii. Women. Fingernails shall not exceed ¼ inch measured from the fingertip. They shall be kept clean. Nail polish may be worn, but colors shall be conservative and complement the skin tone.

5. JEWELRY. Conservative jewelry is authorized for all personnel and shall be in good taste while in uniform. Eccentricities or faddishness are not permitted. Jewelry shall be worn within the following guidelines.

- i. Rings. While in uniform, only one ring per hand is authorized, plus a wedding/engagement ring set. Rings are not authorized for wear on thumbs.
- ii. Earrings.
 - 1. Men. Not authorized.
 - 2. Women. One earring per ear (centered on earlobe) may be worn while in uniform. Earrings shall be 4mm – 6mm ball (approximately 1/8 – ¼ inch), plain with shiny or brushed matte finish, screw-on or with posts. Small single pearl earrings are authorized for wear with Dinner and Formal Dress uniforms.
- iii. Body piercing. Not authorized. No articles, other than earrings for women specified above, shall be attached to or through the ear, nose, or any other body part.
- iv. Necklace/Choker. While in uniform, only one necklace may be worn and it shall not be visible.
- v. Wristwatch/Bracelets. While in uniform, only one of each may be worn. Ankle bracelets are not authorized while in uniform.

6. TATTOOS. Please refrain from obtaining any tattoos until after receiving instruction during orientation concerning the Navy and Marine Corps Tattoo Policy.

NAVAL AND USMC TERMINOLOGY “JARGON”

AFT:	Pertaining to the back or the stern of the ship, aircraft, or compartment.
ATTENTION ON DECK:	A response given by a junior when a senior officer enters the room, calling the room’s occupants to attention.
AYE, AYE:	A basic response to an order signifying that the order has been heard, is understood, and will be carried out.
BASIC RESPONSES:	“Yes Sir/ Ma’am”; “No Sir/ Ma’am”; “Aye, Aye Sir/ Ma’am”; “I’ll find out Sir/ Ma’am”; “No excuse Sir/Ma’am”.
BELOW:	Downward; below decks; downstairs.
BILGE:	The lowest part of a ship’s internal spaces; under the lowest deck plates; carved hull plates between the ship’s side and bottom plates.
BLACK SHOE:	Slang for a line officer who is not an aviator.
BROWN SHOE:	Slang nickname for an aviator.
BUBBLE HEAD:	Slang nickname for a submariner.
BULKHEAD:	Wall of a compartment.
CARRY ON:	An order to resume or continue previous activity. Usually given after personnel have come to attention. Given by the senior officer.
CENTERLINE:	Imaginary line drawn down the middle of the ship from bow to stern.
CHIT:	An informal signed request or authorization.
CMC:	Command Master Chief; also The Commandant of the U.S. Marine Corps, senior most officer in the Marine Corps.
CNET:	Chief of Naval Education and Training, our CO’s boss.
CNO:	Chief of Naval Operations, senior most officer in the Navy.
CO:	Commanding Officer, first in command.
DECK:	Floor of a ship or compartment.
FIELD DAY:	Period assigned for detailed cleaning by all hands.
GALLEY:	Kitchen.

GOUGE:	Prepared solution to a problem; the “inside” information.
HATCH:	Any access through the deck which personnel can pass through.
HEAD:	Toilet and washroom.
IRISH PENNANT:	A loose, untidy end of a line or a thread left dangling on a uniform.
LADDER:	Stairs.
MESS:	Compartment where a ship’s crew eats its meals.
MOI:	Marine Officer Instructor.
OVERHEAD:	Ceiling of a compartment as viewed from the inside.
POLICE:	To inspect and clean up.
PORT:	Directional term for “left”.
QUARTERDECK:	Ceremonial area, kept especially neat and clear.
RACK:	A bed.
ROTC:	Reserve Officer Training Corps.
SCUTTLEBUTT:	Drinking fountain; also a rumor.
SECURE:	To make fast in a permanent sense; to cease or stop.
SMART:	Neat; shipshape; military in appearance; quick.
SQUARE AWAY:	To straighten, make shipshape, or get settle in a new job. Also used to correct or admonish in a curt manner.
STARBOARD:	Directional term for “right”.
STOW:	To put away; to store.
UCMJ:	Uniform Code of Military Justice: a series of law delineating the structure of the U.S. military system.
VERY WELL:	Response given by a senior to a junior in response to a report.
WARDROOM:	Officer’s messing, recreational, or leisure compartment.
WATCH:	A period of time, usually 4-6 hours in duration, in which an individual has specific responsibilities and duties to perform.
XO:	Executive Officer; second in command.

REQUIRED DOCUMENTS

**TURN IN COMPLETED DOCUMENTS
DURING ORIENTATION CHECK IN:
18 AUGUST 2009**

Scholarship and College Program Midshipmen only

NAVAL RESERVE OFFICER'S TRAINING CORPS
UNIVERSITY OF NEW MEXICO
ALBUQUERQUE, NM 87131-1556

CERTIFICATION OF MEDICAL QUALIFICATION FOR PARTICIPATION

LAST NAME FIRST NAME MIDDLE NAME AGE SSN

INSTRUCTIONS FOR MEDICAL EXAMINER: The standard for acceptance into the Navy ROTC Program is the ability to fully participate in training activities. This includes strenuous physical exercise and activities, which may occur in a hot and humid environment. Details of the minimum standards for the events in the NROTC Physical Fitness Assessment are listed in this Orientation packet. Defects that have the potential to result in illness or injury brought on by physical exercise should be identified. The examiner should list any condition(s), which could interfere with full and unrestricted participation. Conditions that will or are likely to require treatment, particularly unresolved injuries and recurrent illness must be listed. History of immunization should be verified to the satisfaction of the medical examiner.

Height: ____ **Weight:** ____ lbs. **Obese:** Yes ___ No ___ **Pulse:** ____ **Blood Pressure:** _____

Eyes, ears, nose: _____

Vision: _____ Wears glasses: Yes ___ No ___ Wears Contacts: Yes ___ No ___

Blood Type: ____ **Hemocrit/date drawn:** _____ **Sickle Cell/date drawn** _____

Urinalysis: _____ Glucose _____ Albumin _____ Blood _____ Lungs _____ Heart _____
Abdomen _____ Genitals _____ Hernia _____ Spine: _____

Orthopedic oriented examination (evaluation of conditions that may limit involvement in physical activities -i.e. sports, physical training, etc.):

Body Symmetry _____ Cervical Spine Motion _____ Upper Body Flexibility _____

Lower Body Flexibility _____ Knee Stability _____ Other _____

Remarks:

It is the opinion of the medical examiner that the examinee [has ____] [does not have ____] a communicable (or other) disease, injury, or other condition that will restrict his/her participating in the NROTC Program. (List any disqualifying defects above.)

Signature of Medical Examiner and license number

Date

Typed or printed name and address of Medical Examiner

Scholarship and College Program Midshipmen only

Record of Emergency Data

1. UNIT I.D. 63209		2. SHIP OR STATION NROTC UNIT, UNIVERSITY OF NEW MEXICO, ALBUQUERQUE, NM			3. 4.	
5. NAME OF SPOUSE			6. DATE OF BIRTH OF SPOUSE		7. RELATIONSHIP	
8. PLACE OF MARRIAGE (CITY & STATE OR COUNTRY)			9. DATE MARRIED		10. CITIZENSHIP OF SPOUSE US	
11. ADDRESS OF SPOUSE					12. DEP	
13. NAME OF CHILD OR DEPENDENT			14. DATE OF BIRTH		15. RELATIONSHIP	
16. ADDRESS (INCLUDE NAME OF CUSTODIAN IF OTHER THAN CLAIMANT)					17. DEP	
18. NAME OF CHILD OR DEPENDENT			19. DATE OF BIRTH		20. RELATIONSHIP	
21. ADDRESS (INCLUDE NAME OF CUSTODIAN IF OTHER THAN CLAIMANT)					22. DEP	
23. NAME OF CHILD OR DEPENDENT			24. DATE OF BIRTH		25. RELATIONSHIP	
26. ADDRESS (INCLUDE NAME OF CUSTODIAN IF OTHER THAN CLAIMANT)					27. DEP	
28. NAME OF CHILD OR DEPENDENT			29. DATE OF BIRTH		30. RELATIONSHIP	
31. ADDRESS (INCLUDE NAME OF CUSTODIAN IF OTHER THAN CLAIMANT)					32. DEP	
33. NAME OF FATHER						
34. ADDRESS OF FATHER (SEE SPECIAL INSTRUCTIONS BEFORE COMPLETING BLOCK 35)					35. DEP	
35. NAME OF MOTHER						
37. ADDRESS OF MOTHER (SEE SPECIAL INSTRUCTIONS BEFORE COMPLETING BLOCK 38)					38. DEP	
41. WERE YOU PREVIOUSLY MARRIED? <input type="checkbox"/> YES <input type="checkbox"/> NO		42. PRIOR MARRIAGE DISSOLVED BY <input type="checkbox"/> DEATH <input type="checkbox"/> ANNULMENT <input type="checkbox"/> DIVORCE		41. DATE		42. PLACE (CITY & STATE OR COUNTRY)
43. WAS SPOUSE PREVIOUSLY MARRIED? <input type="checkbox"/> YES <input type="checkbox"/> NO		44. PRIOR MARRIAGE DISSOLVED BY <input type="checkbox"/> DEATH <input type="checkbox"/> ANNULMENT <input type="checkbox"/> DIVORCE		45. DATE		46. PLACE (CITY & STATE OR COUNTRY)
47. OTHER			48. ADDRESS			49. RELATIONSHIP
50. NEXT OF KIN OF SPOUSE (NOT HUSBAND, WIFE OR MINOR CHILD)			51. ADDRESS			52. RELATIONSHIP
53. BENEFICIARY(S) FOR UNPAID PAY AND ALLOWANCES			54. ADDRESS			55. RELATIONSHIP
57. PERSON TO RECEIVE ALLOTMENT IF IN A MISSING STATUS. SUBJECT TO SECNAV DETERMINATION			58. ADDRESS			
60. BENEFICIARY(S) FOR GRATUITY PAY (NO SPOUSE OR CHILD SURVIVING)			61. ADDRESS			62. RELATIONSHIP
64. LIFE INSURANCE DATA (NAME OF CO) (DO NOT INCLUDE SGLI)			65. ADDRESS			66. POLICY NUMBER
67. RELIGION		68.	69.		70. RANK/RATE MIDN	71. PAGE 1
73. NAME OF DESIGNATOR (LAST, FIRST, MIDDLE)					74. SSN	75. USN <input type="checkbox"/>
						76. USNR <input checked="" type="checkbox"/>

Release of Academic Transcripts

I, _____,
Full Name

Hereby grant the release of my academic transcript/ grade report to an authorized agent of the Naval ROTC Unit of the University of New Mexico for the purpose of determining my eligibility or continue in the NROTC program.

Signature in Full

Date

PRIVACY ACT CONSENT

Consent to Contact Parents or Legal Guardian:

I, _____(full name), SSN_____

- I do consent
- I do not consent

for the University of New Mexico Naval Reserve Officer Training Corps staff to contact my parents or legal guardian in order to discuss my overall performance at the University of New Mexico and in the Student Battalion.

(Full Signature)

(Date DD-MMM-YY)

**UNIVERSITY OF NEW MEXICO
CLIMBING/CONFIDENCE COURSE**

ASSUMPTION OF RISK

In return for the acceptance of my participation in the activities of the University of New Mexico Climbing and Confidence Course, herein referred to as "UNM-CCC", I the participant named below agrees as follows:

1. The participant is instructed that prior to participating in any UNM-CCC activity and regularly thereafter, that he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the instructor of such condition and refuse to participate. Furthermore, the participant should refrain from involvement in any activity which he or she deems inappropriate for him or herself.
2. Participant shall carefully review and follow all UNM-CCC safety guidelines. Participant understands that his/her personal well-being can best be promoted by his/her attention to the instructions of the UNM-CCC staff, and agrees to maintain an observant and cooperative attitude throughout the course(s).
3. Fully understands and acknowledges that: (a) there are risks and dangers inherent in participation in climbing/confidence course activities and events, including but not limited to those of bodily injury, partial and/or total disability, paralysis and death; (b) the social and economic losses and/or damages, which could result from those risks and dangers could be severe.
4. I hereby acknowledge the inherent risks and hazards of this activity. I acknowledge that any claims for damage against the University of New Mexico or its officers or employees for death, personal injury, or property damage which may occur as a result of my participation in the above mentioned activity would be governed by the New Mexico Tort Claims Act, which imposes limitations on the recovery of damages from state institutions and their public employees.
5. Participant understands that the UNM-CCC, its instructors and facilitators, and the University of New Mexico, **STRONGLY** recommend that the participant have some type of medical and or health insurance to cover any possible accidents that might occur while participating in these events.

THE UNDERSIGNED HAS READ THE ABOVE ASSUMPTION OF RISK AND RELEASE AND WAIVER OF LIABILITY AND UNDERSTANDS THAT HE/SHE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAS SIGNED IT VOLUNTARILY.

PRINTED NAME OF PARTICIPANT _____

ADDRESS OF PARTICIPANT _____

PHONE NUMBER OF PARTICIPANT _____

CONTACT PERSON IN CASE OF ACCIDENT _____

SIGNATURE OF PARTICIPANT _____ **DATE** _____

**SIGNATURE OF PARENT OR GUARDIAN
IF PARTICIPANT IS UNDER 18** _____ **DATE** _____

**UNIVERSITY OF NEW MEXICO
CLIMBING / CONFIDENCE COURSE
CONFIDENTIAL MEDICAL HISTORY**

This medical form is an important way we ensure a safe experience for you. If you think you should not participate in an activity, inform staff.

A) PARTICIPANT GENERAL INFORMATION.

Printed Name of Participant: _____
Family Physician & Phone: _____
Contact Person in Case of Accident: _____
Contact Person Relation & Phone: _____
Medical Insurance Company: _____

B) CONDITIONS AND SYMPTOMS: Do you have, or have you had, any of the following conditions and symptoms, in the last year.

	Yes	No
1) Hearing or Vision Impairment.....	_____	_____
2) High Blood Pressure.....	_____	_____
3) Heart Problems.....	_____	_____
4) Skeletal Problems / Broken Bones.....	_____	_____
5) Neck or Back Problems.....	_____	_____
6) Muscular Problems.....	_____	_____
7) History of Seizures / Convulsions.....	_____	_____
8) Currently Pregnant.....	_____	_____
9) Allergies.....	_____	_____

Explain in detail (including restrictions if any) all questions that were answered "Yes" and any other pertinent information concerning your health including current medications being taken if any.

C) SIGNATURE REQUIRED:

The information provided above is complete and accurate. I realize that failure to disclose such information could result in serious harm to myself and fellow participants and agree to indemnify and hold UNM Climbing/Confidence Course (UNM-CCC) harmless if all relevant information is not disclosed. I understand that I may, at my sole discretion, refrain from involvement in any activity which I deem inappropriate given my health status and, with respect of any activity in which I do participate, I hereby waive and release the UNM Climbing/Confidence Course, its Regents, agents, and employees, from all claims or demands arising out of such participation. I also give my permission to be photographed.

Participant's Signature Date

UNM Low and High Ropes Confidence Course

Instructions:

You will be outside all day so wear clothing that you can layer to fit the temperatures. It will be warm all day. Please wear clothing that is comfortable and allows you to move easily: sweats, shorts, T-shirts are fine, **but no bare midriffs, low cut tops, or short shorts**. Please wear athletic shoes that lace, no sandals/ boots. Please wear no jewelry and bring something to confine long hair and glasses. Bring sunscreen and a water bottle.

A camera is fun and a wonderful way to remember the day!

A signed waiver is necessary for everyone.

Parent and student signed waivers are necessary for those under 18.

Directions: UNM High Ropes Confidence Course and Climbing Walls

As Stanford is under construction, enter UNM from University Blvd, 1 block N of Central. Follow signs to the parking structure (\$6 weekdays), or on weekends any of the lots are usually free. Or park on Vassar Dr. diagonally behind Kinko's 3 block East on Central for \$2.00. Johnson Center is the large building that runs along the North side of the parking structure. The entrances are on the West side of Johnson Center, facing Popejoy Hall or on the East side facing Johnson Field. Tell the attendant you are there for the High Ropes Course and they will give you directions. I will meet you at the High Ropes Course inside Johnson Center.

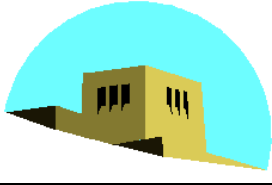
(If all the doors are locked, ie. early on Sat/Sun mornings, - I will meet you at the Flamenco Dancer Statue between Popejoy and Johnson Ctr. 5 minutes before the appointed time.)

Call me with questions: Susan Harper, Ph.D.

PH: 867-5768

Cell: 220-9848

I am happy to talk with anyone that has any concerns.



The University of New Mexico
Risk Management Department
Onate Hall, Room 137
Albuquerque, NM 87131-3182
Telephone (505) 277-9790
FAX (505) 277-9799

University of New Mexico
ACKNOWLEDGMENT OF RISK FACTORS

I, _____, understand that the University of New Mexico does not provide
(name of participant, please print)
insurance coverage for medical care that I may need because of my participation in the UNM Challenge Course Program, which involve a variety of activities that include, but are not limited to, warm-ups, games, group initiative problems, low ropes course elements, and other rigorous physical adventure activities.

These programs are sponsored by UNM Recreational Services for _____.
(date of event)

I further understand that there are certain risks and hazards that may arise in the course of this activity, including accidents or illness in remote locations. I hereby assume the inherent risks and hazards of this activity.

I acknowledge that any claims for damages against the University of New Mexico or its officers or employees for death, personal injury, or property damage which may occur as a result of my participation in the above-mentioned activity would be governed by the New Mexico Tort Claims Act, which imposes limitation on the recovery of damages from state institutions and their public employees.

Signature

Date

Scholarship and College Program Midshipmen Only
Male Clothing Questionnaire

NOTE: This form must be filled in by a tailor for accurate measurements, as this form will be used to assist in issuing uniforms.

Name _____

Height _____ inches

Weight _____ pounds

- Hat Size: measure around the head, one inch above the ears: _____ inches
*see chart below for correlating hat size: _____
- Shoe (Size and Width): _____
- Waist Measurement: _____ inches
- Inseam Measurement: _____ inches
- Short Sleeve Shirt Size (circle one):
 S M L XL XXL
- Coat Size: _____

Hat Size Chart:

Inches → 20-----20 3/8-----20 3/4-----21 1/8-----21 1/2-----22-----22 3/8-----22 3/4-----23 1/8-----23 1/2-----24 1/4

Size → 6 3/8-----6 1/2-----6 5/8-----6 3/4-----6 7/8-----7-----7 1/8-----7 1/4-----7 3/8-----7 1/2-----7 5/8

Scholarship and College Program Midshipmen Only

Female Clothing Questionnaire

NOTE: This form must be filled in by a tailor for accurate measurements, as this form will be used to assist in issuing uniforms.

Name_____

Height_____ inches

Weight_____ pounds

- Hat Size: measure around head on inch above the ears.
Measure inches _____ approximately actual determined had size
- Neck: measure around neck and add ½ inch_____ inches
- Sleeve length: bend elbow forward and measure from center back of neck to top of the shoulder to the elbow to the wrist_____ inches
- Bust: measure around fullest part of bust, keeping tape under arms and around the shoulder blades_____ inches
- Short sleeve shirt circle one
S M L XL
- Coat size_____
- Waist: measure around waist snug but not tight and round up to the nearest inch
Waist measurement_____ inches
- Slacks and Skirt Size: Add 4 to the size normally worn
Military Slack size_____
- Military Skirt size_____
- Shoe Size: size and width_____

Hat Size Chart:

Inches → 20-----20 3/8-----20 3/4-----21 1/8-----21 1/2-----22-----22 3/8-----22 3/4-----23 1/8-----23 1/2-----24 1/4

Size → 6 3/8-----6 1/2-----6 5/8-----6 3/4-----6 7/8-----7-----7 1/8-----7 1/4-----7 3/8-----7 1/2-----7 5/8

OTHER REQUIRED DOCUMENTS FOR ORIENTATION CHECK IN

- 1. SAT or ACT Scores (The actual printout from the testing facility).**
- 2. Certified copy of Birth Certificate (Official State Seal)**
- 3. Copy of Social Security Card**
- 4. Copy of Immunization/Shot Records**

**BRING THESE DOCUMENTS WITH YOU
TO ORIENTATION CHECK-IN FOR
SUBMISSION TO THE OFFICER
PROGRAMS ADMINISTRATOR.**

UNM NROTC New Student Information
Scholarship/College Program

Name: _____

SSN: _____

Navy or Marine: _____

Rank/Rate: _____

Date Reported: _____

Major: _____

Date of Birth: (mm/dd/yy) _____

Height: _____

Weight: _____

Blood Type: _____

Race: _____

Ethnic: _____

Home of Record: _____

Current Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

History: _____

JROTC Type: _____

Marital Status: _____

Dependants and Names: _____

High School Rank: _____

Eagle Scout: _____

Parents Military: _____

High School Type: _____

Diploma and Year: _____

SAT/ACT:

Comp: _____

Math: _____

Verbal: _____

Physical Status: _____

Estimated Commissioning Date: _____

ACADEMIC STANDARDS

All Midshipmen enrolled in the Naval ROTC program are required to maintain sufficient academic proficiency. The following are the MINIMUM requirements:

- Semester and Cumulative GPA above 2.5
- Enrollment in 15 credit hours or above

Your NROTC advisor must be informed of the following:

- Prior to withdrawing from any course
- Prior to changing any major
- Prior to dropping below 15 credit hours per term
- Prior to receiving employment on campus, to include work-study
- Any poor academic performance or marks that could hinder your grade

Failure to adhere to the standards listed above will result in disciplinary action and potential disenrollment / loss of scholarship. Your grades are an important factor in determining service selection (Aviation, Surface, Nuclear Power, Special Ops/War) and rankings for ship assignments (for prospective Surface Warfare Officers)

Required Courses

The Course Requirements Check-Off Sheet (enclosed in this packet) states the NROTC courses that you are required to take for your respective programs. For College Program students, adhere to the Scholarship standards. This is to ensure that you are competitive for receiving a Scholarship.

Naval Professional Lab (NS100) and Navy and Marine Corps Fitness (NS102)

All students are required to register for these courses, with the following exception:

- Any student who is taking 19 or more credit hours in a term.

Department permission will be required to take this course. Contact LT Torres at (858)395-2641 or (505)277-7028 if you have any questions or concerns during registration.

Concepts and Principles of Naval Science (NS101)

All new Midshipmen are required to take NS101, with the following exception:

- Any Navy or Marine Corps JROTC graduate who participated for three or more years while in high school.

LT Torres will be the instructor for this course. Call or email him if you have any questions.

Calculus and Physics (Navy Options Only)

For Navy Options, take Calculus and Physics earlier rather than later. Whatever the highest class is that you test into when you arrive on campus or as per your SAT/ACT scores, take that course. For instance, if you qualify to take Calculus I, don't take Pre Calculus or College Algebra. If you think that you will struggle in Calculus I, take the course anyways. We have tutors who are available to assist you. Assistance from the Center for Academic Program Support are also available. For instance Calculus 1 and 2 are required to be completed no later than the end of your Sophomore Year. Physics 1 and 2 are required to be completed no later

than the end of your Junior Year. CALC 162 and 163 and PHYSCS 160 and 161 are the only courses accepted by NROTC. Keep this in mind as there are multiple Calculus and Physics courses available.

Mandatory Study

Students enrolled in Calculus and Physics are required to take mandatory study hours at the command during the week. More information to follow during Orientation.

Changing of Major

*****Does not apply to Marine Option or Nurse Corps Options*****

All Navy-Option Scholarship Midshipmen are categorized into three tiers in terms of majors. Science , technology, engineering and mathematics majors are categorized as either Tier 1 or Tier 2 based on Navy requirements. Non-technical academic majors are categorized as Tier 3.

NROTC College Program Midshipmen seeking scholarships are encouraged to pursue a Tier 1 or Tier 2 major in order to enhance their competitiveness for an NROTC scholarship or Navy commission.

IMPORTANT (NAVY OPTION SCHOLARSHIP STUDENTS ONLY): You must have a degree plan approved by your advisor prior to activation of your scholarship. Upon receipt of this document, you must email LT Christopher Torres at catorres@unm.edu in order to receive a blank degree plan. The following information is required:

- Name: Last, First, Middle Initial
- SSN: xxx-xx-last 4
- School: NEW MEXICO
- Your Major
- Estimated Graduation Date: For most of you this is Spring of 2013 / Nurses this will be Summer of 2012.
- Fill out your courses you intend on taking for your entire course of study at UNM.
- Put credit hours for each course, and total them up at the bottom
- Leave GPA and grade blank

You must get a hold of your respective advising office within the School you are attending, such as Engineering, Arts and Sciences, and so forth, in order to ensure that your degree plan is on track. If you have any questions or issues, contact LT Torres immediately at (858)395-2641 or (505)277-7028. Your degree plans endorsed by your advisors within the University are required to be completed prior to your arrival on 18 AUG.

COURSE REQUIREMENTS CHECK-OFF SHEET

Name: _____

Program: _____

Navy Option (Scholarship Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 101 Introduction to Naval Science _____
- 105 Naval Ship Systems I(Engineering) _____
- 201 Naval Ship Systems II (Weapons) _____
- 300 Seapower _____
- 303 Navigation I (Navigation) _____
- 304 Navigation II (Operations) _____
- 401 Leadership and Management _____
- 407 Leadership and Ethics _____

Calculus (MATH)

(Sequence to be completed by end of sophomore year.)

- 162 Calculus I _____
- 163 Calculus II _____

Physics (PHYSICS)

(Sequence to be completed by end of junior year.)

- 160 Physics I _____
- 161 Physics II _____

English (ENGL)

(6 credit hours with emphasis in composition - ENGL 101, 102, 219, 220, 221, 290, 321 or as approved.)

Regional Studies/Cultural Awareness

(3 credit hours required – AFST 115, 329, 385, 395, REL 107, 263, 422, 442, 481, HIST 181, 182, 261, 262, 372-375, 381-384, 386-388, 468, 469, 475, 476, POLS 355 or as approved)

National Security Policy /American Military History

(3 credit hours required – POL SC 240, 342, 345, 443, 444 or as approved, HIST 364, 367, 370, 371, 375, 403, 460, 466 or as approved, NAV SC 331, 431. Note: NAV SC 300 does NOT satisfy this requirement.)

Navy Option (College Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 101 Introduction to Naval Science _____
- 105 Naval Ship Systems I(Engineering) _____
- 201 Naval Ship Systems II (Weapons) _____
- 300 Seapower _____
- 303 Navigation I (Navigation) _____
- 304 Navigation II (Operations) _____
- 401 Leadership and Management _____
- 407 Leadership and Ethics _____

Math (MATH)

(6 credit hours to be completed by end of junior year - MATH 121, 123, 150, 162, 163, 180, 181, 264 or as approved.)

Physical Science

(6 credit hours – ASTR 270, 271, or as approved, BIOL 121, 122, 123, 219, 221, 222 or as approved, CHEM 111, 121, 122, 132, 151, 152, 212, or as approved, E&PS 225, 251, or as approved, PHYSICS 151, 152, 160, 161, 262, or as approved.)

English (ENGL)

(6 credit hours with emphasis in composition - ENGL 101, 102, 219, 220, 221, 290, 321 or as approved.)

Regional Studies/Cultural Awareness

(3 credit hours required – AFST 115, 329, 385, 395, REL 107, 263, 422, 442, 481, HIST 181, 182, 261, 262, 372-375, 381-384, 386-388, 468, 469, 475, 476, POLS 355 or as approved)

National Security Policy /American Military History

(3 credit hours required – POL SC 240, 342, 345, 443, 444 or as approved, HIST 364, 367, 370, 371, 375, 403, 460, 466 or as approved,

COURSE REQUIREMENTS CHECK-OFF SHEET

Name: _____

Program: _____

Marine Option (Scholarship Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 101 Introduction to Naval Science _____
- 300 Seapower _____
- 331 Evolution of Warfare _____
- 401 Leadership and Management _____
- 431 Amphibious Warfare _____
- 407 Leadership and Ethics _____

National Security Policy /American Military History

(3 credit hours required – POL SC 240, 342, 345, 443, 444 or as approved by advisor, HIST 364, 367, 370, 371, 375, 403, 460, 466 or as approved by advisor. Note: NAV SC 300, 331, 431 do NOT satisfy this requirement.)

Marine Option (College Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 101 Introduction to Naval Science _____
- 300 Seapower _____
- 331 Evolution of Warfare _____
- 401 Leadership and Management _____
- 431 Amphibious Warfare _____
- 407 Leadership and Ethics _____

Seaman-to-Admiral 21(STA-21/STA-21(N))

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 401 Leadership and Management _____
- 407 Leadership and Ethics _____

Calculus and Physics (1 yr each)

- 160 Physics 160 _____
- 161 Physics 161 _____
- 162 Math 162 (Calculus I) _____
- 163 Math 163 (Calculus II) _____

English (ENGL)

(6 credit hours with emphasis in composition - ENGL 101, 102, 219, 220, 221, 290, 321 or as approved by advisor.)

National Security Policy /American Military History

(3 credit hours required –POL SC 240, 342, 345, 443, 444 or as approved by advisor, HIST 364, 367, 370, 371, 375, 403, 460, 466 or as approved by advisor. Note: NAV SC 300, 331, 431 do NOT satisfy this requirement.)

Marine (Enlisted Commissioning Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

- 331 Evolution of Warfare _____
- 431 Amphibious Warfare _____

Regional Studies/Cultural Awareness

(3 credit hours required – AFST 115, 329, 385, 395, REL 107, 263, 422, 442, 481, HIST 181, 182, 261, 262, 372-375, 381-384, 386-388, 468, 469, 475, 476, POLS 355 or as approved. May be waived by PNS if interferes with commissioning progress.)

Navy Option

(Nursing Program)

Naval Science (NVSC)

(Courses should be taken in the order presented whenever possible.)

101	Introduction to Naval Science	_____
300	Seapower	_____
401	Leadership and Management	_____
407	Leadership and Ethics	_____

English (ENGL)

(6 credit hours with emphasis in composition - ENGL 101, 102, 219, 220, 221, 290, 321 or as approved by advisor.)

Regional Studies/Cultural Awareness

(3 credit hours required – AFST 115, 329, 385, 395, REL 107, 263, 422, 442, 481, HIST 181, 182, 261, 262, 372-375, 381-384, 386-388, 468, 469, 475, 476, POLS 355 or as approved. May be waived by PNS if interferes with commissioning progress.)

Schedule of Events

Day	Time	Event	Location	Personnel	Uniform	Notes
Tuesday 18-Aug-09	0700-0800	Check in	NROTC Building	Students	ACA	Bring papers
	0800-0830	CO's Welcome	Dane Smith Hall	Students	ACA	
	0830-1030	PRT/PFT	NROTC Building	Students	PT Gear (Light colored)	Bring Water, Sunscreen
	0830-0930	Parent Tour	NROTC Building	Parents		
	1030-1100	Physical Training Recovery Time	NROTC Building	Students		
	1100-1230	Lunch				Bring lunch or money for lunch
	1230-1500	Administration	NROTC Building	Students	ACA	
	1500-1630	Drill	NROTC Building	Students	ACA	
Wednesday 19-Aug	0800-1200	Swim Quals	Johnson center Pool	Students Life guards	Appropriate swim gear	NO two Piece swim wear
	1200-1330	Lunch				Bring lunch or money for lunch
	1330-1500	Uniform Regulation Customs and Courtesy	NROTC Building	Students	ACA	
	1500-1600	Drill	NROTC Building	Students AMOI	ACA	
Thursday 20-Aug-09	0800-1100	High Ropes Group 1	Johnson center	Students	PT Gear	Bring Water
Group 1	1100-1200	Lunch				Bring lunch or money for Lunch
	1200-1300	Drill		Students AMOI	PT Gear	

	1300-1500	PT		Students		Bring Water
Group 2	0800-1000	PT	NROTC Building	Students	PT Gear	Bring Water
	1000-1100	Drill	NROTC Building	Students AMOI	ACA	
	1100-1200	Lunch				Bring lunch or money for lunch
	1200-1500	High Ropes	Johnson Center	Students	PT Gear	Bring Water
Friday 21-Aug-09	0700-0830	PT	NROTC Building	Students	PT Gear	Bring Water
	0900-0930	Rifle Class	NROTC Building	Students AMOI	ACA	
	0930-1000	Drive to Calibers		Students Duty Driver	ACA	
	1000-1200	Calibers	NROTC Building/ Calibers	Students	ACA	
	1200-1330	Lunch				Bring lunch or money for lunch
	1330-TBD	Uniform/ tailoring/ pictures	NROTC Building	Students	ACA	Students waiting to finish paperwork
Saturday 22-Aug-09	0800-1000	Mini Ironman	Johnson field	Students	Issued PT Gear	Bring Water
	1000-1200	Advisor Time	NROTC building	Students	ACA	
	1200-1300	Platoon Commander Time	NROTC building	Students	ACA	
	1400-TBD	Picnic	Bataan Park	All hands	ACA	No cost for students, spouses, family