

United States Military Academy

Summer Leaders Seminar

General Information

The Program in General

The workshop gets into full swing Saturday afternoon with round-robin activities and a get-acquainted mixer. Sunday through Friday are devoted to orientations and the courses you have chosen. During the week there will be athletic, recreational, and evening activities. You will each get a chance to take the Candidate Fitness Assessment (CFA) during the week as well. We recommend that you train for the CFA so that you are prepared to do your best.

Directions to West Point

a. **BY AIR:** Free Military Academy buses will depart periodically from Newark International Airport for the Reception Center at West Point. Cadets will be posted at the arrival area at Newark to guide students to the bus. *There is no free transportation service* from Kennedy or LaGuardia airports. Shortline bus and limousine service is available between those airports, Port Authority Bus Terminal, and West Point. Call (800) 631-8405 for rates and time schedules. Rail service is also available on Metro-North from New York City to Garrison, NY. Call (800) Metro-Info for rates and schedules. However, for safety and accountability reasons, we recommend you make travel arrangements using Newark International Airport if possible.

b. **BY AUTOMOBILE:** (See the Travel to West Point sheet and the maps enclosed.) Parking is available at the Clinton Field lot adjacent to the Cadet Parade Field. You may enter through Thayer Gate or Stony Lonesome Gate only. The automobile driver and all occupants over the age of 14 must have a valid photo identification (driver's license will be sufficient) to enter the Academy.

Arrival and Departure

The Seminar Reception Center, located in Bradley Barracks, will be open from 9:00 a.m. - 3:00 p.m. on 3 and 10 June. Families arriving by car may drop off their students at Clinton Field, near Trophy Point. It is critical that you arrive during the reception center hours of operation to ensure you can participate fully in all the days' events.

After a closing ceremony on Friday, the USMA Summer Leaders Seminar will terminate. Parents are invited to attend the ceremony at 9:30 a.m. in Robinson Auditorium in Thayer Hall. Parking on Friday for the closing ceremony will be available at Clinton Field, near Trophy Point. Please advise your parents to allow twenty minutes to park and walk to the closing ceremony. Free Military Academy buses will be available to return students and their baggage to Newark International Airport after the ceremony. Please schedule flights departing after 1 p.m. from Newark. Students/parents departing by car can meet at Clinton Field to load baggage and depart.

What to Bring

You will be too busy for laundry chores, so bring enough clothes for the entire week. The temperatures are usually in the

high 70s, or even 80s, with rain showers possible, so the dress will be casual; jeans, slacks, sport shirts, etc. Bring khakhi pants, khakhi shorts or khakhi skirts to wear as a school uniform. There is no need to bring any linen. West Point will provide bed linens, blankets and pillows. See packing list included in this mailing

Bring toilet articles and athletic wear, including towels, washcloths, running shoes (sneakers), t-shirts, shorts and swimsuits. During the seminar there will be a casual mixer and a closing ceremony. All participants must have a photo ID with them due to changes in security at USMA. A driver's license or school ID is sufficient.

We recommend that you not bring any excessive amounts of cash because safekeeping facilities may not be available. Souvenir items (clothing, banners, etc.) will be available for purchase.

Rooms and Meals

You will be housed in typical cadet barracks. Men and women will be housed on separate floors or at opposite ends of the hall. A copy of the rules of conduct that must be observed by all participants is included. Rooms accommodate two to three persons and have desks and sink areas. Shower facilities are centrally located on each floor. You will dine in the Cadet Mess (Washington Hall) for most meals. West Point will issue each attendee two USMA polo shirts to wear to the Cadet Mess and to class with the student's own khaki slacks, pants or skirts.

Communications

If you have questions **PRIOR** to the Seminar, you should contact the program coordinator in the Admissions Office at (845) 938-5747/5708.

You will not be able to receive mail because of the short duration of your stay at the Seminar, but will have the opportunity to write if you so desire.

Local Accommodations

The following organizations can provide information about hotels/motels in the West Point area for family members if necessary, or if a student is not able to depart on their graduation date.

Orange County Tourism
(800) 762-8687 or (845) 291-2136
www.orangetourism.org

Dutchess County Tourism
(800) 445-3131 or (845) 463-4000
www.dutchesstourism.com

**Week 1 - Tentative Schedule for the 2006
Summer LEADERS Seminar**

Saturday, June 3rd & 10th

9:00 a.m. - 3:00 p.m..... Reception Center Open
3:00 - 5:00 p.m..... West Point Orientation
7:00 - 8:00 p.m..... Welcome Briefing
8:00 -10:00 p.m..... Cadet-Student Mixer

Sunday, June 4th & 11th

6:00 - 10:00 a.m. Candidate Fitness Assessment
10:00 a.m. -1:00 p.m. Chapel/Brunch
1:00 - 2:00 p.m..... SCPME Briefing
2:00 - 6:00 p.m. Squad Leader Time
6:00 - 7:00 p.m..... Dinner

Monday, June 5th & 12th

5:45 - 6:30 a.m. Physical Training
8:00 - 8:50 a.m. Dean's Welcome/Academic Briefing
9:00 - 3:30 p.m..... Seminar 1
4:00 - 5:30 p.m..... Honor Briefing
7:00 p.m. Evening Activities (Boat Ride, Platoon Training,
Facility Tours)

Tuesday, June 6th & 13th

5:45 - 6:30 a.m. Physical Training
8:00 - 8:30 a.m. Directorate of Admissions Briefing
9:00 - 3:30 p.m..... Seminar 2
4:00 - 5:30 p.m..... Intramural Sports / Cadet Store / Agility Runs
7:00 p.m. Evening Activities

Wednesday, June 7th & 14th

5:45 - 6:30 a.m. Physical Training
8:00 - 8:50 a.m. Commandant's Briefing
9:00- 3:30 p.m..... Seminar 3
4:00 - 5:30 p.m..... Intramural Sports / Cadet Store / Agility Runs
7:00 p.m. Evening Activities

Thursday, June 8th & 15th

6:00 a.m. - 6:00 p.m..... Military Training
6:00 - 7:30 p.m..... Barbecue Dinner
7:30 p.m. Individual Counselling

Friday, June 9th & 16th

5:45 - 8:00 a.m. Barracks Clean-up
8:00 - 9:30 a.m..... Graduation Rehearsal
9:30 - 10:00.a.m. Graduation Ceremony
10:00 a.m..... Departure



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Rules of Conduct for Workshop Participants

1. Participants in the USMA Summer Leaders Seminar will be assigned rooms at the beginning of the program. These room assignments can be changed only in unusual circumstances. If a Cadet squad leader should determine two roommates are incompatible or if maintenance of good order warrants, switches in room assignments may be arranged.
2. Depending on the barracks, women participants will be housed either on a separate floor of the barracks or at opposite ends of the hall from men participants. Men will not be allowed in the women's areas, except for daily daytime inspections by the Cadet Cadre.
3. The basement area is a common area to be used solely for access to the vending machines, phones, and the dayroom where the television and pool tables are located. Access to this area is only from 6:00 a.m. to 11 p.m. daily.
4. Bed checks will be made half an hour after the last scheduled evening activity, approximately 11:00 p.m., each night. You may use the bathrooms after 11:00 p.m. Other reasons to leave your room must be reported to the Cadet-in-Charge of Quarters.
5. West Point will provide two polo shirts to each student for wear in the classroom. Each student will bring his or her own khaki trousers, shorts, or skirts to wear with the issued polo shirts.
6. The Cadet Mess is a family-style dining facility. SLS participants are expected to attend all meals and conduct themselves accordingly.
7. Since the showers are centrally located on each floor, everyone should maintain an appropriate dress when in transit to and from the showers.
8. Common sense dictates against sitting on window sills and throwing things out the windows. "Horse play" in the barracks could lead to unnecessary injuries and will not be tolerated.
9. Your days will be filled with scheduled activities. No time is available for leaving Academy grounds or for using privately owned vehicles without special permission.
10. There is no maid service, so you will be required to leave your room neat and empty your trash prior to departing for class each day. Beds will be made before classes begin. The Cadet Cadre and Officer-in-Charge will inspect rooms each day.
11. Prior to bed check Saturday night, Cadet Cadre will ensure that each participant is familiar with building exit routes and evacuation procedures in case of fire.
12. The United States Military Academy at West Point is located on federal grounds. Possession of illegal drugs, weapons, or contraband is in violation of Federal Laws. Violators are subject to prosecution or other disciplinary action. The legal drinking age in the state of New York and the United States Military Academy is 21 years of age. No alcohol is permitted in the barracks at any time.
13. We recommend that each student call home on Saturday afternoon or evening to confirm his/her safe arrival. Public telephones are available in the basement of the barracks. Students may use their own cell phones as well.
14. You will be participating in a university level academic workshop. You should plan to maintain those standards of behavior expected of college students, especially in the classroom.
15. To ensure a most enjoyable experience for each participant, the SLS Project Officer may send home anyone who is unwilling to abide by the above rules.

Travel to West Point

West Point is located 50 miles north of New York City on the west bank of the Hudson River. Participants in the Summer Leaders Seminar should arrive by air or should be dropped off and should not bring personal automobiles to West Point. Travel information below is provided for those who will be dropped off / picked up by automobile.

When making arrangements to travel by air, we recommend you prearrange any necessary ground transportation prior to your arrival in the West Point area. When traveling in New York City, we remind you to exercise caution, just as you would in any large metropolitan area.

Using Public/Commercial Transportation:

If you are arriving at *Newark Airport* West Point will provide transportation to the Academy. If you are arriving at *John F. Kennedy Airport* or *LaGuardia Airport*, take a bus or limousine service to the Port Authority Bus Terminal or to Grand Central Station for rail service to Garrison, NY. You can obtain names and contact information of the bus/limo companies that serve these airports from each airport's website.

From the *Port Authority Bus Terminal* (PABT) at 41st Street and 8th Avenue in New York City, the Short Line Bus Company services West Point. Travel time by bus from NYC to West Point is approximately three hours. Phone (800) 631-8405 for current schedules and information. As of 30 January 2005, departures from the PABT on weekdays are at 8:45 a.m., 11:15 a.m., 2:15 p.m., 2:40 p.m. and 6:15 p.m. Departures from West Point on weekdays are at 7:23 a.m., 8:33 a.m., 11:04 a.m., 2:58 p.m. and 5:04 p.m. You may also travel by rail using the Metro-North line. Rail service is from Grand Central Station to Garrison daily. Garrison is approximately 20 minutes from West Point. (West Point will provide transportation from Garrison to West Point if requested.)

Traveling by automobile:

Consult the map on the reverse for routes. All SLS attendees traveling by automobile must enter through Thayer Gate. The driver and all passengers over the age of 14 must have a photo ID. Due to heightened security, your vehicle may be searched by Military Police. For those who are traveling from an airport and are unfamiliar with the metropolitan area, we recommend that you obtain a more detailed map, if possible. You may also find travel assistance available through automobile or internet services.

From *LaGuardia and JFK airports*, take the Grand Central Parkway (note: some parkways are not shown on the map due to space constraints) to the Triborough Bridge. Signs will say "Bronx, Upstate New York, New England -- Left Lanes" (far

left lane is EZ Pass only, however). Follow signs to the Major Deegan Expressway. Again, signs will say "Deegan Expressway, NYS Thruway, George Washington Bridge -- Left Lanes". Your entrance to the Major Deegan will be exit 47, "North 87, NYS Thruway, Major Deegan". Once on the Major Deegan, take exit 7, "Cross Bronx Expressway, George Washington Bridge, Throgs Neck Bridge -- 2 Right Lanes", but stay in the LEFT of the two lanes on the ramp, following the signs for "95 South, George Washington Bridge". Additional traffic from the Cross Bronx Expressway will join you from the left, then your lane will end and you will need to merge left). Follow signs to "George Washington Bridge UPPER LEVEL". Initially, you will need to be in the two left lanes (signs will also say "To New Jersey") in order to get to the upper level, but once on the bridge, you will need the right lane for the exit to Palisades Parkway North. Once on the Palisades Parkway, follow instructions below.

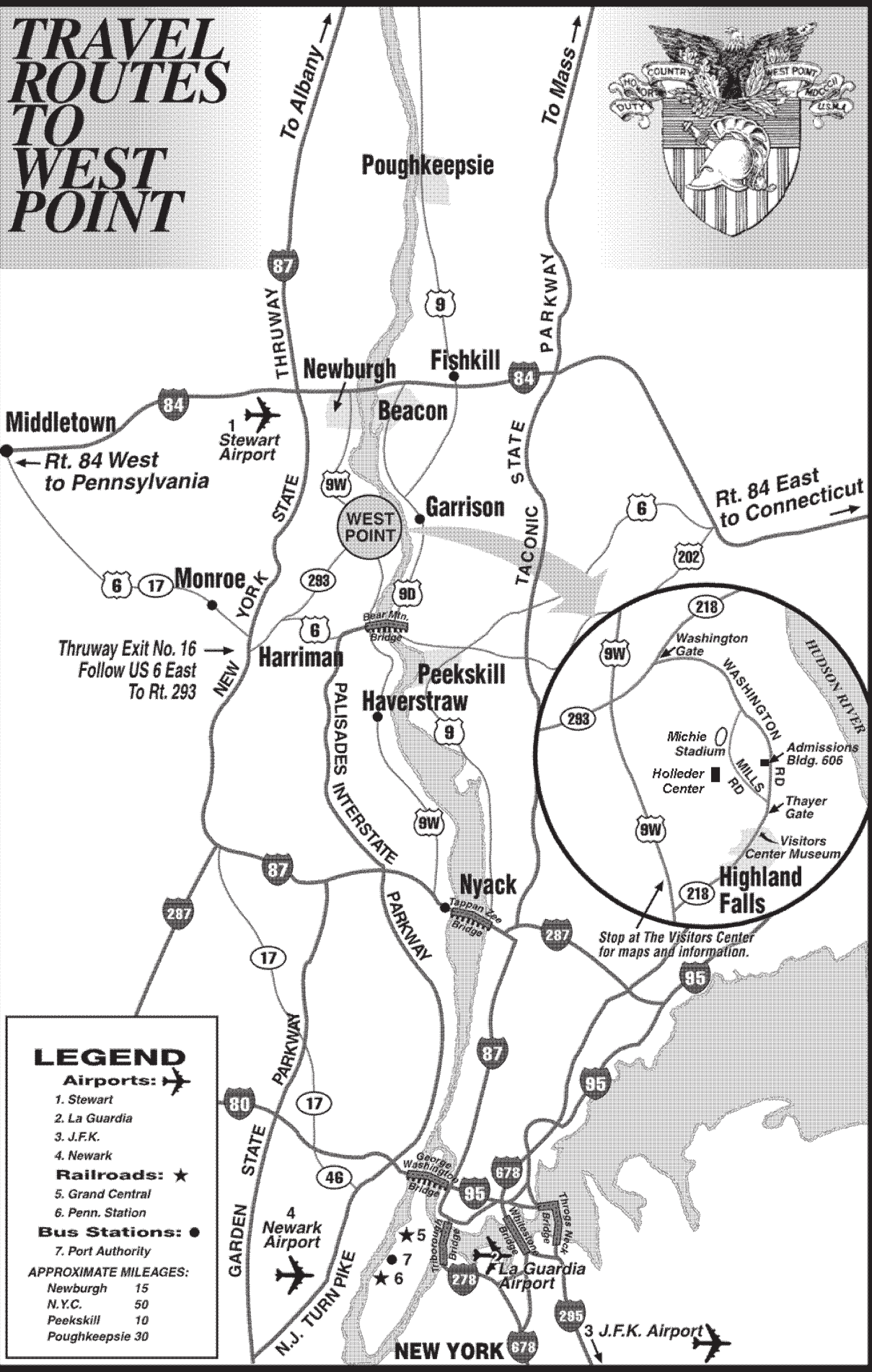
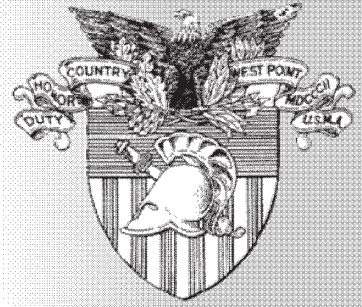
Alternative route from *LaGuardia or JFK*: take the Whitestone or Throgs Neck Bridge across the East River, then take the Cross Bronx Expressway to the Bronx River Parkway north. Take the Bronx River Parkway to the left fork for the Sprain Brook Parkway. Follow the Sprain Brook to Route 287, left exit to the Tappan Zee Bridge and Interstate 87 (NY State Thruway). Over bridge, take exit 13N onto the Palisades Parkway. (This route is NOT recommended, as the Cross Bronx is difficult to navigate and support facilities are limited.)

From *Newark Airport* to West Point, take 95N/New Jersey Turnpike North to Exit 18 (Fort Lee, NJ). After final toll, continue on the expressway, but be on the lookout for a large sign for the George Washington Bridge. Follow signs to get onto Palisades Parkway North.

Alternative route from *Newark*: take Interstate 78 West to the Garden State Parkway. Take the Garden State north to the end and follow signs for the New York State Thruway. Take exit 13N onto the Palisades Parkway north.

On the *Palisades Parkway*, drive about 40 miles north (from the 87/Thruway interchange) to the Bear Mountain traffic circle (just west of the Bear Mountain Bridge). Take third cutoff to Route 9W Northbound (Newburgh/West Point). Pass through Fort Montgomery, then take first West Point exit. Pass through Highland Falls to West Point's Thayer Gate. Have photo ID available at Main Gate security checkpoint. Be advised due to increased security, your car may be searched upon entry into the Academy grounds.

TRAVEL ROUTES TO WEST POINT



LEGEND

Airports: ✈️

1. Stewart
2. La Guardia
3. J.F.K.
4. Newark

Railroads: ★

5. Grand Central
6. Penn. Station

Bus Stations: ●

7. Port Authority

APPROXIMATE MILEAGES:

- Newburgh 15
- N.Y.C. 50
- Peekskill 10
- Poughkeepsie 30

West Point Summer Leaders Seminar

Suggested Packing List

NOTE: Laundry facilities are not available. Recommended number of items will cover all events to include physical and military training components.

- **Four pair khaki pants, shorts or skirts for wear in the classroom**
- **Closed toe shoes for wear in the classroom and military training**
- **Four shirts with a collar (no T-shirts)**
- **Five pair running socks**
- **Three pair running shorts**
- **One pair running shoes**
- **Ten pairs underwear**
- **Four athletic sports bras (women)**
- **One set of pajamas**
- **Shower Shoes**
- **Robe**
- **Bathing Suit**
- **One set sweat pants and sweat shirt**
- **One pair of jeans (for use at military training)**
- **One long sleeved shirt (for use at military training)**
- **Eyeglasses or contact lenses if needed**
- **Prescription medicine**
- **Personal hygiene items (soap, shampoo, towels, washcloths, tooth brush, toothpaste, hair brush or comb, etc...)**
- **Feminine hygiene products (women)**
- **Photo Identification (driver's license, student ID card)**
- **Spending Money or Credit Card (to purchase items at Gift Shop if desired)**
- **Disposable camera**
- **Portable CD player (if desired)**

We developed this list to help you pack for the week. We will issue you two athletic T-shirts and two polo shirts to wear to Physical Training and the classroom, respectively. There is no need to dress up at any of our events. Collared shirts are appropriate when the class or PT uniform is not worn.