

West Point Parents Club of Illinois



Class of 2019 Plebe Parent Handbook

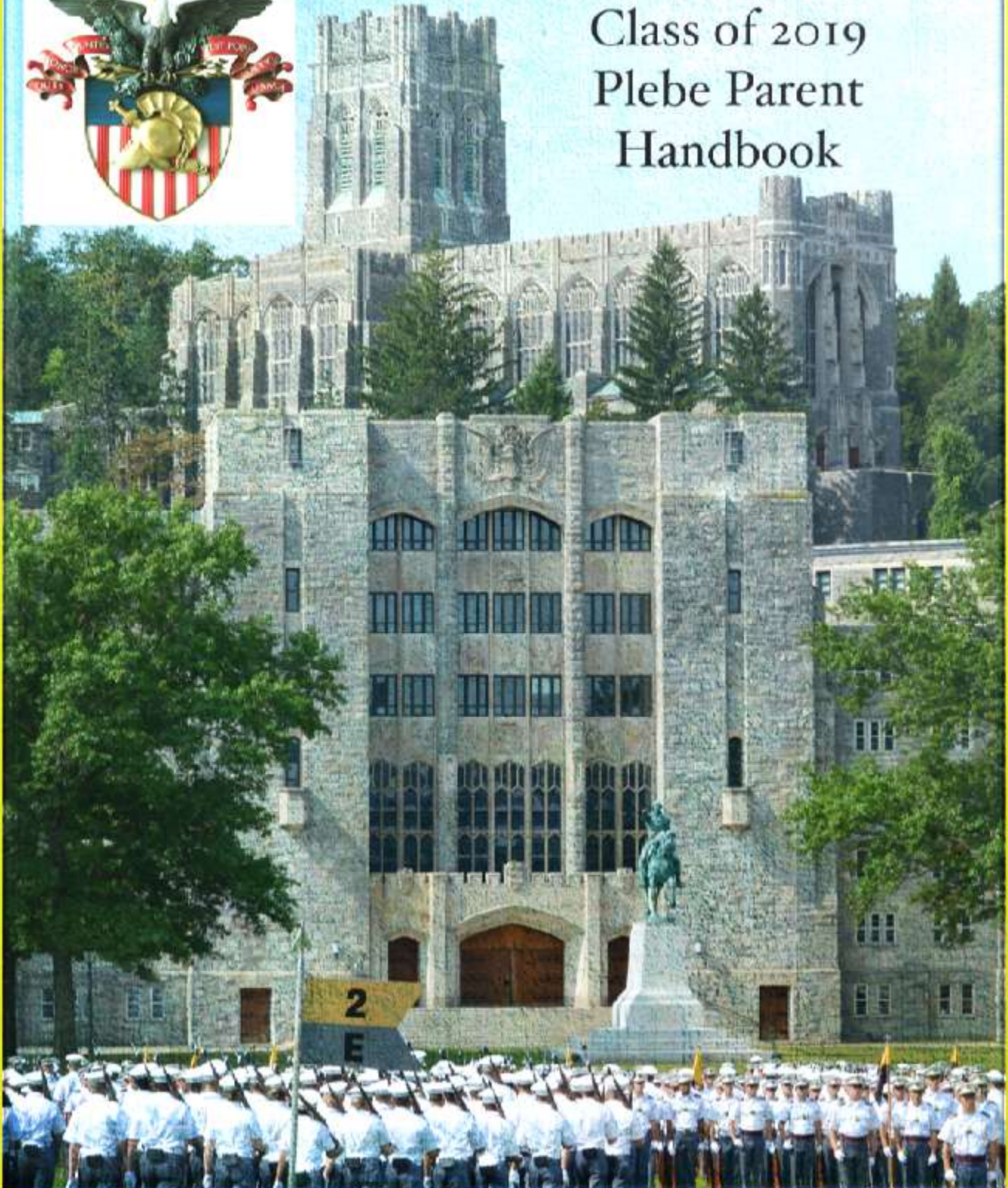


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WELCOME TO THE WEST POINT FAMILY!

The WPPC-Illinois Plebe Parent Handbook is intended to help you navigate the challenges of Cadet Basic Training and Plebe year. The Handbook supplements information you receive from official West Point sources, including **Information for New Cadets and Parents** from the Superintendent, **Instructions for Applicants Offered Admission** from the Director of Admissions, and **Memorandum on Authorized Footwear** and **Cadet Basic Training Packing List** from the Commandant. Please remember that this is the Army: anything can change at any time!

1. Welcome to the Class of 2019

On behalf of the WPPC-Illinois, *Congratulations* on the appointment and acceptance of your son or daughter to the United States Military Academy Class of 2019! Welcome to the wonderful world of West Point Cadet parenting. WPPC-Illinois is available to you as a resource for information and wellspring of support, encouragement and “high-fives” for accomplishments and victories, small and large. Buckle up for an exciting 47-month journey!

The first year at West Point likely will be the most difficult for both Cadets and parents. This Handbook has been designed to help you navigate the challenges of CBT and Plebe year. Information in this Handbook has been gathered over the years from parents of Cadets across the United States as well as from official West Point resources. We hope you will find answers, perspective, insider tips and advice that will help you and your son or daughter prepare for the first year of the West Point experience.

1.1 The West Point Experience

The United States Military Academy has been educating, training, and inspiring leaders of character for our nation and the United States Army for more than 200 years. “To educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of ‘Duty, Honor, Country’ and prepared for a career of professional excellence and service to the nation as an officer in the United States Army”-- this is West Point’s mission.

West Point is not a place only, it is a way of life. Your son or daughter, in their development into an officer, will come to embody Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage.

Cadet development and training are taken very seriously, and practices are focused on current and future Army requirements and missions. The West Point experience is tough, challenging and standards-based. Your son or daughter will be challenged, and they will find reserves of strength and perseverance that will surprise even themselves.

1.2 West Point by the Numbers

Being accepted for admission to West Point is an honor reserved for our nation’s most promising students.

**USMA CORPS OF CADETS
BY THE NUMBERS**

4513	Cadets
791	Women Cadets
938	Prior Service Solders
98	Combat Veterans
50	States Represented
6	U.S. Territories Represented
58	Foreign Cadets (32 Countries Represented)
18	Average Credit Hours Per Cadet Per Semester
133	Cadet Clubs
27	NCAA Division I Athletic Teams (16 Men, 11 Women) (Fall 2014 West Point AOG Magazine)

2. Preparation for Reception Day ("R-Day")

2.1 For the Cadet Candidate

The 6 1/2 weeks of Cadet Basic Training ("CBT") begins with Reception Day, your first day as a New Cadet. For most, the abrupt transition from the civilian to the military world will be the most physically and emotionally demanding period of your West Point career. CBT is designed to help you transition from New Cadet to Soldier.

There are many sources of information describing Cadet life at West Point, including a 2002 National Geographic film, "Surviving West Point." While information and familiarity may prepare you somewhat for the challenges of CBT, be prepared to be surprised by *how* different the experience is first-hand.

Much of your experience will be shaped by the people around you--your Cadre, roommates and Company-mates. Your CBT experience will be both as awful as you feared, yet somehow not as bad as you dreaded. One-hour-at-a-time...one-day-at-a-time...for only six and a half weeks....

2.1.1 Physical Preparation

CBT is physically demanding. It is imperative that you arrive at West Point in top physical condition, including aerobic fitness, muscular endurance, strength and flexibility.

All Cadet Candidates ("CC") will be evaluated upon arrival on R-day on the weight and height standards outlined in *Army Regulation 600-9: The Army Weight Control Program and Table 3-1*. CCs who do not meet these standards may be subject to dismissal.

As required by Army and Department of Defense regulations, all New Cadets ("NC") will be tested for drugs within 72 hours of processing at West Point. NCs testing positive for prohibited substances may be subject to prosecution under the Uniform Code of Military Justice (UCMJ) or separation from USMA.

For developmental purposes, New Cadets will be tested at the beginning and the end of CBT on three components of physical fitness through the Army Physical Fitness Test (APFT). The APFT consists of 2 minutes

West Point Lingo

Cadet Candidate: An accepted member of the incoming class, prior to starting Cadet Basic Training on Reception Day.

New Cadet: A participant in Cadet Basic Training, prior to acceptance into the Corps of Cadets on Acceptance Day.

Plebe: A member of the fourth class, a freshman. Designation earned on Acceptance Day.

Yearling/Yuk: A member of the third class, a sophomore.

Cow: A member of the second class, a junior.

Firstie: A member of the first class, a senior.

CBT Minimum Requirements

Male	Female
• 6 Pull-ups	• 2 Pull-ups
• 46 Push-ups	• 22 Push-ups
• 60 Sit-ups	• 60 Sit-ups
• 2 miles in 15:00 min	• 2 miles in 17:00 min

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of push-ups (muscular strength and endurance), 2 minutes of sit-ups (muscular endurance) and a 2-mile run (cardiorespiratory endurance).

During CBT, in addition to daily physical training, NCs will be marching with gear and load. Prepare for West Point's hilly terrain. You may wish to train for marches by wearing your boots with boot socks and carrying a weighted backpack. West Point encourages you to break in your boots to minimize the occurrence of blisters.

West Point Fact Sheets "How to Prepare for Cadet Basic Training" is a helpful guide for physical preparation:
<http://www.west-point.org/academy/malo-wa/inspirations/PhysicalPrepForUSMA.pdf>

The Army Physical Fitness Test (APFT) as of 2014:
<http://usarmybasic.com/army-physical-fitness/apft-standards#.VBkWB5UtDIX>

Army Regulation 600-9: The Army Weight Control Program and Table 3-1:
http://armypubs.army.mil/epubs/pdf/r600_9.pdf

2.1.2 Bugle Notes/Knowledge

As a New Cadet and Plebe, you will be expected to know the information in the "Fourth Class Knowledge" or "Bugle Notes" booklet. Although you need not memorize the entire booklet, you may wish to familiarize yourself with its contents before R-Day. Note that some items must be memorized verbatim.

One phrase New Cadets will recite verbatim during R-Day is: "*Sir (or Ma'am), New Cadet (last name) reports to the Cadet in the Red Sash for the first time, as ordered.*"

Bugle Notes: <http://www.west-point.org/academy/malo-wa/inspirations/buglenotes.html>

2.1.3 Sports

If you plan to try out for an intercollegiate team at West Point, you must be certified as academically eligible by the NCAA Initial-Eligibility Clearinghouse. To be certified, you must:

- 1) Register with the Clearinghouse by submitting the completed Student Release Form and registration fee. The Form and instruction booklet are available at most high schools. A copy of the completed form must be provided to all high schools you have attended.
- 2) Send to the Clearinghouse official transcript(s) from every high school you attended.
- 3) Send to the Clearinghouse your official final high school transcript with Proof of Graduation.
- 4) Order standardized test scores (SAT or ACT) to be sent directly from the testing agency to the Clearinghouse. Alternatively, the test scores may be included on your official high school transcript.

- For more information, see Initial Academic Eligibility for Athletes at:
<http://www.goarmysports.com/school-bio/admissions.html>
- NCAA certification requirements and information may be found on: www.ncaaclearinghouse.net
- USMA coaching staff is available to provide guidance. Contact information may be found on:
<http://www.goarmysports.com/staffdir/army-staffdir-new.html>

*Allow 6-8 weeks for completion of paperwork. For fall sports, New Cadet Candidates should file for NCAA certification in May or June.

2.1.4 Miscellaneous Checklist

- ☐ Make doctors' appointments as soon as possible. Get vaccinations if needed. Order extra pair of prescription eyeglasses and contact lens. Update and bring copies of prescriptions to R-Day.
- ☐ Complete and mail or submit via Candidate Portal all required paperwork as instructed. Bring copies on R-Day, as paperwork may get misplaced.
- ☐ Set up bank account for direct deposit and debit card usage.
- ☐ Look into renters insurance for coverage of laptop, iPad and other valuables.
- ☐ Purchase boots and low-quarters as instructed in the Authorized Footwear Memorandum (see Appendix D-1). Also purchase approved running shoes.
- ☐ Purchase items needed for R-Day. Plan to travel light.
- ☐ Make travel and hotel arrangements for R-Day. Travel expenses for New Cadets will be reimbursed. Bring all receipts with you on R-Day to begin the refund process.
- ☐ Once mailing addresses are posted on the Candidate Portal, share it with friends and family.

Cadets remain Illinois residents and are eligible to vote absentee. For information, visit:
www.elections.state.il.us/votinginformation/absenteevoting.aspx

2.2 For Parents

Reception Day marks the beginning of your son's or daughter's 47-month journey at West Point. For parents, it is a bittersweet day when you realize that, despite the almost two decades of preparation for this moment of independence, you are not adequately armed for the flood of emotions, anxieties and yes, pride. You raised your son or daughter to be independent, confident and honorable—to one day follow their dream. R-Day is the culmination of their sacrifices and hard work, and your tireless support.

On R-Day, you may participate in the numerous briefings and tours offered, as well as visit nearby points of interest. Later in the week, you may attend the Independence Day concert at Trophy Point, also attended by the New Cadets. You may catch a glimpse of your New Cadet, but will not be able to speak with them.

Parents who must choose between attending R-Day or Acceptance Day in August may wish to select A-Day. You will be able to spend significantly more time with your Cadet on A-Day and the day after.

2.2.1 Travel Arrangements

If you plan to attend R-Day, make hotel reservations as early as possible for the best options. Costs of rooms vary considerably, depending on distance from West Point and what event is occurring at West Point on that day.

Please see Appendix K for a partial listing of area hotels. Also visit WPPC-IL's "Hotels Near West Point" list on our website: www.wppci.org.

Travel Tips

- If you wish to stay near West Point for R-Day, A-Day, Plebe Parent Weekend or any day of a WP event, make hotel reservations as early as possible. (The Thayer Hotel takes reservations four years in advance for graduation day!)
- Many hotels and rental car agencies offer discounts to AAA and AARP members, as well as to military personnel. Some airlines also may offer discounts to military personnel.

2.2.2 What to Bring

The weather at West Point in the summer is hot and humid with occasional showers. Plan also to be on your feet for several hours, standing in line or walking. In addition to your camera, you may wish to bring binoculars, sunscreen, bottled water and rainwear.

If you plan to mail a letter or card to your New Cadet from the West Point post office booth at Eisenhower Hall, bring a plain, white stamped envelope. Mail will be delivered to your New Cadet's PO Box the following day.

2.3 What to Bring for CBT: Packing Lists and Suggestions

2.3.1 Mandatory Packing List

Cadet Candidates are required to bring the items listed on West Point's Mandatory Packing List, including a pair of black leather low quarters and boots as described in the Authorized Footwear Memorandum (Appendix D-1). CCs are instructed also to bring a pair of running shoes.

While West Point will issue almost everything needed for CBT, including bedding and basic toiletries, CCs may elect to bring items listed on the Recommended or Optional Lists.



ITEMS SORTED AND PACKED IN ZIPLOC BAGS

New Cadets may have the opportunity during CBT to purchase needed items at the Cadet Store (C-store). However, since NCs must be accompanied by a member of the Cadre, they may not be able to go as often as or when needed.

On R-Day, Cadet Candidates will have a very short time (less than 1 minute) to transfer belongings from their bags to their issued duffel bag. In order to facilitate this transfer, they may wish to sort and package items into labeled zip-lock bags. NCs will not have access to items left in their personal bags until after March Back at the end of CBT.

2.3.2 Recommended and Optional Items for Cadet Basic Training

Additional items that may be helpful during CBT are listed in Appendices D-2 and D-3. These lists were compiled from suggestions by West Point and WPPC-IL parents and Cadets. These items are not mandatory, and CCs may use their discretion in selecting what, if any, items to pack.

2.3.3 Additional Notes

- West Point will issue most of what NCs will need. Only the items on the Mandatory Packing List and Authorized Footwear Memorandum are required. All other items are optional.
- Do not bring towels, handkerchiefs, nightwear, civilian clothes (in excess of those needed for travel to West Point), hair dryers/curling irons, rings and excessive jewelry items, stereos, coffee pots, irons, bicycles, sporting goods, firearms, vehicles of any kind, tobacco, alcohol, drugs or food.
- Essential items NCs forget to bring may be purchased from the Cadet Store or mailed by parents. Permission must be granted to receive packages during CBT.
- During R-Day, Cadet Candidates may be standing in line for several hours in hot, humid weather. Dress appropriately for the weather and wear comfortable shoes, as they will spend most of the day on their feet.
- Travel light. CCs will be carrying their bags, or the contents of their bags, for most of the day.

R-DAY IS ALL ABOUT YOU!

Don't worry about where you need to go when you arrive at West Point. On R-Day, the entire operation of the post is geared toward the arrival of the new class. There will be signs and guides to direct you.

3. Reception Day (R-Day)

Reception Day is the first day of Cadet Basic Training, also known as "Beast Barracks" or "Beast." Approximately 1200 young men and women begin their journey together to become soldiers and prepare to enter the Corps of Cadets.

Although many of the Cadet Candidates will be recent high school graduates, they will be joined by prior enlistees, including Rangers and those with combat experience, college students, semi-professional athletes, and Cadets from foreign countries.

3.1 For Cadet Candidates: Arriving on R-Day

Report to Eisenhower Hall ("Ike Hall") at your designated time, which is based on your social security number. Allow sufficient time to go through the security gate, park the car and walk or take the shuttle bus to Ike Hall. Everything you may need during the 6½ weeks of CBT must be in the bag you bring to R-Day.

Tips for the Cadet Candidate

- Be aware but do not look around.
- Pay attention to avoid making mistakes for which you will be singled out.
- Do not react in front of Cadre--do not smile, smirk, frown.
- **DO NOT DO ANYTHING THAT WILL ATTRACT ATTENTION.**

Be prepared for a long, hot wait in line to enter Ike Hall. Have your iPad easily accessible to turn in when requested unless you ordered one through West Point. You may wish to protect your iPad in its original box or iPad cover as well as in a waterproof bag.

Once inside the auditorium of Ike Hall, you and your guests will be briefed by an Officer and a member of the Cadre. After the briefing, you will be given 45 seconds (*yes, 45 seconds!*) to say good-bye before you are led away to be in-processed. This

will be the last time you see your family or friends until after the Acceptance Day parade, although you will have a couple of occasions to speak with them on the phone.

3.2 For the Family of Cadet Candidates: What to Expect

Be prepared for high tension and mercurial moods, exacerbated by hot and humid weather. Your Cadet Candidate will be very nervous about starting CBT and leaving the security of all that is familiar and comfortable. Stay calm, be strong, remain positive, at least until your son or daughter leaves for in-processing and you are out of their sightline. Remember, you will have 45 seconds to say good-bye.

3.2.1 Cadet Candidate Platoon & Company Assignment

After the briefing and good-byes, head to the first floor of Ike Hall for your Cadet Candidate's address and CBT Company and Platoon information. At the afternoon Oath Ceremony, CCs will be arranged by Company and Platoon order.

3.2.2 New Cadet Mail

At the U.S. Post Office booth on the first floor of Ike Hall, you can buy cards and stamps and mail letters to your NC. In order not to bring undue attention to your NC, which may result in them doing push-ups, mail correspondence in a plain white envelope, with no stickers, doodles or heart-dotted i's.

The CBT Command will determine whether NCs may receive packages during CBT. Do not send food items, as they are never allowed and will not reach your NC. Note that some carriers, such as FedEx, UPS and DHL, do not deliver to P.O. Box addresses. These packages must be sent to the Brewerton Road address (see box).

Address During CBT

- *Letters and packages delivered by USPS:*
New Cadet First Name Last Name
P.O. Box #____(Cadet Box #)
West Point, NY 10997-____(Cadet Box #)
- *Letters and packages for carriers that DO NOT deliver to P.O. Box addresses (e.g. UPS, FedEx, DHL):*
New Cadet First Name Last Name
745 Brewerton Road #____(Cadet Box #)
West Point, NY 10997-____(Cadet Box #)

*Packages delivered by USPS may use either address.

3.2.3 Goods and Services

In the Ballroom on the second floor of Ike Hall, tables are set up by companies and organizations offering goods and services to you and your NC. You will have the opportunity to purchase tickets for lunch at one of the

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sites on post, buy football tickets, sign up for Academy photos, compare Boodle Box vendors and purchase Class of 2019 souvenirs offered by gift shops of various USMA-affiliated organizations.

Gift Shops

Various USMA-affiliated gift shops will have West Point and Class of 2019 merchandise for purchase. Popular items include the USMA Class of 2019 banner and tote bag and T-shirt with names of all the class of 2019 Cadets. These items are in big demand and are the reasons for the long lines outside the auditorium leading into the ballroom. In past years, these items sold out early in the day or were not available after R-Day. In recent years, however, these items were available after R-Day at various gift shops and online, and reorders were possible.

Army Athletic Association

The Army Athletic Association is your resource for information on West Point's 27 Division I athletic teams. West Point has 16 Men's Teams (Baseball, Basketball, Cross Country, Football, Golf, Gymnastics, Hockey, Lacrosse, Rifle, Rugby, Sprint Football, Swimming & Diving, Soccer, Tennis, Track & Field, Wrestling) and 11 Women's Teams (Basketball, Cross Country, Lacrosse, Rifle, Rugby, Swimming & Diving, Soccer, Softball, Tennis, Track & Field, Volleyball).

Football tickets for the 2015 season are available for purchase at the Army Athletic Association booth. Individual game tickets, as well as season tickets and three-game mini packages for home games are available. Note that the Army-Navy game is not included in the season ticket package.

Tickets for the Army-Navy game, up to a maximum of 8, are available for purchase on R-Day. After R-Day, only football season ticket holders, Army A Club members, and current USMA cadets may purchase Army-Navy game tickets through USMA channels. The priority deadline to purchase tickets and request USMA class seating is mid-July.

The Army A Club is the fundraising arm of the Army Athletic Association and a major contributor of the program's long-term growth and prosperity. Donor members of the Army A Club receive benefits that include premium parking at football games, preferred seat locations at various venues and invitations to special events as appreciation for their generous support of the program and its more than 900 cadet-athletes. Representatives from the Army A Club will be available on R-Day to answer questions about West Point's athletic programs.

For up-to-date news, schedules and ticket information for Army Athletic programs, call the Army Ticket Office at (1-877-TIX-ARMY) or visit www.goARMYsports.com.

Tickets may be purchased at ARMYgameday.com, armyclub.com (845-938-2322), or at the Army Ticket Office at Gate 3 of Michie Stadium.

Boodle Box Companies

There are several companies that offer boodle, or treat, boxes for delivery after Acceptance Day and throughout the academic year. Some companies will pack boodles in a plastic, lidded box that meets room regulations. Boodle offerings may include packaged snacks (pretzels, chips, popcorn, etc.), nuts and dried fruit, Gatorade, instant soup/noodle cups, homemade cookies and cupcakes, and more. If your Cadet has a favorite treat, you likely will be able to find a company that can mail or deliver it. (See Appendix N for a list of companies that deliver boodles.)

Academy Photo

Academy Photo offers photography and video services, including a DVD of R-Day, CBT and A-Day. Academy Photo also takes official portraits of each Cadet in full dress uniform at the start of the academic year, and proofs are mailed home for you to review and order. Should you miss this booth, you will receive a mailing in

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the summer regarding Academy Photo's services, including the CBT DVD order form. Academy Photo may be contacted at (845) 938-3448.

Banks

Since your Cadet Candidate had to provide West Point with their bank account information for direct deposit of their military pay, they likely already have a relationship with a bank. However, banks local to the West Point area, as well as those that work closely with the military and their families, may provide certain benefits unavailable from other institutions. Benefits may include no fee or fee reimbursement for non-bank ATM withdrawals and attractive credit card offers.

Three banks that work closely with the military and their families are USAA (www.usaa.com), Pentagon Federal Credit Union (www.penfed.org) and Navy Federal Credit Union (www.navyfederal.org). They have branches in Highland Falls just outside post. Also in Highland Falls are branches of First Niagara and Chase banks.

3.2.4 Places to Eat On Post

Ike's Riverside Cafe – Cafeteria/lounge on the 2nd floor of Eisenhower Hall. West Point's "student center," informal Friday and Saturday night Cadet Hops (dances) take place during the academic year. Both a full and continental breakfast will be served until 10:30 AM on R-Day.

Benny's Lounge - To the right of Eisenhower Hall at the main entrance level. A buffet will be available.

The West Point Club - Near Cullum Hall. A buffet will be available.

Deli In Grant Hall - Near the Admissions Office. During the academic year, Grant is normally "upper-class only." Plebes are allowed to purchase food, but may not sit in the dining area to eat unless invited by an upperclassman. Grant is open to parents on R-Day, and is about a 10-minute walk from Ike Hall.

Note that you will have to pay to eat at these places.

3.2.5 West Point Association of Graduates

Members of the 50-Year Affiliate Class (Class of 1969) and the West Point Association of Graduates (AOG) staff will host the Annual Parents Welcome Lounge in Ike's Café on the second level of Ike Hall. From 6:30 to 10:30 AM free refreshments will be served and a slide show about Cadet activities will be presented. Later that day, members of the Affiliate Class will move to Trophy Point to join families to witness the Swearing-In ceremony that formally initiates the Class of 2019 into the Academy.

The AOG gift shop will be open during R-day and is located in the James K. Herbert Alumni Center along the shuttle bus route.

3.2.6 Presentations and Tours

West Point offers a variety of activities for families and guests as they wait for the Swearing-In Ceremony and Parade. Some of the activities include tours of West Point, boat ride and walking tour of Constitution Island, organ concert at Cadet Chapel, and self-tour of Arvin Cadet Physical Development Center and Fort Putnam.

In the afternoon, the Superintendent and other members of the Academy Leadership team, as well as Debra Dalton, West Point Parent Communications Liaison, will give a presentation. You will have an opportunity to ask questions following the presentation. Please remember not to say anything that would make your Cadet Candidate identifiable. Following the presentation, you may proceed to the Plain for the Swearing-In Ceremony.

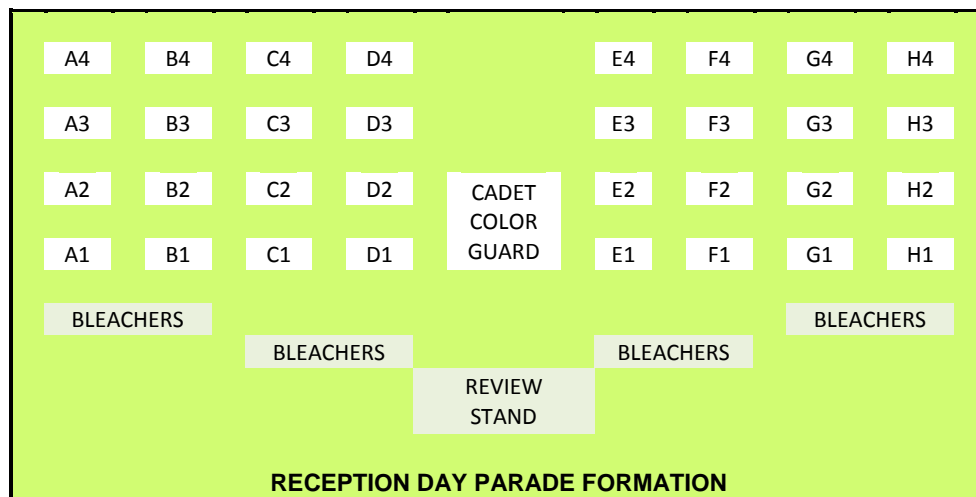
3.3 The Swearing-In Ceremony and Parade

The culmination of R-day is the Swearing-In Ceremony and Parade at approximately 6:30 PM. Approximately 1,200 Cadet Candidates are grouped by Company and Platoon in alphabetical Company order and led by guidon-bearers. The order is A1 (A Company 1st Platoon), A2, A3, A4, B1, B2 and so on to H4. The platoons are arranged by height, from tallest in the front right to shortest in the rear left.

You will see rows and rows of Cadet Candidates in white-over-gray uniform, many sporting fresh haircuts, some wearing unfamiliar, issued eyeglasses. Spotting your son or daughter may be a challenge, as their transformation in the few hours since you saw them will be remarkable. If you spot your son or daughter during the parade or Pass in Review, do not draw attention to them in any way by waving or calling out their name.

The R-Day Parade and Swearing-In Ceremony are memorable events, from the moment you glimpse the gathering of uniformed young men and women at the sally ports, to the crisp march in formation as they pass the Review Stand, to their march off the Plain in a long grey line and into the double doors of Washington Hall. The history and the significance of the moment are palpable, and you will be awestruck: your son or daughter is joining the venerated institution that is West Point, and embarking on a journey travelled by some of our country's most esteemed leaders.

Until now your son or daughter has been called "Cadet Candidate." After they take the oath, they will be a "New Cadet."



3.4 Last Chances

You may have two opportunities after the Swearing-In Ceremony to catch a glimpse of your New Cadet. The first is at the Evening Retreat Ceremony, which is held after dinner in the triangle in front of Washington Hall. This flag lowering ceremony may occur after the buses have stopped running, so you may wish to bring your car closer to the Plain.

You also may get a second chance to see your New Cadet at the Independence Day evening concert and fireworks at Trophy Point. The Independence Day festivities are open to the public, but may occur a few days after R-Day.

Remember: if you see your New Cadet, DO NOT call out their name or draw attention to them in any way.

4. Cadet Basic Training

Cadet Basic Training begins on R-Day and is 6½ weeks of basic military training with a dual purpose: to transition New Cadets from civilian to soldier, and to provide leadership opportunities to the upper class. CBT is the most physically and emotionally demanding period of a Cadet's four years at West Point. Your NC will need you to be strong and positive, and they will draw strength from your encouragement as communicated through your letters and occasional telephone conversations.

4.1 Slaying the Beast

4.1.1 The Cadet Experience

Within two hours of arrival, New Cadets report to the "Cadet in the Red Sash" for in-processing instructions. Cadre and West Point personnel will in-process approximately 1200 New Cadets in several hours. Paperwork will be reviewed, vaccinations administered if necessary, uniforms fitted and gear and clothing distributed. New Cadets will learn to stand, march and behave like a West Point Cadet.

The day concludes with the R-Day Parade and Swearing-In Ceremony, with the New Cadets Passing in Review and giving the Cadet Oath in front of West Point leadership, alumni, parents and friends. In addition to extensive military training, including military etiquette, marching and handling firearms, New Cadets will be schooled in the traditions of West Point and learn the skills and attributes needed to succeed as an Army officer.

Learning to follow and take orders are transformative experiences for many New Cadets. Constant stress becomes their new reality as they cope with physical, mental and emotional exhaustion, rules and restrictions, and all things that are uniquely West Point.

Halfway through CBT, toward the end of July, there is a change in leadership as the second Cadre team takes charge. As with any change and ensuing adjustment, this phase may be another stressful time for your NC. Remind them to take it one-day-at-a-time, that CBT is half over.

The last several days of CBT is spent at Camp Buckner, a military camp on the West Point reservation. The final evening of CBT is a celebration of sorts, with a talent show, unveiling of the Class of 2019 motto and announcement of the Honor Company, the company that performed the best during CBT. CBT culminates the following dawn with March Back, a 12-mile road march from Camp Buckner to Washington Hall.

Daily CBT Schedule

0500	Wake-Up
0530	Reveille Formation
0530-0655	Physical Training
0655-0725	Personal Maintenance
0730-0815	Breakfast
0830-1245	Training/Classes
1300-1345	Lunch
1400-1545	Training/Classes
1600-1730	Organized Athletics
1730-1755	Personal Maintenance
1800-1845	Dinner
1900-2100	Training/Classes
2100-2200	Commander's Time
2200	Taps

CADET BASIC TRAINING - HIGHLIGHTS		
Week 1	Week 2	Week 3
<ul style="list-style-type: none"> • In-Processing • Equipment Issue • Diagnostic Fitness Test • Swim Test • Academic Placement Testing • Drill & Ceremony • Physical Fitness 	<ul style="list-style-type: none"> • Marksmanship • Chemical Training • Leader Reaction Course • Honor and Ethics • 3-Mile March • Advanced First Aid • Drill & Ceremony • Physical Fitness 	<ul style="list-style-type: none"> • Squad Competitions • Communications • Etiquette • 6-Mile March • Drill & Ceremony • Physical Fitness
Week 4	Week 5	Week 6
<ul style="list-style-type: none"> • Fire Team Live Fire • Tactical Combat Casualty Care • Land Navigation • Physical Fitness 	<ul style="list-style-type: none"> • Crew Served Weapons • Mountaineering • 10-Mile Road March • Physical Fitness 	<ul style="list-style-type: none"> • Physical Fitness Tests • Company Competitions • Cadet March Back (12-Mile)

4.1.2 First Phone Call & Beyond

Sometime during the first 10 days of CBT, each New Cadet will be allowed to make a short, timed and supervised phone call. This call may come at any time, so keep your cell phone close. Your NC will not be calling from their cell phone, which is stored and inaccessible during CBT. You may wish to not screen calls during this time, as the caller number likely will be unfamiliar to you. If you miss the call, your NC will be allowed to call again until they connect with you.

Some NCs may be adjusting well and may reassure you that West Point is where they belong. Others may be having a difficult experience and express doubt about their decision to attend WP. Remember that for many, these past several days have been the most intense, stressful period of their lives. They have had it with standing in lines, learning Plebe knowledge, getting haircuts, testing, mess hall formality, the lack of independence and isolation from the outside world. The culture shock may be extreme. They are physically, emotionally and psychologically drained.

Let your NC do the talking. Listen. Be supportive. Be positive. Be the rock they need you to be. If you need support or advice, reach out to one of us—we are your West Point family.

On occasion, NCs may elect not to call parents during this initial period. Perhaps they may intentionally pass on the opportunity to call because of personal reasons. Perhaps they may elect to call a sibling, a special friend or relative. Be assured that no news is truly good news.

4.1.3 Chaplain's Time

Chaplain's Time, held several times during CBT, is a welcome reprieve for New Cadets from their Cadre and duties. Held on Wednesdays, these are gatherings for fellowship and lots and lots of food. Pizza, chicken wings, chips, soda, popsicles and even homemade treats sent by parents are devoured by hungry NCs. All NCs are invited to participate, regardless of their religious affiliation.

Parents may contribute to Chaplain's Time by volunteering to deliver and serve food, or by sending in treats or monetary donations. Thanks to the volunteers, many pictures of NCs are taken and posted on Facebook. You may be able to spot your son or daughter in one of the pictures, eating, relaxing and socializing with fellow NCs.

4.1.4 New Cadet Visitation Day (Ice Cream Social)

The Ice Cream Social takes place halfway through CBT on July 19, 1:30 – 5:00 p.m., when the Cadre command change takes place. NCs are able to enjoy an afternoon of relaxation, fellowship and great food in the comfort of a sponsor's home. As an extra treat, most NCs will be able to make telephone calls in relative privacy and access the internet to catch up on news and social media.

Expect a telephone call in the afternoon of the Ice Cream Social. If your NC has access to a computer, they even may be able to video-chat with you.

4.2 Helping Your New Cadet

4.2.1 Letters, Letters and More Letters

One of the most difficult adjustments of CBT is the lack of communication with friends and family and the outside world. For some NCs, this isolation is especially trying.

Guidelines for Mail during Beast

- Do not invite Cadre curiosity or mockery. Use plain white envelopes only. Do not decorate envelopes with writing, stickers or doodles. And no perfumed stationery.
- Consider putting postcards inside envelopes so that contents remain confidential. Cadre does not open or read letters.
- Do not send packages unless requested by your NC with approval of the Cadre. Note that all packages are opened in front of the Cadre.
- No food. Permission is never granted for food packages, and it will never reach your NC.

Frequent, very frequent, letters and cards from family and friends help NCs combat their isolation and boost their morale. Many NCs say the letters they received during Beast were the only high points of their days, and were the encouragement they needed to face incessant challenges. Most NCs like to know what is going on in the outside world, including current events, sports news and entertainment gossip.

WPPC-IL will host a letter-writing event in July to send cards and notes to Illinois NCs. It is a fun event for us parents, but even more fulfilling when we receive Thank You notes from NC recipients. The NCs are thrilled to receive words of encouragement from mystery supporters.

When mailing letters to your NC, there are guidelines to follow so that your NC will not have to do pushups. However, do not be overwhelmed by the guidelines, as your NC likely will have to do pushups if they receive a letter on a day of the week that ends in the letter "y."

4.2.2 Encouragement and Support

In addition to the challenges of isolation, New Cadets undergo an assault to their self-esteem. While they have prepared physically, mentally and emotionally by training and educating themselves on what to expect at CBT, the actual experience will be challenging no matter the level of preparation.

Your NC will need you to be encouraging and supportive as they endure the trials of CBT. Some NCs will complain about the exhaustion and lack of privacy. Some may complain about their Cadre. Some NCs will question their decision to be at West Point and want to quit. At no other time in their West Point career will your son or daughter need your strength more than during CBT.

4.2.3 NC Wants to Leave West Point

What if you receive that call from your son or daughter that makes your heart stop for a moment: that they made a terrible choice and want to leave CBT and separate from West Point? This plaintive plea will leave you breathless.

Remind them that every West Point Cadet has wanted, at one point or another, to leave. Encourage them to hang in there and give West Point a fair chance. Remind them to take things one day at a time, even one hour at a time. Ask them about their roommates or Cadre or someone with whom they have bonded. Encourage them to lean on their buddies, because their buddies are leaning on them for support and encouragement. Remind them of the reasons why they wanted to attend West Point and serve their country.

Remind them that they should never make a life-altering decision when they are sleep-deprived, emotionally and physically exhausted and discouraged.

And remind them that, whatever their decision, you will support them.

Encourage your son or daughter to write a "Letter to My New Cadet Self" before they leave for CBT. Arrange to send them the letter at a prearranged time so that they may be reminded of why they chose to attend West Point.

Many resources are available to both you and your NC during this difficult period. For support and guidance, your NC may reach out to their Cadre and company-mates, a spiritual leader including a priest, chaplain or rabbi, or the Cadet Counseling Center.

Parents can reach out to any upper-class parent of the WPPC-Illinois for support and advice. They may have been in your position not too long ago. You may also reach out to Debra Dalton, West Point Parent Liaison, for advice and information on the separation process. In addition to being the official WP parent liaison, she is the parent of a West Point graduate.

"Never, ever make a big decision when you are down physically, mentally, or emotionally. Wait at least until you feel good, and then make the decision. It will be more likely then to be the right choice. Hope this helps and whatever the decision, just let him know you will support and love him and good luck to you all."

For more words of wisdom by West Point alumni, go to: <http://www.west-point.org/parent/plebe-net/quitting.html>

4.2.4 Separation from West Point

Separation from West Point is not a simple or immediate process in most situations, and can take 2 to 3 weeks. West Point understands that exhaustion and discouragement may be major factors in the desire to leave. Thus, the initial counseling process by the Chain of Command deliberately is extended over the course of a few days to give the New Cadet every opportunity to assess their situation with Cadre feedback.

Once NC has consulted with their TAC (Training, Advising, and Counseling) Officer and separation is requested, paperwork for the transition is initiated. NC will be allowed to call home to inform their parents about the decision. They will then be transitioned into Summer Garrison Regiment, where they will turn in their equipment and attend regular accountability formation while waiting for their paperwork to be processed. They no longer will be allowed to interact with other NCs, including during meals. Once the paperwork is complete, the NC will be free to return home.

While the NC is in separation quarters, they may reconsider and wish to rejoin their company and West Point. While permission is often granted to rejoin, it is not guaranteed. If the NC has missed too much critical training, their attitude is toxic and inflammatory, or if their reasons for wanting to separate are entrenched, permission to rejoin may not be granted.

4.3. Healthcare

Cadets are considered active duty members of the U.S. Army and are entitled to complete military medical and dental benefits as long as they remain on active duty. Cadets receive routine medical care at the Mologne Cadet Health Clinic and Keller Army Community Hospital or in the local TRICARE network. If a problem is serious, they are sent to Walter Reed Hospital in Washington, D.C.

Due to laws protecting the confidentiality of medical information, Cadets are responsible for notifying their parents if they must be hospitalized. If a serious injury occurs, the TAC officer will notify parents.

Many parents elect to keep their NC on their civilian medical plan to ensure continuous medical coverage after discharge or separation. This option may be more cost-effective than later trying to add them to their plan.

If Your Cadet is Hospitalized

- You can reach your Cadet by calling the nurses' station at 845-938-3004/3045. Your call will be transferred to the Cadet's room.
- Parents of a Cadet with significant illness or injury may speak with the attending physician. However, the physician cannot discuss medical information without the Cadet's permission.
- A medical Power of Attorney (HIPPA Release of Medical Information) from your Cadet may allow you to access information and consult with healthcare personnel regarding your Cadet. You may wish to obtain a POA prior to CBT.

4.4 Closing Remarks

For you and your family during the challenging weeks of CBT, WPPC-IL parents are available to buttress your resolve, soften the blows and celebrate the highs that typify the West Point experience. We understand your anxiety, fears, and tears. We also understand your pride and share your triumphs.

Call any one of us, any time. We are here for you.

Emergency Contact Information

If you need to communicate with your NC during Beast regarding an emergency:

- Red Cross: <http://www.redcross.org/find-help/military-families/emergency>
- TAC Officer: <http://www.westpoint.edu/btd/SitePages/About.aspx>
- Central Guard Room (leave message for TAC team): **845-938-3030**
- Deb Dalton, Parent Communications Liaison: deb.dalton@usma.edu, (845) 938-5650

5. March Back

New Cadets will be joined by Old Grads, faculty and staff as they begin their 12-mile March Back at 0630. They will begin at Buckner and march to the ski slope where they will eat breakfast and reinforce their numbers with more Old Grads and supporters. The group of 1,200-plus strong will march the remainder of the way through Washington Gate and pass in review in front of Quarters 100, the Superintendent's house.

Leading the March will be the NCs carrying the Class of 2019 motto. Behind them will march the Honor Company, which had the highest score during the 6 1/2 weeks of CBT. The Honor Company is followed by the remaining Companies in alphabetical and Platoon order (A1, A2 etc.), respectively led by Company guidon-bearers.

If you attend, there will be many places along the march route where you will be able to stand very close to the passing NCs. In fact, you may be close enough to smell them: (3 days in the field + no shower/cleansing + no change of clothes + heat and humidity) x 1,200 NCs = very stinky assembly of young men and women!

You may wish to let your NC know by letter where you will be standing so that they may look out for you. A brightly colored sign or poster also may help them locate you. Although they are not allowed to turn their heads, wave or talk, you still may get a surreptitious smile and a head-nod of acknowledgement.

Remember not to draw attention to your NC by calling out to them or writing their name on the poster. They will appreciate your support and cheer, but not the undue attention brought on them by you and, consequently, their Cadre.

March Back concludes with the NCs assembled in the triangle in front of Washington Hall. There they will eat lunch and catch a few moments of rest before beginning Reorganization Week duties. This may be a great opportunity to take pictures, as they will be relatively stationary and within close range. Remember, do not call out their names. And do not step on the hallowed Plain on either side of the diagonal walkway.

Parents and friends will not have the opportunity to visit with their NCs following March Back. After lunch, NCs begin Reorganization Week in preparation for the start of the academic year. They will be very busy moving into new barracks, picking up their books, uniforms and computers, and meeting the rest of the upper-class Cadets for the first time.

6. Reorganization (Re-Orgy) Week

Reorganization Week begins after March Back and readies New Cadets for the start of the academic year. They will be assigned to their academic year Company, move into new barracks and meet new roommates, learn their class schedule, pick up books, computers, uniforms, and meet their new Cadre. In addition, they will be able to access their personal possessions stored away during CBT, including their cell phones and iPads. Finally, communication with the outside world will be possible.

"Re-Orgy" is pronounced "ree-or-gi", with a hard 'g' sound as in "good."

Along with the academic schedule for the semester, NCs will receive homework assignments, to be completed prior to the first day of class. The infamous Thayer methodology of teaching also will be introduced.

Each Company is made up of Cadets from all four classes, with the upperclassmen having leadership responsibilities. Yearlings will be Team Leaders to one or two Plebes, helping them navigate the first year at West Point. Team Leaders are invaluable resources, from helping them pick up their computers and books to mentoring and advising on passes and privileges, classes, clubs and activities. Cows are the Company Non-Commissioned Officers (NCO), and Firsties are the Company Officers (CO).

Re-orgy Week may be a stressful period, again, for New Cadets. NCs are introduced to the entire Corps of Cadets, and there are now three upperclassmen for every one NC. Since classes have not started yet, upperclass Cadets may give Plebes-to-be much of their attention.

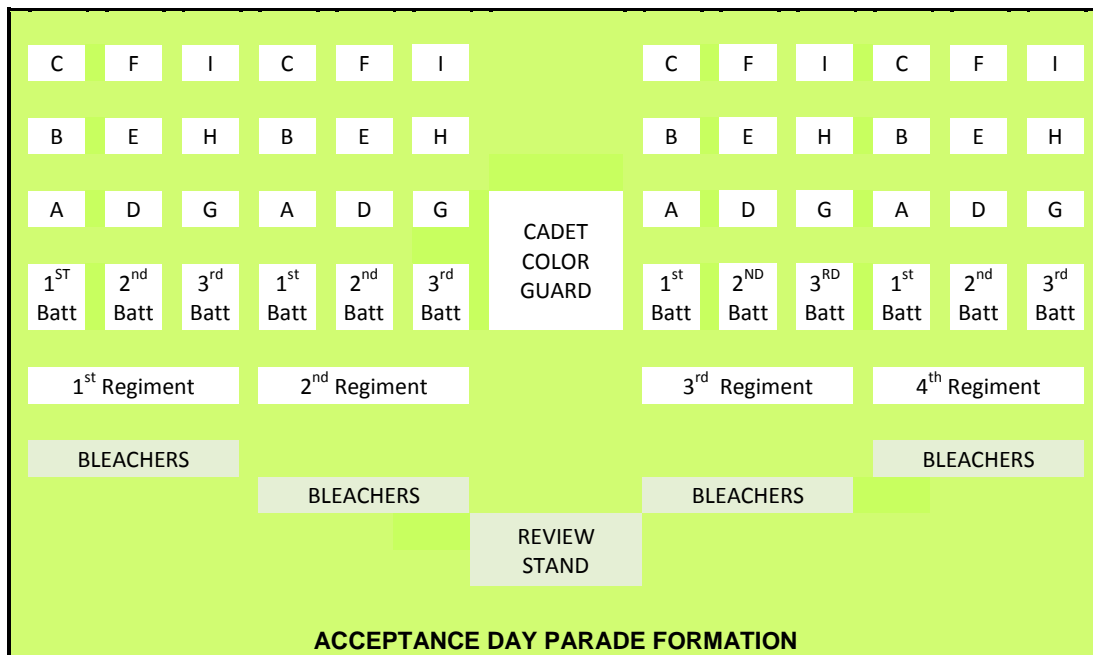
Prior to A-Day:

- Find out your NCs new Company assignment to locate them in the A-Day parade formation.
- Agree on a place to meet after the A-Day Parade.

7. Acceptance Day (A-Day)

The Acceptance Day Parade, held at 10:00 a.m. on the Plain, marks the formal acceptance of New Cadets into the Corps of Cadets. To symbolize this acceptance, NCs are permitted to wear their white hats for the first time.

The A-Day Parade is one of only two parades during the entire four-year West Point experience that is dedicated wholly to a particular class and includes the entire Corps of Cadets. Graduation is the second such parade.



7.1 The Parade and Oath Ceremony

All 4,000-plus Cadets will march by Company order onto the Plain from the sally ports of Washington Hall. NCs will be in the rear of their respective Company formation, separate from the upperclass Cadets. To take their Oath, New Cadets march out toward the review stand and bleachers, then turn around to face the Corps of Cadets. Once the Oath is recited, NCs march forward and the Corps of Cadets open ranks to accept them into their formation. The ranks close around the NCs, symbolizing acceptance into the Corps. No longer are they "New Cadets"—they now are "Cadets."

CONGRATULATIONS! Your son or daughter has survived CBT and now is a Cadet at the United States Military Academy at West Point.

7.2 After A-Day Ceremonies

Cadets are able to join family and friends after the Parade upon completion of their final duties, usually within an hour and a half, but no later than 1 p.m. Cadets also will have visitation privileges on Sunday. On both days, Cadets must return to their barracks before Taps, and must remain within an approved distance from West Point. In addition, they must be in uniform at all times while in public.

Some families plan picnics on the grounds of West Point. Some plan a trip to New York City. Some Cadets may want to go shopping for school supplies and boodle treats, as well as do loads of laundry. Many Cadets want to do nothing more than catch up with family and friends, take a long shower, and eat and sleep.

Many Cadets may dread the return to West Point on Sunday afternoon, after spending the weekend relatively stress-free. Parents often mention this moment as particularly difficult, seeing their Cadet take the lonely walk back to their barracks. The best advice is to remind your Cadet of the next time you will see them--perhaps for a football game, Labor Day Weekend, Parents Weekend--and to keep smiling and staying strong. Upperclass parents promise that the Goodbyes become easier.

Cadet A-Day Privileges (in 2014)

- Travel permitted within 75 miles if accompanied by parent or parent of another Cadet.
- Saturday Pass: After Parade and duties until Taps (1 a.m. Sunday).
- Sunday Pass: 5:30 a.m. until Formation at 7:00 p.m.

8. Travel To/From West Point

Travel to and from West Point is often an adventure, with weather and traffic as wild cards. When scheduling flights, leave ample time for ground transportation, holiday traffic, bad weather, long security lines and other delays. Particularly on the return trip back to West Point, leave time for unforeseen delays.

Cadets should carry the telephone numbers of their TAC officer, Team Leader and others in the chain of command in case of an emergency or unforeseen event that may prevent them from returning to West Point in time for Formation. Telephone numbers for TAC and Central Guard Rooms can be found on: <http://www.usma.edu/btd/SitePages/About.aspx>.

8.1 Air Travel

8.1.1 Airports Near West Point

There are several airports that serve West Point: John F. Kennedy and LaGuardia Airports in New York City, Newark Airport in New Jersey, Westchester County Airport in White Plains, NY, and Stewart Airport in New Windsor, NY. Although 108 miles away, Albany Airport also may be an option. As there is no bus or train service to West Point, rental car, taxi or limousine service must be arranged.

8.1.2 Transportation Between Airports and West Point

West Point Parents' Club of Illinois: Plebe Parent Handbook

(Please see Appendix P-2 for more details on public transportation.)

Public Transportation (Shuttle Bus, Subway, Train, Ferry)

Public transportation is an economical option between West Point and JFK, LaGuardia or Newark airports. A combination of shuttle bus, subway, taxi, train or ferry connects West Point to the airports via Grand Central Terminal. CoachUSA also runs shuttle buses from the West Point Visitors Center in Highland Falls to Port Authority Bus Terminal, a short distance by bus, train or taxi to airports.

GMK Bus Transport

During scheduled holiday leaves (Thanksgiving, Winter Break, Spring Break), certain long holiday weekends (Labor Day, President's Day) and designated summer leaves, shuttle bus service is available to LaGuardia, Newark, JFK and Stewart airports. Bus service is provided by GMK Transportation, and tickets are available for sale online a few weeks before each leave. Tickets are approximately \$25 one-way/\$50 round-trip.

There are several departure times scheduled throughout the day from West Point to accommodate Cadets' schedules. Similarly, several departure times are scheduled from area airports at the end of leave to bring Cadets back to West Point before formation (usually 7 pm). Departure dates and times between West Point and area airports are approved by the West Point command.

GMK makes every effort to accommodate the often unpredictable and unavoidable changes of Cadets' schedules. Weather delays, missed connections, lost bus tickets happen. For travel concerns or questions, including "I'm-running-to-the-bus-now-can-you-wait-two-minutes-please," contact GMK or Joe at 845-429-9290.

GMK Bus Transport: (845) 429-9290

- "Joe" at **GMKTravel@aol.com** or Megan Hostler at **megan.hostler.1@gmail.com**
- Pickup from:
 - Newark Airport: Terminal A Bus Courtyard Lanes 15 & 16
 - LaGuardia Airport: Terminal D Arrivals Level Inner Roadway Delta Northwest Terminal.
 - JFK Airport: Terminal 4 Arrivals Level
 - Stewart Airport: Loading area to the extreme left as you exit the building
- \$25 one-way/\$50 round-trip
- Tickets may be purchased online with credit card.
- Tickets must be printed. E-tickets not accepted.
- GMK estimates 2 hours travel time to LaGuardia and Newark, and 2.5 hours to JFK.

Authorized Taxicab and Limousine Companies

Refer to the Memorandum in Appendix P-3 issued by West Point: *Authorized Taxi and Limousine Companies to Enter West Point to Pick Up and Drop Off Personnel*. Other car service companies not listed will need to be cleared prior to admittance to West Point.

8.1.3 Air Travel Tips

Expedited Security Clearance – TSA-Pre✓

TSA offers expedited screening at more than 120 airports for all members of the U.S. Armed Forces, including USMA Cadets. Cadets do not need to travel in uniform, but their DoD ID number must be included when making airline reservations. TSA-Pre✓ allows Cadets to go through the expedited security screening line, without removing their shoes or their computer from their bag. This privilege is a very big time-saver, especially during busy holiday travel days.

TSA-Pre✓ Guidelines

- When making flight reservations, enter in the Known Traveler Number field your 10-digit DoD ID number located on the back of the CAC (Common Access Card). If the number is not on your CAC, obtain it from milConnect under the "My Profile" tab.
- "TSA Pre✓" indicator will appear on your boarding pass. If it does not appear, contact airline to update reservation with your DoD ID number.
- For more information, visit: <http://www.tsa.gov/tsa-precheck/members-military>

Military Discount Tickets

On occasion, airlines offer discounts to military personnel. Inquiries may be made by contacting the airlines directly. For United Airlines, you may check for discounts on their website. Under the "Products & Services" tab, go to "Travel for U.S. Military and Federal Government Personnel," then "Flight Reservations for Military Leisure Travel."

One-Way Tickets

Purchasing two one-way tickets often is a way to maximize flexibility, convenience and savings. Examples of when one-way ticket purchase may be helpful include:

- Prior to release of winter TEE schedule. Since Cadet must be back at West Point by Formation (usually 7pm) Sunday before classes begin, you can purchase a one-way ticket for the return trip to New York. Once TEE schedule is available, purchase one-way ticket home.
- When flight schedule is more convenient flying out of one NY airport and into a different NY airport (e.g. out of LaGuardia, into Newark).

Fly Non-stop with Major Airlines

When feasible, fly nonstop with one of the major airlines. Major airlines often will have several flights daily into and out of New York. In case of flight cancellations or delays, Cadet will have a better chance of getting on a flight to their destination. Also, if they are running late (or early), they may be able to board a later (or earlier) flight.

Refundable Tickets

While they cost more up front, your Cadet's schedule may change at the last minute. Note, however, that sometimes a fully refundable ticket may be more expensive than the fee for changing reservations on a non-refundable ticket.

Trip Insurance

When purchasing trip insurance, read the Terms and Conditions very carefully. Many will not cover "change of plans," including Passes that are not approved and delays caused by weather.

Locking in Fares and Penalty-free Cancellations

There may be times when Cadet's travel schedule is uncertain, and you hesitate to purchase tickets for fear of paying a change fee later. You may be able to stall for a few days while locking in fares by:

- Purchasing a ticket, knowing you can cancel the reservation within 24 hours without penalty.
- Reserving a ticket and purchasing a fare guarantee for a nominal fee. United Airlines, for example, allows you to reserve a ticket and lock in the fare for up to 7 days for a small fee. Reservations not ticketed will expire without penalty.

8.2 Driving

8.2.1 Newark Airport to West Point

(1 hr 10 min without traffic. 64 miles.) Take 95N/New Jersey Turnpike North to Exit 18 (Fort Lee, N.J.). DO NOT go across the George Washington Bridge. Follow signs to Palisades Parkway North (first right after the CNN Building). Stay on the Palisades about 40 miles to the Bear Mountain Traffic Circle. Go north on Route 9W to Newburgh/West Point. Take the first West Point exit after passing through Fort Montgomery.

8.2.2 LaGuardia Airport to West Point

(1 hr 5 min without traffic. 54 miles.) Get on Grand Central Pkwy from Central Terminal Drive. Take Palisades Interstate Pkwy N to US-9W N/N Rte 9W N in Highlands. Continue on US-9W N/N Rte 9W N. Take Main St to Cullum Rd in West Point.

Most of the routes include tolls. You may request an E-Z Pass transponder when you rent a vehicle. You may also use Illinois I-PASS, which is accepted in 15 states, including New York and New Jersey.

8.2.3 John F. Kennedy Airport to West Point

(1 hr 15 min without traffic. 64 miles.) Head south on I-678 S toward Exit B. Take exit B toward 130th Pl. Keep right at the fork and merge onto 130th Pl. Turn right onto Bergen Rd. At Federal Cir, take the 4th exit onto the I-678 N ramp. Take I-678 N from 130th Pl and Bergen Rd. Follow I-678 N, I-95 S and Palisades Interstate Pkwy N to US-9W N/N Rte 9W N in Highlands. Continue on US-9W N/N Rte 9W N. Take Main St to Cullum Rd in West Point.

8.2.4 Stewart Airport to West Point

(26 min without traffic. 17 miles.) From the terminal turn left to get to the main exit. At the main exit out of Stewart, turn left onto Route 207, which merges with Route 300 at the first traffic light. Continue on Routes 207/300. At the next traffic light Route 207 turns left. Remain on Route 300 for two more traffic lights until it intersects with Routes 32 and 94 at the Five Corners intersection in Vails Gate. Continue on Route 32 to the next traffic light. Turn left toward Cornwall. Enter Route 9W South (right exit before overpass) before entering Cornwall. Take 9W South and follow signs to West Point.

8.2.5 Westchester County Airport to West Point

(51 min without traffic. 37 miles.) Take I-684 South to I-287 West. Stay on I-287/I-87 West across the Tappan Zee Bridge to Exit 13, the Palisades Interstate Parkway North. Go north on the Palisades Interstate Parkway until it ends at the Bear Mountain Traffic Circle. Go north on 9W to Newburgh/West Point. Take the first West Point exit after passing through Ft. Montgomery.

8.2.6 Albany Airport to West Point

(1 hr 50 min without traffic. 112 miles.) Get on I-87 S. Follow I-87 S to NY-300 S/Union Ave in Gardnertown. Take exit 17 from I-87 S. Continue on NY-300 S. Take NY-32 S, US-9W S/N Rte 9W S and Washington Rd to Cullum Rd in West Point.

9. Academic Year

9.1 Overview

Classes begin Monday, August 17 after Re-Orgy Week. In addition to carrying at least a 17-credit hour course load, Cadets must attend to physical and military duties. They learn to live on very little sleep in order to meet the many demands placed upon them, and a period of adjustment is to be expected.

Class rank is very important at West Point and will affect the order in which Cadets are able to pick their branch at the beginning of their fourth year. 60% of class rank is based on academic grade, 25% on military grade, and 15% on physical grade.

Time Management is essential to succeed at West Point. WP offers an optional short course on developing good time management skills that your Plebe may wish to consider.

9.1.1 The Thayer Method

The United States Military Academy uses the Thayer teaching methodology, which emphasizes self-study, daily homework, and small class size. The Thayer Method requires students to assume responsibility for their academics and learning. Instructors facilitate and enhance the learning process but do not use lectures as the primary instructional vehicle.

Most Cadets are unfamiliar with the Thayer Method of instruction and may require time for adjustment. In addition, Cadets are faced with demands on their time and energy, as well as significantly greater competition among Cadets. Until they adjust and adapt, Cadets may receive grades below what they usually received in high school.

9.1.2 Academics & Tutoring

West Point offers academic assistance for every Cadet who seeks help. If your Cadet is struggling with a class, encourage them to attend Additional Instruction (AI). Cadets also may request tutors through their companies. The main responsibility of instructors at the Academy is to help Cadets learn and succeed. Cadets must, however, take the initiative in seeking assistance. Cadets also find that it is beneficial to form study groups to prepare for tests.

9.1.3 Term-End Exams (TEE)

Winter semester Term-End Exams are held the second week in December, immediately following the Army-Navy game. Cadets are allowed to leave for Christmas Break after their last TEE, which may be as late as Saturday. TEE schedules are released in mid-October.

Spring semester TEEs are held the second week of May. Cadets may receive permission to leave after their last TEE, but must return for graduation week.

9.1.4 Physical Program

Cadets are challenged to successfully accomplish physically demanding skills, to increase self-confidence, determination, the will-to-win, and to think and act purposefully under physical and emotional stress. The Physical Education goal is to instill in Cadets a warrior ethos of physical and mental superiority.

The Physical Program includes physical education instruction, fitness assessments, and a competitive sports program. The Instructional Program includes Survival Swimming, Boxing (Men), Fundamentals of Combatives (women), Military Movement, and Combat Applications. As part of the Fitness Assessment Program, Cadets must pass the Indoor Obstacle Course Test (IOCT) requirement in the second year. The Competitive Sports Program requires cadets to participate in company athletics, competitive club athletics, or intercollegiate athletics.

Academic Year Address Format

- *Letters and packages delivered by USPS:*
Cadet First Name Last Name
P.O. Box #_____
West Point, NY 10997-Cadet Box #
- *Letters and packages for carriers that DO NOT deliver to P.O. Box addresses (e.g. UPS, FedEx, DHL):*
Cadet First Name Last Name
745 Brewerton Road #_____(Cadet Box #)
West Point NY 10997-_____(Cadet Box #)

*Packages delivered by USPS may use either address.

9.1.5 Relaxation & Activities

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Sunday is a day of relaxation, unless your Cadet has a specific duty. They are free to sleep late, attend church, surf the internet or do nothing until the Sunday evening study period. Because of the heavy academic schedule, many Cadets use Saturday afternoon and Sunday to study.

Encourage your Cadet to participate in social, religious and athletic activities, attend concerts or comedy performances and participate in clubs or societies. They can provide welcome levity and reprieve from the pressures of academics and regulations.

9.1.6 Sponsor Program

Each Plebe will have the opportunity to sign up for the West Point Sponsor Program. Military personnel living at West Point volunteer as sponsors to provide advice, support and respite from Mess Hall food and Plebe drudgery. Many sponsors and Cadets develop friendships that continue beyond the four years at West Point.

9.2 Counseling Support for Cadets

There may be times when your Cadet is overwhelmed by the stresses and demands at West Point and feels alone in their challenges. If you sense your Cadet may be confronted by an issue that is affecting their performance or exceeding their personal resources, encourage them to schedule an appointment with a counselor at The Center for Personal Development (CPD).

The CPD, established in 1967, has four full-time licensed psychologists providing confidential support for Cadets struggling with a wide variety of personal challenges including stress, adjustment issues, relationship concerns, sadness, diminished self-confidence, anger management problems, and eating disorders.

In addition to CPD, the religious support team at West Point offers Cadets access to spiritual support and guidance. Fellowship and worship opportunities are available for numerous religions, as well as the interfaith Church of Christ.

Counseling Resources and Support	
Cadet Counseling Center (CPD) (Washington Hall Rm 6306)	845-938-3022/3327
Religious Support Office Team	
Post Chapel	845-938-3875
Catholic Chapel OIC	845-938-8760
Jewish Chapel OIC	845-938-2710
Cadet Chapel OIC	845-938-4106
USMA Chaplain	845-938-3316
USCC Chaplains	845-938-2784
Religious Services	
Post Chapel Sunday Service	845-938-3875
Gospel Service	845-938-5965
Catholic Mass (Most Holy Trinity)	845-938-8760
Jewish Service (Jewish Chapel)	845-938-2710
Assembly of God	845-446-0441
Buddhist Meditation (Cadet Interfaith Center Bldg 147)	845-938-4068
Church of Christ (Cadet Interfaith Center Bldg 147)	845-938-4247
Church of Jesus Christ LDS (Thayer Hall, 144)	845-938-2528
Eastern Orthodox (St. Martin's Chapel, Ft. Montgomery)	845-938-4106
Episcopal	845-446-2197
Lutheran (Old Cadet Chapel)	845-938-2226
Muslim (Cadet Interfaith Center, Bldg 147)	845-938-2784

9.3 Walking Privileges, Passes and Leaves

9.3.1 Walking Privileges

During the academic year, Cadets in good standing have walking privileges for the weekend upon completion of duties. On normal weekends, Cadets may take walking privileges on Saturdays after their last duty until 11 p.m. and Sundays from 5:20 a.m. to 7 pm. See Appendix G for map of walking privilege parameters.

9.3.2 Passes

Plebes are granted one weekend pass each semester, although they may earn additional performance or spirit passes if they are in good standing. In addition, every Plebe in the CBT Honor Company earns an additional pass for the fall semester. Pass privilege allows a Cadet to leave West Point after their final duty on Friday, to return by Sunday night Formation (usually 7 pm).

Sometimes a pass can be strategically taken on a holiday weekend for a longer break. For example, Cadets do not have classes on the Monday of Labor Day, Columbus Day and Veteran's Day.

Cadets usually are not granted passes on home football weekends.

Parameters of Walking Privileges

To the North: Washington Gate.

To the East: The westerly bank of the Hudson River.

To the West: The easterly side of Route 9W. Cadets traveling in privately owned vehicles are permitted to ride down the westerly side of Route 9W to access an establishment on the easterly side of Route 9W.

To the South: To the Bear Mountain Bridge Circle. Cadets traveling in privately owned vehicles may travel to Bear Mountain State Park.

Basically, the Cadets can go to Highland Falls and Fort Montgomery, but not up to Newburgh, Windsor, or New Windsor, nor down to Nyack, Nanuet, or Palisades Mall. There are no overnights when taking Walking Privileges.

9.3.3 Thanksgiving/Christmas Leave

A pass is not needed to come home on Thanksgiving or Christmas breaks. While most Cadets come home for Christmas, not all Cadets do for Thanksgiving. Some remain at West Point or spend the long weekend with friends or relatives who lives nearby, or with sponsor families. Barracks remain open during the holidays.

9.4 Parents Weekend in October – For All Classes

Introduced in 2014, Parents Weekend is for all four classes of the Corps. The highlight of the weekend is a home football game with all its accompanying fanfare. Other activities during the weekend include tours of West Point, Superintendent's Quarters, Uniform Factory and Barracks. Guests also have the opportunity to eat in the Mess Hall with their Cadet. Registration is required for many of these tours and events, and slots fill quickly.

For Plebe parents, the Plebe Parent Weekend (PPW) in March is another opportunity to tour West Point, perhaps in a more relaxed atmosphere free of upperclass Cadets and their guests.

Cadets are allowed Off Post Privileges similar to A-Day, and are able to spend time on Friday, Saturday and Sunday with their family and friends. Cadets are required to return to Barracks each night before Taps, and are required to stay within 75 miles of West Point. They also are required to attend the Home Football game.

9.5 Army-Navy Game

Once Cadets return from Thanksgiving leave, West Point resounds with the clarion call "GO ARMY! BEAT NAVY!" Army and Navy have met 115 times since their first game in 1890. Navy leads the series 59-49-7. Army has not beaten Navy since 2002, but this is the year!

While there is a shuttle bus that transports Cadets to and from the game, many Cadets choose to obtain a Spirit Pass and travel with their parents. This may be another opportunity to spend a few days with your Cadet.

The game is held on the second Saturday in December and is televised nationally. For those unable to attend the game in person, WPPC-IL may plan a viewing party locally.

GO ARMY! BEAT NAVY!

9.6 All-Academy Ball

WPPC-IL joins with Illinois parents' clubs from other service academies--Air Force, Navy, Coast Guard and Merchant Marine--to host the elegant All-Academy Ball. This event is held in December during Cadets' winter break.

Remind your Cadet to bring home their full-dress uniform, including shoes and white gloves, for this formal evening. Female Cadets may wear their dress mess uniform. You must be a WPPC-IL member to receive an invitation.

9.7 Plebe Parent Weekend (PPW)

Plebe Parent Weekend (PPW) takes place in March before Spring Break begins. Similar to the October Parent Weekend, you will have the opportunity to see your Cadet's barracks, meet instructors and TACs, and tour the Superintendent's Quarters and the Uniform Factory.

Available for purchase on this weekend is the popular black Cadet Parka with the Class of 2019 patch. (If you attended the Army-Navy game, you may have noticed proud Army parents wearing these parkas.)

The most elegant affair of the weekend is the formal Banquet and Hop on Saturday evening. You and your Cadet will go through receiving lines and have the opportunity for a family picture taken by Academy Photo. Each Cadet receives three tickets, one for themselves and two for guests. Additional tickets usually are available, as not every Cadet uses their allotted three. To commemorate the evening, there will be Class of 2019 stemware available as souvenirs. You may wish to bring protective wrap to prevent breakage.

- Tickets are required for dinner at the Mess Hall and the Banquet and Hop.
- Cadet Attendance is mandatory at the Banquet on Saturday evening. The dress code for the Banquet is formal--Tuxedo or suit for men, long or cocktail dress, or dressy pant suit, for women.
- Your Cadet may want to do nothing but eat and sleep. They're tired, always.
- The weather at West Point will be cold, with possibly accumulated snow. You know the routine—dress appropriately and wear comfortable shoes.

Be advised that you may be on your feet walking and standing for much of the evening. (Ladies, if you find dressy shoes that are comfortable, able to withstand the cold and snow of West Point in March, *and* elegant, please do share your source!)

Cadets are allowed Off Post Privilege during PPW and are able to spend time with their family and guests. They are required to return to Barracks each night before Taps, and are required to stay within 75 miles of West Point.

Cadets typically will be dismissed for Spring Break on Sunday morning no later than 8:30 a.m. Thereafter, they are free to travel for one week of well-deserved rest.

9.8 Promotion

Promotion, which takes place during Graduation week in May 2016, is a significant event for a Plebe. It marks the moment when a Plebe no longer is a member only of his own Fourth Class and is recognized as a full member of the Corps of Cadets. A Plebe is promoted from Cadet Private to Cadet Private First Class, and many privileges follow.

10. Class of 2019 – Plebe Year at a Glance

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JUNE

- Join the West Point Parents Club of Illinois.
- New Cadet Candidate's mailing address released on Portal. Share with family & friends.
- Complete and make copies of required paperwork. Make doctors' appointments and get vaccinations, if needed.
- Set up bank account for direct deposit and debit card. Consider getting a credit card.
- Gather Beast packing list items.
 - Get eye glasses and prescriptions.
 - Order mandatory footwear—boots and low-quarters—and break them in. Also get running shoes.
 - Order name, flag and U.S. Army tapes.
- Attend the WPPC-Illinois Plebe welcome picnic. Meet Cadet Candidates, Cadets and WP parents for invaluable information on Plebe year.
- Join the 2019 Parents Facebook page – a great source for staying connected during CBT
- Make travel and hotel reservations for Reception Day, March Back and Acceptance Day.
- New Cadet Candidate may want to:
 - Register to vote.
 - Apply for a passport.

JULY

- Attend Reception Day. Prepare to wait, walk, sweat and shop.
 - Get your New Cadet's address and Company assignment card from Eisenhower Hall.
 - Purchase football tickets, including for the Army-Navy game.
- Consider staying for Independence Day concert and fireworks at Trophy Point.
- Write your New Cadet as often as possible.
- New Cadets may be allowed a telephone call several days into CBT. Another call may be allowed in the middle of July during the Ice Cream Social.
- Attend WPPC-IL's Letter Writing Party and send cards and notes to NCs from Illinois.
- Make travel and hotel reservations for March Back and Acceptance Day.
- Make travel and hotel reservations for October Parents Weekend, which is open to guests of all four classes.

AUGUST

- Continue sending notes of encouragement and news from home.
- Finalize arrangements to go to March Back and A-Day.
- Your Cadet may want you to send or bring to A-Day items from home. Common requests include civilian clothes, pillow and blanket.
- Order Academy Photo DVD of R-Day, CBT and A-Day.
- Consider making plans for Labor Day weekend. Cadets do not have classes on Labor Day.
- Make travel and hotel reservations for Parents Weekend in October.
- Determine your Cadet's Regiment March In and Parade Review schedules for football games. If you plan to attend any games, purchase tickets and parking passes.

SEPTEMBER

- No classes on Labor Day.
- Keep up with Army football games. You may consider planning a trip to West Point to see your Cadet at Review and March In prior to a game.
- By September, your Cadet has settled into a routine at West Point.
 - Encourage your Cadet to join one of the many clubs at West Point.
 - Each Cadet is assigned a sponsor, who is usually an Army officer stationed at West Point. Your Cadet may be invited to their home for a home-cooked meal and relaxation. Encourage your Cadet to accept their sponsor's invitations.
- Your Cadet may wish to vote in upcoming local elections. Contact the County Clerk's Office for absentee voting procedures.
- Finalize travel and hotel plans for Parents Weekend in October.
- Make plans for Thanksgiving if your Cadet plans to come home. If scheduling flights, allow ample time for ground transportation as well as unexpected delays.

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OCTOBER

- Attend Parents Weekend.
- Your Cadet may ask for a costume and Halloween candy. On Halloween night, the upperclassmen run through the barracks begging for Halloween candy and many candy fights occur. Your cadet will appreciate having ammo on hand. Also, Cadets may go trick-or-treating and attend a dance ("hops").
- Term End Exam schedules will be released. Make travel plans for Cadet's trip home for winter break.
- Make travel and hotel reservations for Army-Navy game in December.
- Attend the WPPC-IL October picnic and meeting.

NOVEMBER

- Prepare for a Happy Thanksgiving!
 - Cadets are released on Wednesday after their last duty, usually before 1 pm.
 - Plebes are usually due back by 7:00 pm on Sunday for accountability formation.
 - Finalize travel arrangements for Cadet. Purchase shuttle bus tickets to airports or arrange for car service.
- Make travel and hotel reservations for Army-Navy game in December.
- Finalize travel plans for Christmas break. TEE schedule should have been released in mid-October.

DECEMBER

- GO ARMY! BEAT NAVY! Attend the Army-Navy football game. If you are unable to attend, WPPC-Illinois may host a viewing party.
- Finalize travel plans for your Cadet's Christmas leave. If scheduling flights, allow ample time for ground transportation as well as unexpected delays.
 - Purchase shuttle bus tickets to airports or arrange for car service.
- If you are attending the All-Academy Ball, remind your Cadet to bring home their full dress uniform. Females may choose to wear their dress mess uniform (long skirt).
- Your Cadet has now finished half of their plebe year.
- Make travel and hotel reservations for Plebe Parent Weekend (PPW) in March.
- Make travel plans for Cadet's Spring Break, which begins immediately after PPW.

JANUARY

- Your Cadet may wish to use a pass to break up the "Gloom Period" between Christmas and Spring Break. Cadets will have no classes on Martin Luther King's Birthday in January and President's Day weekend in February.
- Attend the WPPC-IL Boodle meeting. We will fill boodle boxes with goodies and send them to our Cadets. Cadets will continue to need encouragement and support as they readjust to West Point life after two weeks of rest and relaxation over Christmas break.
- Finalize travel and hotel reservations for PPW in March.
- Finalize travel plans for Cadet's Spring Break, which begins immediately after PPW.

FEBRUARY

- Plebes will be invited to the 100th Night Show, marking 100 days until the Class of 2016 graduates.
- Boost Cadet's spirits during Gloom Period. Send encouraging notes and boodle.

MARCH

- Attend Plebe Parent Weekend, March 11-13. Spring break begins at 8:30 a.m., March 13.
- Class of 2019 crest is unveiled.
- Three-quarters of Plebe year is over.

APRIL

- The Army Physical Fitness Test (APFT) is administered this month. Passing APFT annually is a requirement.
- The Sandhurst Competition is held. West Point Companies compete in military maneuvers against ROTC teams, and numerous foreign military academies, including the Royal Military College in Canada and Sandhurst, the British military academy.
- Begin countdown to the end of Plebe Year! Cadets must remain at West Point until after the Class of 2016 graduation ceremony.

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MAY

- Attend WPPC-IL Spring Brunch, honoring the families of our graduating Firsties.
- Be available as a resource for new Cadet Candidates and their parents as they prepare for CBT and Plebe Year.
- Make plans for the summer. Your Cadet should know his summer schedule by now.
- Finally, exhale! Your Cadet has survived Plebe year!
- Cadet finally is "Recognized" at Class of 2016 graduation, and is promoted to Yearling (Yuk).

JUNE

- WPPC-IL Class of 2020 Welcome Picnic. Encourage your Cadet to attend to share their experiences with new Cadet Candidates.
- Your Cadet may be required to take a class during summer school.
- Many rising Yuks will take Air Assault or Airborne for summer training
- All rising Yuks will go to Camp Buckner for Cadet Field Training (CFT).

11. A Final Note

Your cadet is joining the oldest fraternity in the United States, following in the tradition of Generals Lee, Grant, MacArthur, Eisenhower, and Schwarzkopf.

This is not a typical college experience but West Point is not educating typical students. West Point is developing men and women of character who will lead our nation in the 21st century. And the West Point Parents' Club of Illinois is here for you as a community of camaraderie, collaboration, consultation and occasionally commiseration, as we navigate the West Point years (and those that follow) together.

In just 47 months your cadets will be official members of the Long Gray Line. They will move on to serve our country. And you will forever be a member of the Army family. That family starts with your involvement with the WPPC-IL. Welcome to our Parents' Club...Welcome to the family!

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Comments About the WPPC-IL Handbook:

Please note that event dates and schedules can change. Also, your Cadet may have duties that further constrain their schedule. Please confirm all dates and times with your Cadet prior to finalizing travel plans.

Revisions and updates of this Handbook may be posted on the WPPC-IL website.

This Handbook has been updated to the best of our ability. If there are errors or omissions, please let us know. We welcome your comments and suggestions for improvement.

Finally, if your questions or concerns are not addressed in the Handbook, please contact one of the WPPC-IL officers. We are available as a source of information and support.

Disclaimer: The information provided in the WPPC-IL Plebe Parent Handbook is to be used for informational purposes only. WPPC-IL expressly disclaims all liability for the use or interpretation of information contained in this handbook or in referenced materials.

Appendix A: WPPC-IL 2015–2016 Officers

Executive Board	Name	Mobile	Home	Email
President	Brian Vander Yacht & Kim Vander Yacht	224-944-3472 847-372-0229	847-599-9441 847-599-9441	brian.vanderyacht@gmail.com vanderboat@comcast.net
Vice President	Kristen Howard	847-445-7171		ltsmekris10@gmail.com
Secretary	Nancy Shares	847 815-4850	630 587-2640	nancys@rc-systems.com shares22@yahoo.com
Treasurer				
Asst. Treasurer				

2015-16 Executive Board	WPPC-IL Website Email
President	wppcilpresident@gmail.com
Treasurer	wppciltreasurer@gmail.com
Alumni Representative(s)	wppcil.alumni.rep@gmail.com
Class Representatives(s) - 2014	wppcil2014rep@gmail.com
Class Representatives(s) - 2015	wppcil2015rep@gmail.com
Class Representatives(s) - 2016	wppcil2016rep@gmail.com
Class Representatives(s) - 2017	wppcil2017rep@gmail.com
Class Representative(s)- 2018	wppcil2018rep@gmail.com
Class Representatives(s) 2019	wppcil2019rep@gmail.com
Membership	wppcilmembership@gmail.com

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Board Committees/Leaders	Name	Mobile	Home	Email
All-Academy Ball (USMA chairs in 2015)	Karen & Phil Falk	847-942-6723 847-477-7985		karenfalk1971@yahoo.com phfalk11@yahoo.com
Alumni Representative(s)	Marianne Calhoun (2011)	630-846-1691	630-887-1691	smartblonde54@comcast.net
	Cathy Jostes (2012)	847-271-3226	847-697-7236	cjostes@sbcglobal.net
	Tony Mankus (2013)		630-667-7878	tman@irstax.com
	Eric & Denise Gibson (2014)	847-477-3244	847-446-4223	denisehgibson@me.com
	Janine Mogan (2015)	630 873-0005	630 369-6847	ja9mogan@aol.com
	Kevin Rupprecht	847-989-0940	847 855 9173	ceterupp@aol.com
	Cete Rupprecht	847 529 5897	847-457-8827	rupprkr@aol.com
Class Representatives(s) - 2016	Bill Binkley	847 533 1693	847-356-0252	bill.binkley@nordsonefd.com
	Julie Binkley	847 533 8170	847-356-0252	jbinkley@lvd.org
	Bob Ocasio	708 280 9713	708-430-3730	robert_ocasio@att.net
Class Representatives(s) - 2017	Diane Spurgeon	630-585-5337	630-335-5356	depspur@yahoo.com
Class Representative(s) - 2018	Nancy Shares	847-815-4850	630-587-2640	nancys@rc-systems.com
Class Representatives(s) 2019				
Communications				
Field Force Liaison	Bob Ocasio	708 280 9713	708 430 3730	robert_ocasio@att.net
Membership	Cathy McNally			cjmcnally@sbcglobal.net
Asst. Membership				
Membership Directory	Julie Binkley	847-533-8170	847-356-0252	jbinkley@lvd.org
Mentor Program Coordinators	Gerianne Wiesbrook	815-603-1490		gwiesbrook@gmail.com
Plebe Parent Handbook	Lelaine Paik	847-894-8475		lelaine@gmail.com
Social Chair Letter Writing Party Dad's Skeet Shooting Land of Lincoln Tailgate Fall Picnic Army – Air Force Watch Party Army – Navy Watch Party Boodle Party Firstie Brunch Regional Events/Mixers Two Brothers Brewery Tour/Tasting Mom's Spring Tea	Bill & Julie Binkley Bill & Julie Binkley	847 533 1693 847 533 1693	847 356 0252 847 356 0252	bill.binkley@nordsonefd.com bill.binkley@nordsonefd.com
Web Master	Brian Vander Yacht	224-944-3472	847-599-9441	brian.vanderyacht@gmail.com

Appendix B: WPPC-IL 2015-2016 Calendar of Events

Date	Event	Location	Purpose/Notes
April 27	Firstie Brunch	Acquaviva Restaurant and Winery	Class of 2014 recognition and sendoff
May	Executive Board Call	Conference Call	Activation of new WPPC-IL 2015-16 Board
June 7, 5:00 – 8:00 p.m.	Class of 2019 Welcome Picnic	Central Park West Recreation Center	Class of 2019 informational meeting, socializing and sendoff To include reps from USMA 1969 50-year affiliate program to present certificates to Cadet Candidates
June 29	WPPC-IL Table at R Day	USMA Eisenhower Hall	Still under discussion
July (Date TBD)	Executive Board Call	Conference Call	Board coordination and update; final prep for letter writing party
July 25/26	Plebe parent/family letter writing party	TBD	Plebe parent coordinators and class reps to lead Letter writing to WPPC-IL plebes during Beast
August 12-15	West Point Parent Club Leader Conference	USMA	WPPC leaders attend national conference hosted by WPAOG; participate in attend seminars, glean best practices and network among other WP parent clubs
September (Date TBD)	Executive Board Call	Conference Call	Board coordination and update; prep for WPPC-IL Family Picnic
October 4 5:00 – 7:00 p.m.	WPPC-IL Fall Family Picnic	Clarkson Park Northfield (TBD)	Acquaint WPPC-IL members, provide update on information and upcoming events; feature slide show montage of member pictures from 2015 R Day and A Day
October 10 3:00 – 7:00 p.m. (Also USMA Parents Weekend)	West Point Football Game and WPPC-IL Tailgate Army Black Knights vs. Duke	Daly Field	Bill Binkley and Social Committee to lead planning
November 7	Army-Air Force Watch Party	Toby Keith's Rosemont (TBD)	An opportunity to get to know our local Air Force parent club while rooting for Army, of course!
December 12	Army-Navy Watch Party		
December (Date TBD)	Executive Board Call	Conference Call	Board coordination and update
December 26	All Academy Ball	Marriott Lincolnshire	USMA chairs this year!
January (Date TBD)	All Academy Ball Committee Wrap-Up Meeting	Marriott Lincolnshire	
February 7 2:00 – 4:00 p.m.	Annual Boodle Party	The Chapel 1200 American Way Libertyville, IL (TBD)	WPPC-IL VP to lead planning. WPPC-IL members pack care packages for cadets during USMA winter "gloomy period"
March (Date TBD)	Executive Board Call	Conference Call	Board coordination and update
March (Date TBD)	West Point Society Founders' Day Dinner		
April 25 12:00 – 4:00 p.m.	Firstie Farewell Brunch		Class of 2016 recognition and sendoff
April (Date TBD)	WPPC-IL Moms Spring Tea		

Appendix C: 2015-2016 West Point Calendar

June 28	Class of 2018 reports to West Point/Camp Buckner for Cadet Field Training
June 29	R-Day – Reception Day – Class of 2019 reports to West Point
July 19	New Cadet Visitation Day – Class of 2019 will visit with Staff & Faculty – 1:30-5 p.m.
July 27	Cadet Field Training Ends (Class of 2018) – Run Back from Camp Buckner
August 7	August Graduation – 4 p.m.
August 9	Upper Class Cadets report to West Point
August 10	March Back from Cadet Basic Training
August 10-14	Reorganization Week
August 15	Acceptance Day Parade
August 16	Affirmation Ceremony – Class of 2017
August 17	First Day of Academic Classes
August 28-29	Ring Weekend – Class of 2016 Event (Ceremony at Trophy Point - Fri. Aug. 28, Banquet, Sat. Aug. 29)
September 7	Labor Day (No Classes)
October 9-11	Parents Weekend – Parent Welcome Center will be located in Cullum Hall.
October 12	Columbus Day (No Classes)
November 11	Veterans Day (Holiday – No Classes)
November 19	Branch Night for Class of 2016
November 25	Modified Class Day – Classes end by 1 p.m.
November 26-29	Thanksgiving Holiday - Cadets must return by 7 p.m. Sunday, Nov. 29
December 11	Last Day of Classes – First Semester – Modified Class Day – Classes end by 1 p.m.
December 12	Army-Navy Game – Philadelphia, PA – 3 p.m.
December 15-19	Term-End Exams (Final Exams)
December 18	December Graduation – 4 p.m.
December 19	Winter Leave Begins – Last day of Term-End Exams
January 3, 2016	Winter Leave Ends – Cadets must return by 7 p.m.
January 4	Winter Reorganization
January 5	First Day of Academic Classes – Second Semester
January 18	Martin Luther King Day (Holiday – No Classes)
January 28	Post Night for the Class of 2016
January 30	500 th Night (Class of 2017 Event)
February 6	Yearling-Winter Weekend (Class of 2018 Event)
February 15	Presidents' Day (Holiday – No Classes)
February 19-20	100 th Night (Class of 2016 Event)
March 11-13	Plebe-Parent Weekend (Class of 2019 Event)
March 11-20	Plebes released on Sunday, March 13 for Spring Break – approximate time – 8:30 a.m. Spring Break – Cadets ('16-'18) depart after last duty on March 11, and return by 7 p.m. on March 20
April 8-9	Sandhurst Competition
April 28	Projects Day and Inspiration to Serve Cemetery Tour
May 6	Last Day of Academic Classes
May 9-13	Term-End Exams
May 17	STAP I (Summer Term Academic Program) Begins
May 21	Class of 2016 Graduation
June 10	Class of 2016 June Graduation/STAP I Ends
June 14	STAP II begins

Appendix D: What to Bring For CBT
Appendix D-1: Authorized Footwear Memorandum

ITEM	KEY CODE (Exchange Online)	BERRY COMPLIANT?	PRICE (THE EXCHANGE)	WHERE TO PURCHASE	PHOTO	LINK
LOW-QUARTER SHOES	MENS SHOE: OXFORD, BLACK LEATHER, MILDLY RESISTANT; NON-SHINY; (DEFENSE LOGISTICS AGENCY (DLA))	M206H	YES	\$45.39	MILITARY CLOTHING STORE SHOPMYEXCHANGE.COM 1-800-527-2345	shopmyexchange.com
	MENS LEATHER BATES DURASHOCK OXFORD	M416E	YES	\$83.00	MILITARY CLOTHING STORE SHOPMYEXCHANGE.COM 1-800-527-2346	shopmyexchange.com
	WOMENS SHOES: OXFORD; BLACK LEATHER, MOCCASIN TOE; NON-SHINY; (DEFENSE LOGISTICS AGENCY (DLA))	M210P	YES	\$49.52	MILITARY CLOTHING STORE SHOPMYEXCHANGE.COM 1-800-527-2347	shopmyexchange.com
	WOMEN'S LEATHER BATES DURASHOCKS OXFORD	N/A	YES	\$84.00	MILITARY CLOTHING STORE 1-800-527-2348	
BOOTS	ROCKY CAT LIGHTWEIGHT MILITARY TRAINING BOOT	D155P	NO	\$114.99	SHOPMYEXCHANGE.COM 1-800-527-2347	shopmyexchange.com
	BELLEVILLE KHYBER (TR360) MOUNTAIN HYBRID BOOT, DESERT TAN IN COLOR	N900K	NO	\$119.00	SHOPMYEXCHANGE.COM 1-800-527-2347	shopmyexchange.com
	BELLEVILLE 310, HOT WEATHER TACTICAL BOOT, DESERT TAN IN COLOR	M417R	YES	\$125.00	MILITARY CLOTHING STORE SHOPMYEXCHANGE.COM 1-800-527-2346	shopmyexchange.com
	EXCHANGE PUMP, BLACK LEATHER, NON-SHINY (MANUFACTURED BY CAPPS)	M210N	YES	\$51.00	MILITARY CLOTHING STORE SHOPMYEXCHANGE.COM 1-800-527-2346	shopmyexchange.com
OPTIONAL						

Appendix D-2: Recommended Items For CBT

West Point and WPPC-IL Parents and Cadets have compiled this list of recommended, but not mandatory, items from suggestions.

- ATM Card and/or Cash (recommend \$80). Any amount more than \$100 will be put in your Cadet account.
- Watch with alarm clock.
- Black toiletries bag and toiletries if have personal brand preference. (Deodorant, soap, soap box, toothbrush & case, toothpaste, shampoo, shaving cream and other personal hygiene items).
- Razor (if electric, bring a few disposable razors for field trips).
- Civilian prescription eye glasses in the event your military issue glasses are not ready.
- Penlight/flashlight (LEDs) and extra batteries.
- Letter writing supplies—white envelopes, stamps, paper and addresses of family and friends. List of phone numbers for calls to parents. The phone call may be allowed at any day and time. You will not have access to your cell phone, or the stored numbers on your phone.
- Zipper-type plastic or nylon bags, varying sizes. Waterproof ones for field exercises (Ziploc plastic bags are likely not waterproof).
- Contact lenses, if needed, for sports tryouts. Contact lenses can be worn after Acceptance Day.
- Steno pad, pen, pencil.
- Briefs, in the event of laundry delay. White cotton underwear (not boxer shorts)
- Boot socks, in the event of laundry delay. Black or Green color; Thorlo brand a favorite-www.thorlo.com
- White crew socks (athletic, mid-calf, NO logos; several pairs in case of laundry delay ; you will be issued 12 pairs)
- Black dress socks (No logos – will be issued 16 pairs). Thin wicking sock liners for wear under dress socks and/or boot socks.
- Leatherman-type multi- tool, Gerber, or “Swiss Army” pocket-knife (do not carry on airplane; check with bag or purchase after landing; blade under 4 inches long)
- Eyeglass security strap for glasses.
- Religious reading material (religious groups offer free material at West Point)
- Lighter--for burning off stray threads on uniforms, burning strings, sealing 550 cord & shining shoes; cannot carry on board airplane
- 10 feet of green 550 (“parachute”) cord
- Lip Balm
- Sunscreen or sunburn ointment Small roll of duct tape (olive drab or sand in color)
- Blister kit- include needle, "second skin," antiseptics, Neosporin, Band-Aids, moleskin; small amount of duct tape wrapped on pencil (use pieces of duct tape to protect "hot spots" to prevent blister). Note: your unit will have a medic to attend to any blister problems you may get.
- Gold Bond powder (to reduce chafing, friction.))
- Soft polishing cloths (can use old t-shirts for shining brass & shoes) and shoe brush
- Shoe Brush (polish will be issued)
- Small desk fan (no bigger than 6 inches in diameter)

West Point Parents' Club of Illinois: Plebe Parent Handbook

- Check with your Corps Squad coach to see whether you need to bring any equipment.
- Musical instrument (if large in size, may want to keep it in your suitcase or checked in for storage for use after CBT). Another option is for parent's to bring the musical instrument with them to give on A Day.
- 2 of each of the following Army Combat Uniform (ACU) accessories with Velcro backing: 1) nametapes with last name, 2) U.S. Army, and 3) full color reverse U.S. Flag. You will be issued a set on R-day, but these items tend to get lost. Suggested Website is <http://www.acunametape.com>.
- Receipts for airline and hotel reimbursement, if applicable.
- Copy of Social Security Card
- Copies of all documents submitted (immunization records, direct deposit forms, etc.)

Females:

- Sports bras in nine white, tan or black. Although they are issued on R-Day, you may prefer to bring those that have been properly fitted to your needs and liking.
- Plain, undecorated non-slip hairbands, rubber bands, bobby pins or barrettes that match your hair color.
- 3-month supply of personal hygiene/sanitation items in case the C-store does not carry a preferred brand.

Appendix D-3: Optional Items For CBT

- Q-tips - good for rifle cleaning
- Cotton balls – good for shining shoes & as earplugs for snoring roommates. Note that C-store gives out free earplugs and you'll be issued ear-pro (to be used for shooting).
- Stridex (individually wrapped)
- Travel size mouthwash (to use while in the field)
- Mosquito relief (lotion, "Bite Back," or "Chigger Rid")
- Towelettes (individually wrapped)
- Shoe inserts
- Camera
- Fine sand paper or cardboard nail file (for brass smoothing, as preferred in some Cadet companies)
- Tweezers
- Ziploc bag with toiletries (a separate bag for Buckner with chafe cream, face cleaning pads, toothbrush, & travel-size toothpaste & deodorant)
- Saddle soap (softens boots; use before first shine) & waterproofing cream (use after "stand-in-shower" break-in but before first shine).
- Cell phone (use allowed after CBT, usually during Reorgy Week)
- Clear plastic folder with ballpoint pen and sticky notes or tabs for forms
- Permanent marker: black, small, fine-point (Sharpie)
- One small piece of luggage tagged w/ full name – which you will bring to R-Day (footlocker & hand luggage for travel/leave will be issued later, most likely after the start of academic year. On R-day your civilian bag will be taken from you and you can keep anything you don't/can't bring with you in that civilian bag – therefore it can pretty much be as large as you want)
- Travel clothes for first leave. Note that plebes must adhere to dress code during travel, which in the past has been to stay in uniform until they reach their destination.

Appendix E: Reception Day & CBT FAQ

What is R Day? R Day, or Reception Day, is the first day Cadet Candidates ("CC") report to West Point to begin Cadet Basic Training, or "Beast." Candidates report early in the day, at their assigned time, to begin in-processing.

Who may travel to West Point with Cadet Candidates? Parents, family and friends may travel to West Point to accompany their CC to R Day. Some CCs travel on their own. Information on travel arrangements can be found in the booklet "Instructions for Applicants Offered Admission" on the candidate portal.

What is the R Day Schedule? Once CCs and guests are briefed and good-byes said, guests may participate in numerous activities. Some of the activities include tours of West Point, boat ride and walking tour of Constitution Island, organ concert in the Cadet Chapel, as well as self-guided tours of Arvin Cadet Physical Development Center and Fort Putnam. The Superintendent and other members of the Academy Leadership team will give a presentation in the late afternoon followed by the Oath Ceremony on the Plain. The R Day schedule will be posted on www.westpoint.edu/parents as soon as it becomes available.

After the morning briefing will I have contact with my CC again? Once you have said your good-byes, you will not have any direct contact with your son or daughter on R Day. You will have an opportunity to see them during the Oath Ceremony later in the day.

Can I contact my New Cadet during Cadet Basic Training? During Cadet Basic Training, contact is limited to several brief phone calls and written correspondence. We ask that you **not** visit West Point during Cadet Basic Training. This is a time for your sons and daughters to experience the challenges and rigors of their initial training. They will have plenty to share via their letters, phone conversations and your visit during Acceptance Day. Please know we have staff photographers who will do their best to capture some of the training events to share with family and friends via our website and social media platforms.

Are NCs allowed telephone calls? The new cadets will have an opportunity to call home 2-3 times during CBT. Typically, they call home 7-10 days into their training, at the midway point and 7-10 days prior to completing CBT.

Can I walk around West Point on R Day? Yes, you are welcome to walk around West Point in non-Cadet areas only. Please refrain from entering cadet areas, clearly marked with **Staff/Faculty Only** signage. The New Cadets will be seen moving from point to point during their in-processing. Please do not try to signal to your son/daughter or draw attention to them in any way. Staff photographers are on site to record the events of the day, and you will find many pictures shared on social media.

Is parking available at West Point? Is there a shuttle bus around West Point? Parents and guests will enter West Point via Thayer or Stony Lonesome Gates and park as directed in the lots around Michie Stadium. Shuttle buses will transport CCs and guests from the parking lots to Eisenhower Hall for reporting. Shuttle buses also will be available all day until after the Oath Ceremony to transport guests around West Point.

What is the Oath Ceremony? During the Oath Ceremony, NCs march in formation from the sally ports out onto the Plain and repeat the oath taken earlier in the day during their in-processing. The oath affirms their commitment to enter West Point as a Cadet.

During the Oath Ceremony, where should I sit for the best chance of seeing my new cadet? A map will be available with the approximate locations of company positions. You can find out your NC's company and regimental assignments from the first floor of Ike Hall. NCs will be arranged by height in the formation, from tallest to shortest.

What time can I expect to depart West Point on R Day? The Oath Ceremony lasts approximately 30-40 minutes. Once the ceremony is over, shuttle buses transport guests to parking lots. Start time is on the posted schedule.

If a family has to choose between R Day and Acceptance Day, which is recommended? Although R Day is a great day to visit West Point, after the morning brief, there is no further contact with your son/daughter. Acceptance Day is an opportunity to see a wonderful parade, celebrate the end of summer training and spend a lot of time with your cadet. After the A Day parade and on Sunday, cadets receive Off Post Privileges, where they may join family and friends for rest, relaxation and meals. For more information please see the Acceptance Day FAQ.

Is my new cadet reimbursed for travel to West Point? When? New cadets should bring receipts for travel costs when they report for R Day. Within a few weeks after their arrival, they will meet with a WP staff member who will help enter the information necessary for reimbursement; airline costs, a night in a hotel, mileage, etc. Keep in mind the government sets limits on allowable costs. Reimbursement will be deposited into the new cadet's personal checking account sometime during the summer.

Why does West Point conduct academic testing of new cadets? All new cadets will undergo academic testing within the first week to ten days of reporting. The purpose of the Academic Validation and Placement Program is to place new cadets in the appropriate academic level of instruction during their Plebe year and to prepare them for the collegiate scholastic environment. For more information regarding academics, please visit – <http://www.westpoint.edu/dean>

When and what is the ice cream social (New Cadet Visitation Day)? The ice cream social is held on a Sunday (1-5 p.m.) at the mid-point of Cadet Basic Training. The afternoon provides NCs with welcome rest and relaxation, as well as the opportunity to catch up with friends and family back home. During this time, there will be a change in cadet cadre, and NCs will be greeted upon their return from the ice cream social by new cadre. *Please note - this is not an opportunity for families to visit with their new cadet.*

My new cadet mentioned they have lost weight since R Day. Is this normal? Yes, it is very normal for a new cadet to lose weight over the summer. Their eating habits will change, and they are constantly on the move. They are being taken care of but the weight loss is a natural consequence to the change in lifestyle.

Nutrition and weight are monitored closely during CBT. NCs are supplied with meals that have a significant amount of calories to ensure they are properly nourished and have the appropriate energy stores to complete the expected training. For all major training events, they are offered protein bars and energy drinks. Squad leaders are instructed to monitor how much their new cadet is eating.

What if my son/daughter (New Cadet) wants to leave West Point? What is the process and how long does it take? 1. The out-processing from CBT can take anywhere from 2 to 3 weeks. The initial counseling process by the Chain of Command is deliberately extended over the course of a few days to give the New Cadet every opportunity to assess the situation with upperclass and cadre feedback. At that point they will speak with their Tactical Officer/Deputy Commander who can explain the benefits and opportunities of a career in the Army. The rest of the time is utilized processing the paperwork through the Superintendent. During this portion the New Cadet transitions into Summer Garrison Regiment where they will turn in their equipment and attend regular accountability formation waiting for their paperwork to be completed.

Will I be notified or have an opportunity to speak with my son/daughter? Part of the out-processing procedure at the Tactical Officer level is to contact the parents to inform them. In most cases the TAC authorizes the New Cadet a phone call home, as most of the issues tend to revolve around homesickness. In some cases multiple phone calls are authorized to navigate the situation, but are not the norm as New Cadets are supposed to be overcoming the challenges of CBT themselves.

Proper mailing address information – The postmaster provided a letter with the proper addresses. The letter is posted on the Parent Information page on the West Point website – www.westpoint.edu/parents. **Boxes are assigned mid-June before R Day. Cadets will keep the same box/address for the duration of their time at West Point. ALL pieces of mail must have the proper address (including box number) or risk being returned to sender.**

NO PACKAGES during CBT unless your new cadet specifically requests an item(s).

If you are mailing via USPS – **(Recommended when possible) During CBT please use:**

New Cadet Name

PO Box xxxx (box number)

West Point, NY 10997-xxxx (box number)

If ordering from a business that will not send to a PO Box – **UPS/FEDEX**

Cadet Name (Add Company if space allows)

745 Brewerton Road– Box xxxx (Drop the “PO”)

West Point, NY 10997-xxxx

Social media – Photos and information sharing from West Point Public Affairs – During the summer and continuing into the academic year, the WP Public Affairs office shares photos, videos, links, and information about West Point via a few different sites.

The West Point home page can be found at www.westpoint.edu. The Parent Information page can be found at www.westpoint.edu/parents. Various documents are posted on this site throughout the year. Photos are posted on Flickr – www.flickr.com/photos/westpointparents and www.flickr.com/photos/west_point Information and links are posted on Facebook – www.facebook.com/westpointparents and www.facebook.com/westpointUSMA Videos are posted to www.youtube.com/TheWestPointChannel and linked to the West Point website and/or Facebook. And, the West Point Association of Graduates also share photos – links can be found on their website – www.wpaog.org.

What is Chaplain's Time? Chaplain's time is held weekly during CBT at the various chapels on West Point. The new cadets have the opportunity to attend a brief worship service followed by fellowship with community members and their classmates. The cadet cadre is not present for Chaplain's time.

Will my new cadet have an opportunity to attend religious services during CBT? Information from the Chaplain's office – Christian new cadets have services at 8 a.m. on Sundays (various locations). Muslim new cadets have services at 12 p.m. on Fridays. Jewish new cadets have services at 7 p.m. on Fridays. The mission requirements of training may supersede a particular date time and group for scheduled worship but they are the exception.

What is the March Back? The March Back is the culminating event for Cadet Basic Training. The new cadets, cadre, members of the staff and faculty and alumni will march (ruck march) from Camp Buckner back to the cadet area of West Point. The distance covered is approximately 12 miles. The procession pauses at the Victor Constant Ski Slope where they will have an opportunity to eat breakfast and take a brief rest before proceeding through Washington Gate. The formation will be joined by the West Point Band and will continue through the post finishing on the apron in front of Washington Hall. Family and friends are welcome to attend. Please know you will not have any contact with your new cadet during this time, but they appreciate the support shown by those in attendance. The new cadets eat lunch on the apron. Once lunch is complete, they will join their academic companies and begin the process of reorganization in preparation for the academic year.

****Special note for parents (of the Class of 2019)** who are West Point graduates – you are invited to participate in the March Back. Registration is through the Directorate of Academy Advancement – <http://www.westpoint.edu/daa/SitePages/Graduate%20March%20Back.aspx>.

What is Acceptance Day? – Acceptance Day is the day the new cadets will be accepted into the Corps. The Acceptance Day Parade will take place on Saturday, August 15, 2015 at 10 a.m. on the Plain. The parade features the entire brigade of approximately 4400 cadets. Members of the Class of 2019 officially become plebes during the parade. . The new cadets march out separately from the rest of their companies, but at a certain point during the parade an order will be given for the companies to open and the new cadets to join the ranks, being accepted into the Corps. If traveling with guests needing handicapped accommodations, please know handicapped accessible parking is limited in the area of the Plain. You may wish to drop off your guests near the bleachers and park on Thayer Roof or along Thayer Road. Hats, sunscreen and bottled water are recommended depending on the forecast. Point of etiquette for the parade - please remain seated until all cadets have departed the Plain. Thank you! Following the parade, cadets will be released no later than 1 p.m. to enjoy appropriate privileges. Cadets must return to the barracks by taps. Cadets are released Sunday morning (5:20 a.m.) but must return to the barracks in time for accountability at 7 p.m. Cadets will be aware of the privileges allowed. For more information, please see the FAQ on Acceptance Day on the Parent Information page.

What if we have a family emergency (death in the family)? If during CBT, you can call Central Guard Room (845) 938-3030 and leave a message for a member of your new cadet's TAC team. They will call back once they receive the message. Counselors and chaplains are available for support for your new cadet. Additionally, please notify the Red Cross. The Red Cross helps with the verification so the chain of command can make a decision regarding emergency leave. For more information please see this link - <http://www.redcross.org/find-help/military-families/emergency-communication-services>.

What if my new cadet has an injury during CBT? All injuries are evaluated and treated on a case by case basis. Continuation and participating in training will depend on the severity of the injury.

Appendix F: Acceptance Day FAQ

*The Acceptance Day parade begins at 10 a.m.

1. What time will my cadet be released on Saturday, Aug. 15th?

Cadets will be released by company as soon as the last duty/task is signed off by their respective TAC Team. Typically cadets are released within an hour to an hour and a half after the completion of the parade, but it can be longer depending on duties or tasks – no later than 1 p.m. unless they have Brigade Tactical Officer approval.

2. What time will my cadet have to return to the barracks?

Cadets are required to return to the barracks by TAPS (1 a.m., August 16, 2014)

3. What time will my cadet be released on Sunday, Aug. 16th?

Cadets are authorized to leave no earlier than 5:20 a.m. on Sunday, August 16, 2014.

4. What time will my cadet have to return on Sunday, Aug. 16th?

Cadets must return in time for a 7 p.m. formation, BUT most likely will be required to return earlier. It can be a company by company requirement to return earlier. They will be briefed and made aware of their report time.

5. What uniform will my cadet be wearing?

Cadet uniform for the weekend is white over gray with appropriate head gear.

6. Where can my cadet travel during Acceptance Day weekend?

Cadets may accompany family to their hotel (up to 75 miles away) during the hours of walking privileges but must observe the following restrictions:

- a. White over gray is the **only authorized uniform**; no civilian clothes, no Gym-Alpha.
- b. Cadets **accompanied by parents** may enjoy Off Post Privileges. OPPs entitles the cadets to travel up to 75 miles from West Point to include visiting NYC. **They may attend movies, visit malls, dine at a restaurant of their choice, etc.** Cadets (plebes) will be briefed on the allowances for OPPs. Keep in mind they are often tired and may want to relax at the hotel with family and enjoy visiting a restaurant for a special lunch or dinner.
- c. Plebes are **not** authorized to drink alcoholic beverages **regardless** of their age or location of their parents' hotel.
- d. Plebes may remove their head gear while eating during an outdoor picnic at the river courts, South Dock area, Round Pond or other picnic locations.
- e. Plebes may drive automobiles when escorting guests (this pertains to family members).

7. What happens to Cadets who do not have parents attending Acceptance Day?

Cadets whose parents are not able to attend Acceptance Day are authorized normal walking privileges within the local area. If invited, they may accompany a fellow cadet and his/her family, up to two per cadet and family.

8. Are family members other than parents allowed to visit/attend the Acceptance Day Parade?

YES! All family members and friends are encouraged to support the event and to spend time with their cadet. Please be aware that although shuttle buses are usually available, there is also quite a bit of walking required. Please plan accordingly.

9. If I arrive in the West Point area on Friday, August 14, am I allowed to visit the post?

YES! You are allowed to visit West Point. You may want to check out an area for a picnic or visit one of our gift shops. If you see parade practice, you are allowed to stop and watch, just remember contact with your new cadet other than via phone is not allowed!

Please consider attending the Parent Reception on Friday, Aug. 14, 4-6 p.m. at the West Point Club.

10. Cadets (ALL CLASSES) are not authorized privileges during Reorganization Week prior to A Day.

Appendix G: USMA Map – Walking Privilege Parameters



The Walking Privilege area is defined by the following boundaries:

North – main post limits;

South – Bear Mountain traffic circle (Intersection of Routes 6 and 9W) when on foot, grounds of Bear Mountain Hotel and adjoining state park facilities when traveling by vehicle;

East – the Hudson River; and

West – west side of Route 9W (Cadets may use establishments located directly on the west side of 9W).

Cadets should be familiar with the appropriate allowances.

(As of 9/9/13 USCC SOP)

Appendix H: Parents Weekend (October 9-11, 2015)

Friday, Oct 10

7 a.m. – 4 p.m.	Parent Welcome Center Open – Cullum Hall
10 a.m. – 4 p.m.	Kimsey Center – Hall of Army Sports open
9 a.m. – 2 p.m.	Cadet Uniform Factory open for tours
12:45 – 1:30 p.m.	Indoor Obstacle Course Test (IOCT) demonstration – Arvin Physical Development Center
1 – 2 p.m.	Branch, Post and Summer Training Presentation – Robinson Auditorium – Thayer
1:30 – 3:30 p.m.	Academic Open House
2:15 – 3:15 p.m.	Academic Program Presentation – Robinson Auditorium
3:30 – 5 p.m.	Superintendent Welcome – Robinson Auditorium
5 – 7 p.m.	Cadet/Parent Dinner in Cadet Mess – Cadets must purchase tickets
5 – 7 p.m.	Barracks Open House – Cadets must escort parents
7 p.m.	Sprint Football vs. Mansfield – Shea Stadium
7 p.m.	Alumni Baseball game – Doubleday Field at Johnson Stadium
7:05 p.m.	Army Hockey vs. Sacred Heart, Tate Rink – for tickets please visit www.goarmysports.com or call 1-877 TIX ARMY

Saturday, Oct 11

7:45 – 8:45 a.m.	Parent Coffee Hour – Cullum Hall
9 – 10:00 a.m.	Cadet Review – The Plain (First and Second Regiments march)
Noon	Army vs. Rice – Michie Stadium – Pre-game March On – Third Regiment
7 p.m.	Army Soccer vs. Loyola – Clinton Field
TBD	TBD Army Men's Rugby vs. Iona – Anderson Rugby Complex

Sunday, Oct. 12

8 a.m. – Noon	Chapel Services – Please visit www.westpoint.edu/chaplain for schedule
11 a.m. – 6 p.m.	Enjoy a day of sightseeing in New York City – Drop off at Times Square. <ul style="list-style-type: none">- Cost - \$25 per person.- <i>Van departs West Point at 11 a.m. from K Lot (north of the cemetery near Starbucks and Subway). Van will depart NYC at 6 p.m. from designated point.</i>- Please contact Leisure Travel Services – (845) 938-3601 to register.
Noon	Boat Ride – Depart from South Dock – Registration required
1 – 4 p.m.	Quarters 100 – Superintendent's Residence – Open for tours Registration Required
3:30 p.m.	Boat Ride – Depart from South Dock – Registration required
3:05 p.m.	Army Hockey vs. Sacred Heart, Tate Rink - for tickets please visit www.goarmysports.com or call 1-877 TIX ARMY

Appendix I: Plebe Parents Weekend (March 11-13, 2016)

Friday, March 14

7:00 am – 11:00 am	Breakfast Open House hosted by West Point Association of Graduates Herbert Alumni Center
8:00 am – 3:00 pm	Parent Welcome Center Open – Crest Hall, Eisenhower Hall
8:00 am – 3:00 pm	Academy Photo – In the ballroom of Eisenhower Hall Photos of the class of 2017 cadet basic training companies, academic companies and cadet basic training DVDs will be available for viewing and purchase.
8:00 am – 3:00 pm	Cadet Parka Sale – Ballroom, Eisenhower Hall – cost of parka with class year
8:00 am – 5:00 pm	Cadet Store (Bldg. 606)
8:00 am – 5:00 pm	Thayer Bookstore Open – 4th Floor Thayer Hall
9:00 am – Noon	Kimsey Center (Army Sports Hall of Fame), Foley and Holleder Center Tours – Bus will drop off near Gate 1 of Michie Stadium. Please follow the sidewalk to the entrance to Kimsey, Holleder and Foley.
9:00 am – 1:00 pm	Tours of Quarters 100 – Superintendent's Residence. (Registration required - please arrive 5-10 minutes before the time of your tour.)
9:00 am – 1:00 pm	Uniform Factory Tours (Tours will run consecutively – approximately every 20-25 minutes; last tour will end at approximately 1 p.m. – it is a short walk from Ike Hall) Please note - the Cadet Uniform Factory is not handicapped accessible.
9:00 am – 4:30 pm	Jewish Chapel Visitors' Gallery Open – Jewish Chapel
10:00 am	Presentation – LTC Dave Siry - History of West Point - Eisenhower Hall Theater
11:00 am – 3:00 pm	Ike's Riverside Café – open for lunch – located on the 3rd floor in Eisenhower Hall
11:00 am – 2:00 pm	West Point Club – open for lunch Located on Cullum Road across from the Jefferson Hall Library
11:30 am	Presentation – Leadership and Academics – Eisenhower Hall Theater (LTC John Cross - USCC, Dr. Jim Dalton – Registrar)
12:05 pm	Catholic Mass and Reception – Most Holy Trinity
Noon – 1:30 pm	Muslim Service – Building 147
1:30 pm	Brigade Tactical Officer, Col. Nick Mauldin Welcome and Admin Update - Mandatory for Class of 2017 Eisenhower Hall Theater
2:30 pm – 4:30 pm	Dean's Open House – Various Academic Buildings All plebe courses will be represented - Map will be provided
2:30 – 6:00 pm	SCPME/Historic 1st Division Barracks Open House – Nininger Hall (SCPME = Simon Center for the Professional and Military Ethic)
4:00 – 6:00 pm	USCC Open House – Arvin Physical Development Center Dept. of Military Instruction, Dept. of Physical Education & Leadership Development Branch. DPE will offer demonstrations of required "plebe" courses – please see schedule posted separately.
4:00 – 11:00 pm	West Point Club open – pub menu available
6:00 – 11:00 pm	Cadet Privileges – Duty Permitting – Privilege Memo applies
6:30 pm – 8:00 pm	LDS Reception - Thayer 444
7:00 – 9:00 pm	Jewish Sabbath Service – Jewish Chapel
11:30 pm	Taps

West Point Parents' Club of Illinois: Plebe Parent Handbook

Saturday, March 15

8:00 – 10:00 am	Jefferson Hall (Library) Tours – last tour at 9:30 a.m. Please meet at Eisenhower Statue.
8:00 – 10:00 am	Cadet Mess Tours – Washington Hall – last tour at 9:30 a.m. Please meet at Eisenhower Statue – you will be escorted to the Cadet Mess
8:00 am – 4:00 pm	Cadet Store (Bldg. 606)
8:00 am – 4:00 pm	Thayer Bookstore Open (4th floor – Thayer Hall)
10:30 am - Noon	Academy Leader Team Brief – Eisenhower Hall Theater- Mandatory for cadets Please be in your seats by 10:20 a.m.
11:00 am – 2:00 pm	West Point Club open - Lunch Buffet - \$11.95 per person – Pierce Dining Room
Noon – 1 pm	Lunch – Cadet Mess, Washington Hall – Optional for Cadets and Guests Registration is required. Cadets must register their guests via an internal web site.
2:00 pm	Plebe-Parent Cadet Review – Apron in front of Washington Hall – Please line up on the side of the apron against the barracks - please do not line up on the Cadet Mess steps. A small set of bleachers will be available near MacArthur statue for those needing accommodations. NEW to the schedule - Immediately following the review, weather permitting, the West Point Parachute Team will perform a demonstration on the Plain.
3:30 pm	Organ Recital – Cadet Chapel
5:15 pm	Catholic Mass – Most Holy Trinity
7:00 – 8:30 pm	Banquet – Cadet Mess – Washington Hall – Mandatory for the Class of 2017 Doors open at 6 p.m. Please be at your table by 6:45 p.m. Guest speaker – CW5 Dan Jollota Crest Unveiling Ceremony – Class of 2017 Leadership Attire – Men - tux, military uniform or dark business suit Women – cocktail, mid-length or floor length dress or party pant suit
8:00 – 11:00 pm	Academy Photo available to take family and couple photos Theater, Eisenhower Hall
8:45 pm	Receiving Lines – Crest Hall – Eisenhower Hall
8:45 pm – 12:30 am	Hop – Eisenhower Hall – Ballroom and Benny's Lounge – Live Entertainment
9:30 pm – 12:30 am	Cadet Privileges – Duty Permitting
1:00 am	Taps

Sunday, March 16

8:300 am	PLEBES RELEASED FOR SPRING BREAK
9:00 am	Episcopal Plebe Parent Breakfast – Holy Innocents, Main Street, Highland Falls Service follows at 10 a.m.
9:00 am	Catholic Mass – Most Holy Trinity
9:30 am	Lutheran Plebe Parent Reception followed by worship at 10:30 a.m.
10:00 am – 3:30 pm	Jewish Chapel Visitors Gallery Open
10:00 am	Catholic Service – Most Holy Trinity Gospel Service – Robinson Auditorium – Thayer Hall
10:30 am	Episcopal Service – Holy Innocents, Main Street, Highland Falls (follows breakfast)
10:30 am	Protestant Services – Cadet Chapel
10:30 am	Protestant Service – West Point Post Chapel
11:00 am	Catholic Service – Most Holy Trinity
12:30 – 1:30 pm	Gospel Service – Robinson Auditorium – Thayer Hall

Appendix J: Firstie Advice

What advice would you give to current WPPC-IL members as your cadet graduates?

"Try to go to at least one Army/Navy game. There will be so many great memories and friends along the journey at West Point. "

"Get connected to WP moms and dads on Facebook. It will make you cry at times and also get you informed as well as meeting other West Point parents. "

"As your cadet matures you will find that other parents are experiencing the same emotions or feelings as you. There is always a WP parent somewhere to help you."

- Take it as it comes. Enjoy each time but don't try and see the end too soon. Let the whole experience evolve.
- Be sensitive to any other siblings. A son/daughter at West Point affects the whole family.
- Listen and advise, but let the Cadet solve his/her own problems
- Go to everything you possibly can! It goes so fast!

"Get to a number of the different events there – a football game, PPW, Ring Weekend, an Army Navy game. Make all the events you can, as there are fewer events at West Point than the traditional college and the time goes very fast. Also, explore the area around West Point as it is quite beautiful."

"Let your cadet vent when frustrated, tired or discouraged. Just listen to them and don't worry; they will get through it. Finally, enjoy each moment, 47 months will go by quickly."

"Much advice can be given, but it boils down to this:

- Have patience, especially when your cadet calls home,
- Be a good listener,
- And always encourage your cadet in their endeavors and decisions."

"Take the time to understand WP's goals and philosophies; it will help you understand what your cadet is going through. It's a unique institution. Take one day at a time w/your cadet; they will have good and bad days; not only as an individual but also as a class. If you can, take every opportunity to attend the major events for your cadet and an Army vs. Navy game, as well. "

"Visit West Point as often as possible. The time goes too fast. Be supportive; there are ups and downs. Things will work out no matter what."

"Don't miss Plebe Parent Weekend. Visit USMA during an "off" weekend after their Plebe year when there is not much going on so you can take in as much in as possible. Attend at least one Army-Navy game (be prepared for bad weather) and try to go to a football game on post."

- Be a good listener
- Make phone calls encouraging - there will be whining
- Book hotel rooms early
- Enjoy and take in all what is being offered to your cadet. It is an incredible journey that he/she has earned and has worked very hard for - as well as you the parents – in guiding him/her to this point in their lives.

West Point Parents' Club of Illinois: Plebe Parent Handbook

"Trust your cadet to take care of his/her responsibilities; do not become overly involved. Soak it all in...."

"Visit often and send care packages with their favorite goodies"

"Relax and trust your son/daughter is more than ready for all they will face, although not easy anything worthwhile is never easy. If they want to perform well on PT test encourage them to have a solid running base: West Point is hilly!"

"Try to remember that, first and foremost, this is your son or daughter's life and career choice. Remember it's about them."

"Support & participate, but let your cadet go and grow."

The four years go by quickly for the parents. You need to be available for your cadets as they need support and guidance to overcome the challenges West Point instills. Get involved in the parents club, go to WP as often as you can, and make the investment of time in building relationships with your own friends within the Army family, not just the parents of your cadet's friends. "

"Let your cadet guide you as to what is going on at West Point. I was impressed how quickly our cadet "took charge" versus our other son who went away for college. It really took a lot off our plate! Embrace the independence! They really do a beautiful job of figuring it out. Enjoy each phase of the 4 years, try to go to all the WP Parents Events and a few football (and lacrosse!) games, if for no other reason than to give your cadet a hug and listen. Don't be surprised or hurt when your cadet tells you that rather than being with you, he would rather hang out with his new "band of brothers".

"Duty-Honor-Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points, to build courage when courage seems to fail,

Appendix K – Hotels

The earlier you make hotel reservations for any trip to West Point, the more choices you will have, especially for those hotels that are closest to West Point. Lodging for R-Day, A-Day, October Parent Weekend and Plebe Parent Weekend should be made as early as allowable (*now!*). Expect higher rates during home football weekends or when there are special events at West Point. Many hotels may offer AAA, AARP, military, or corporate discounts.

Below is a partial list of hotels near West Point in a variety of price ranges. Please also view listing on www.west-point.org/parent/wppc-illinois.

IHG Army Hotel Five Star Inn - West Point (On Post)

Building 785
Buckner Hill Road, West Point
1-845-446-5943
ihg.com

IHG Army Hotel Five Star Inn - West Point (0.2 mile)

2113 New South Post Road, West Point
1-845-446-5943
ihg.com

The Thayer Hotel (0.3 mile)

674 Thayer Road West Point
800-247-5047 / 845-446-4731
thethayerhotel.com

West Point Motel (1 mile)

156 Main Street, Highland Falls
1-845-446-4180
thewestpointmotel.com

Holiday Inn Express Fort Montgomery (2.9 miles)

1106 US 9W, Fort Montgomery
1-845-446-4277
ihg.com

Bear Mountain Inn and Overlook Lodge (5.0 miles)

3020 Seven Lakes Drive, Bear Mountain
1-845-786-2731
visitbearmountain.com

Inn on the Hudson (9.5 miles)

634 Main Street, Peekskill
1-914-739-1500
innonthehudson.com

Econo Lodge (10.2 miles)

310 Windsor Highway, New Windsor
1-845-561-6620
econolodge.com

Holiday Inn Express (10.8 miles)

2 John Walsh Blvd, Peekskill
1-914-743-5700
ihg.com

Windsor Motel (11.0 miles)

2976 US 9W, New Windsor
1-845-562-7777
windsormotelon9w.com

Days Inn Harriman/Central Valley (11.4 miles)

6 Locey Lane, Harriman
1-845-783-3211
daysinn.com

Hampton Inn Harriman Woodbury (11.8 miles)

60 Centre Drive, Central Valley
1-845-782-9600
hamptoninn3.hilton.com

The Garrison Inn (12.3 miles)

2015 Route 9, Garrison
1-845-424-3604
thegarrison.com

Days Inn Newburgh / Stewart Airport (12.7 miles)

915 Union Avenue, New Windsor
1-845-564-7550
daysinn.com

Homewood Suites by Hilton Newburgh-Stewart Airport (13.4 miles)

180 Breunig Road, New Windsor
1-845-567-2700
homewoodsuites3.hilton.com

Ramada Fishkill (22.1 miles)

542 US 9, Fishkill
1-845-896-6281
Ramada.com

Courtyard by Marriott Hotel Fishkill (22.2 miles)

17 Westage Drive, Fishkill
1-845-897-2400
Marriott.com/Fishkill

Hilton Garden Inn Fishkill (22.3 miles)

25 Westage Drive, Fishkill
1-845-896-7100
hiltongardeninn3.hilton.com

Appendix L: Restaurants

Highland Falls (<5 minutes)

- La Hacienda
- Highland Falls Market
- Andy's
- Maria Bonita
- Park Restaurant
- Schades
- Country Girl Café
- Dong Fong
- McDonalds
- Old Tyme Dogs & More
- Sushi King
- Tony's Pizza
- West Point Pizza
- Maria Bonita

Ft. Montgomery (5 min)

- Barnstormer BBQ

New Windsor (15 min)

- Schlesinger's Steak House
- Matson's Deli and Catering
- Mama Theresa's

Central Valley/Harriman/Monroe

(15-25 min)

- Gasho Japanese Steak House
- Uno Chicago Grill
- Cosimos
- Angelo's (Angelo's Sicilian Trattoria)
- Marina's Pizza
- Monroe Diner

Cornwall-on-Hudson (15 min)

- Canterbury Brook Inn
- Primas
- Two Alices
- Painter's Tavern

Garrison (20 min)

- Tavern
- Plumbush Inn
- Bird 'n Bottle
- The Stadium

Newburgh (20 min)

- Cosimo's on Union
- Il Cena Colo
- Cafe Macchiato
- The River Grill
- Torches on the Hudson
- Applebee's
- Banta's Steak & Stein
- CB Driscoll's
- Johnny D's Diner

Peekskill (20 min)

- Peekskill Brewery

Highland Mills (20 min)

- Black Forest Mill Restaurant

Cold Spring (25 min)

- Brasserie LeBouchon
- Kathryn's Tuscan Inn
- Hudson House
- The Foundry
- Riverview
- Whistling Willies
- Silverspoon
- Cold Spring Pizza
- Cuppochino

Cortlandt Manor (30 min)

- At-The-Reef
- Monteverde At Old Stone Manor

Fishkill (30+ min)

- Mezza Luna Brickoven Pizza
- Antonella's Pizza
- Cracker Barrel
- Red Lobster
- Panera Bread
- The Tomato Cafe
- Charlie Browns
- Ruby Tuesdays
- The Outback
- Lo Stivale
- Bariloto
- Joe Willy's
- Maya Cafe
- I-84 Diner
- Trattoria Locanda
- Red Line Diner
- Hudson's Ribs & Fish

Haverstraw (30+ min)

- Union Restaurant and Bar Latino

Nyack / Nanuet (30+ min)

- Casa Del Mare
- Dave and Buster's
- Two Spear Street

At the Palisades Center in Nyack:

- Buffalo Wild Wings
- The Cheesecake Factory
- Chili's
- Elevation Burger
- IHOP
- Joe's Crab Shack
- Johnny Rockets
- Outback Steakhouse
- Red Robin
- Stir Crazy
- Texas de Brazil (*coming soon*)
- T.G.I. Friday's
- Tony Roma's
- Yard House

Appendix M: Shopping

Shops in/near West Point:

- **West Point Post Exchange**
1204 Stony Lonesome Rd., West Point
- **Association of Graduates Gift Shop (AOG)**
Herbert Hall, 698 Mills Road, West Point
- **Cadet "C" Store & Bookstore**
Thayer Hall, West Point
- **The West Point Spouses' Club Gift Shoppe**
Building 695, Washington Road, West Point
- **West Point Museum Gift Shop (By Daughters of the US Army (DUSA))**
2110 South Post Road, West Point
- **West Point Gift Shop**
USMA Visitors Center

Shopping Malls Near West Point:

- **Woodbury Common Premium Outlets** (12 mi)
498 Red Apple Court
Central Valley, NY
- **Harriman Commons** (12 mi)
290 Larkin Dr.
Monroe, NY
- **Newburgh Mall** (15 mi)
1401 Route 300
Newburgh, NY
- **Jefferson Valley Mall** (17 mi)
650 Lee Blvd
Yorktown Heights, NY
- **Poughkeepsie Galleria** (25 mi)
2001 South Rd
Poughkeepsie, NY
- **The Shops At Nanuet** (26 mi)
5101 Fashion Drive
Nanuet, NY
- **Palisades Center** (28 mi)
1000 Palisades Center Drive
West Nyack, NY

Appendix N: Boodle Companies

- **Sweet Bees Cookies**
www.sweetbeescookies.com
845-416-8216
- **Delightful Desserts**
www.delightfuldessertsbyheather.blogspot.com
www.heathersdelights.etsy.com
- **Oh Soooo Sweet**
www.ohsoooosweet.com
209-817-3893
- **Polkadot Cupcake Shop**
www.polkadotcake.com
551-333-3195
- **Grandma Phoebe's Bakery (Jones Farm)**
www.jonesfarminc.com/grandma-phoebes
(845) 534-4445
- **Cakes by Meg**
www.cakesbymeganlyons.com
845.597.9698
- **Graze**
www.graze.com/us
- **Nature Box**
www.naturebox.com
- **Golden State Fruit**
www.goldenstatefruit.com
800-615-9835
- **The FruitGuys**
www.fruitguys.com
877-378-4863
- **Nuts.com**
www.nuts.com
800-558-6887 / 908-523-0333
- **Love a Cadet**
www.loveacadet.com
845-652-8569
- **Giftworks**
www.shopgiftworks.com
845-534-0506
- **Beyond the Vase**
(315) 408-9867

Appendix O: Social Media & Website Links

USMA Resources and Links:

Deb Dalton, Parent Communications Liaison:

- Email: deb.dalton@usma.edu
- Phone: (845) 938-5650

USMA website – reference:

- www.usma.edu

West Point Parents' Information:

- www.usma.edu/parents

West Point Public Affairs:

- www.usma.edu/publicaffairs/club.htm

Parent Forum:

- www.west-point.org/parent/parent-forum

Links for Plebe parents:

- www.west-point.org/parent/plebe-net/links.htm

List servers:

- www.west-point.org/lists

USMA sports:

- www.goarmysports.com
- www.army.scout.com

West Point Parents' Club of Illinois:

- www.west-point.org/parent/wppc-illinois/

Chicago Association of Graduates (AOG) society:

- www.aogusma.org/soc/chicago

Social Media:

Facebook:

- www.facebook.com/westpointUSMA
- <http://www.facebook.com/WestPointParents>
- <http://www.facebook.com/WestPointAOG>
- <http://www.facebook.com/GoArmyWestPoint>

Twitter:

- www.twitter.com/westpointparent

Flickr:

- www.flickr.com/photos/westpointparents
- http://www.flickr.com/photos/west_point
- <http://www.flickr.com/groups/westpointaog/>

Youtube:

- www.youtube.com/thewestpointchannel

West Point Merchandise:

- www.westpointgiftstore.com
- www.dusagiftshop.com
- www.shopthepoint.com
- www.goarmysports.com

Appendix P: Traveling To And From West Point

Appendix P-1: Airports Near West Point

AIRPORTS NEAR WEST POINT						
	JOHN F. KENNEDY (JFK)	LAGUARDIA (LGA)	NEWARK (EWR)	STEWART (SWF)	WESTCHESTER (HPN)	ALBANY (ALB)
Distance from WP	63 Miles	53 Miles	62 miles	14 miles	35.8 miles	108 miles
Drive time w/o traffic* (*Google Maps)	1 hr 13 min	1 hr 1 min	1 hr 7 min	21 minutes	49 minutes	1 hr 45 min
GMK Shuttle Bus (holidays/breaks)	Yes	Yes	Yes	Yes	No	No
Public Transportation Option	JFK → Shuttle Bus/ Train/ Taxi to Grand Central Station → Garrison or Peekskill Station → Taxi/ Ferry → West Point	LGA → Shuttle Bus/ City Bus/Taxi to Grand Central Station → Garrison or Peekskill Station → Taxi/ Ferry → West Point	EWR → Shuttle Bus to Grand Central Station → Garrison or Peekskill Station → Taxi/ Ferry → West Point EWR → AirTrain to NJ Transit station (in airport) → Penn Station → Taxi or subway to Grand Central Station → Garrison or Peekskill Station → Taxi/ Ferry → West Point	Rental Car/Taxi-Limo	Rental Car/Taxi-Limo	Rental Car/Taxi-Limo

Appendix P-2: Public Transportation Between West Point and Airports:

Coaches-Short Line Bus:

CoachUSA Short Line bus operates daily between West Point Visitor's Center in Highland Falls and NYC Port Authority Bus Terminal at 41st and 8th Avenues. Fares are approximately \$15 one way. For more information, visit: <http://www.coachusa.com/coachusaassets/files/98/pough-nwbrg.pdf>.

SHORT LINE BUS SCHEDULE: WEST POINT ↔ NYC PORT AUTHORITY TERMINAL				
	Departs NYC Port Authority Terminal	Arrives at West Point	Departs West Point	Arrives at NYC Port Authority Terminal
Monday-Friday	8:30am → 10:00am 8:45am → 10:27am 11:15am → 12:57pm 2:45pm → 4:27pm		8:37am → 10:30am 11:07am → 1:00pm 3:07pm → 5:00pm	
Saturday Sunday & Holidays	8:30am (Sat) → 10:00am 8:45am → 10:27am 11:15am → 12:57pm 2:15pm → 3:57pm 6:15pm → 7:57pm		8:37am → 10:30am 11:07am → 1:00pm 3:07pm → 5:00pm 5:07pm → 7:00pm	

JOHN F. KENNEDY (JFK) AIRPORT ↔ WEST POINT					
JFK	↔	Grand Central	↔	Garrison/ Peekskill	↔ West Point
<ul style="list-style-type: none">• Shuttle bus to Grand Central Station available at every terminal. (Approx. \$16). For more information: (718) 777-5111 or www.NYCAirporter.com.• Train: There are many ways to get to Grand Central. For more information, visit http://www.mta.info.• Taxi (approx. \$60)		<ul style="list-style-type: none">• From Grand Central, purchase a train ticket to Garrison or Peekskill (Metro North Hudson Line).• Schedule and fare information can be found at www.mta.info/mnr• Realtime schedule and fare information can also be accessed on the App Train Time (operated by Metro North)		<ul style="list-style-type: none">• From Garrison or Peekskill, you can take a taxi to West Point.• On weekends from April to October, the ferry operates during daylight hours from Garrison to WP. Fare is 50 cents one way (exact change required.) Only Cadets, Cadet Candidates, Cadet guests and faculty/staff are authorized to use the ferry service. For more information, call 845-938-3011 or visit: www.facebook.com/pages/West-Point-Harborcraft/549523091783305	
JFK	↔	Port Authority Terminal	↔	West Point	
<ul style="list-style-type: none">• Shuttle bus to Port Aurtherity Terminal available at every terminal. (Approx. \$16). For more information: (718) 777-5111 or www.NYCAirporter.com.• City Bus + Train: For more information, visit www.mta.info.• Taxi (approx \$60).		<ul style="list-style-type: none">• CoachUSA Short Line Bus to West Point Visitors Center			

LAGUARDIA (LGA) AIRPORT ↔ WEST POINT						
LGA	↔	Grand Central	↔	Garrison/ Peekskill	↔	West Point
<ul style="list-style-type: none">• Shuttle bus to Grand Central Station available at every terminal. (Approx. \$13). For more information: (718) 777-5111 or www.NYCAirporter.com.• City Bus + Train: For more information, visit www.mta.info.• Taxi (approx. \$35)		<ul style="list-style-type: none">• From Grand Central, purchase a train ticket to Garrison or Peekskill (Metro North Hudson Line).• Schedule and fare information can be found at www.mta.info/mnr• Realtime schedule and fare information can also be accessed on the App Train Time (operated by Metro North)		<ul style="list-style-type: none">• From Garrison or Peekskill, you can take a taxi to West Point.• On weekends from April to October, the ferry operates during daylight hours from Garrison to WP. Fare is 50 cents one way (exact change required.) Only Cadets, Cadet Candidates, Cadet guests and faculty/staff are authorized to use the ferry service. For more information, call 845-938-3011 or visit: www.facebook.com/pages/West-Point-Harborcraft/549523091783305		
LGA	↔	Port Authority Terminal	↔			West Point
<ul style="list-style-type: none">• Shuttle bus to Port Authority Terminal available at every terminal. (Approx. \$13). For more information: (718) 777-5111 or www.NYCAirporter.com.• City Bus + Train: For more information, visit www.mta.info.• Taxi (approx \$37).		<ul style="list-style-type: none">• CoachUSA Short Line Bus to West Point Visitors Center				
NEWARK (EWR) AIRPORT ↔ WEST POINT						
EWR	↔	Grand Central	↔	Garrison/ Peekskill	↔	West Point
<ul style="list-style-type: none">• Shuttle bus to Grand Central by CoachUSA (\$16). (Military Standby Fare based on availability (\$5), but tickets must be purchased from Newark Airport Express on the bus.) For more info: www.coachusa.com/olympia/ss.newarkairport.asp• AirTrain to NJ Transit Station (in the airport). Take NJ Transit to Penn Station. Then take taxi or subway to Grand Central.• Taxi to Grand Central (approx. \$55)		<ul style="list-style-type: none">• From Grand Central, purchase a train ticket to Garrison or Peekskill (Metro North Hudson Line).• Schedule and fare information can be found at www.mta.info/mnr• Realtime schedule and fare information can also be accessed on the App Train Time (operated by Metro North)		<ul style="list-style-type: none">• From Garrison or Peekskill, you can take a taxi to West Point.• On weekends from April to October, the ferry operates during daylight hours from Garrison to WP. Fare is 50 cents one way (exact change required.) Only Cadets, Cadet Candidates, Cadet guests and faculty/staff are authorized to use the ferry service. For more information, call 845-938-3011 or visit: www.facebook.com/pages/West-Point-Harborcraft/549523091783305		
EWR	↔	Port Authority Terminal	↔			West Point
<ul style="list-style-type: none">• AirTrain to NJ Transit Station (in the airport). Take NJ Transit to Penn Station. Then take subway A, C or E train one stop to 42 Street-Port Authority Bus Terminal (<1/2 mile).• Shuttle bus to Port Authority Terminal by Coach USA.		<ul style="list-style-type: none">• CoachUSA Short Line Bus to West Point Visitors Center				

Appendix P-3: Authorized Taxi and Limousine Companies Memorandum

IMML-ES 17 May 2012 MEMORANDUM FOR RECORD

SUBJECT: Authorized Taxi and Limousine Companies to Enter West Point to Pick Up and Drop Off Personnel

1. This memorandum is meant to clarify and inform all concerned parties of the updated roster of all taxi and car services that are authorized access onto West Point to pick up and drop off personnel. Any other taxi or car service that is not listed will need to be cleared by this office prior to their admittance to the Installation.
2. The vehicles will be authorized entrance and are to proceed to the search area, then to their pick up destination, then to their destination either on or off post, and exit the Installation. NO solicitation of additional fares prior to departing Installation are authorized.

All Family Taxi Service	New Windsor, NY	845-565-1616
Visconti Limousines	Newburgh, NY	845-562-5671
Leros Limousines	Hazlet, NY	914-747-2300
Red Oak Transportation	White Plains, NY	914-694-2222/2235
Shamrock Limousines	Cold Spring, NY	846-265-2800
A-Seri Limo Service	Danbury, CT	203-743-1537
Hudson Valley Limo	Bloomington, NY	845-343-5466
Alley's Way Car Service	Cold Spring, NY	845-265-8294/866-304-5466
All Points Limo Inc.	Goshen, NY	845-294-7886
Elite Limousine Service	Newburgh, NY	845-562-5012
Smooth Ride Limo Service	New City, NY	845-638-9110
JEM Limo Service	Connecticut	203-667-2385
AJ Taxi Service	Wappinger Falls, NY	N/A
Ultress Limousine	Highland Falls, NY	347-538-5386
Eclipse Taxi Express		914-774-7627

3. Point of contact for this memorandum is the undersigned at 845-938-2042.

CHRISTOPHER B. SHAW DES Physical Security Officer

Appendix Q: West Point Heritage

Much of West Point's heritage can be found in books available through your library. Also instructive are entertaining movies about West Point such as "The Long Gray Line" and "The West Point Story." Useful Army heritage and information can be found in the "Soldiers Almanac," available free at local Army recruiting offices.

"Alma Mater," the most beloved of all West Point songs, had its beginning in a very inauspicious manner. In the fall of 1908, Cadet P.S. Reinecke attempted writing a furlough song in an effort to pass some time while walking punishment Hours. Finally, he began to march to the tune of "Treuebeliebe," an old favorite composed by Kuecken in 1827. Reinecke gradually developed the words into what we know today as the "Alma Mater."

The song was not sung at the graduation of Reinecke's class in 1911. However, on June 9, 1912, "Alma Mater" was sung at the Baccalaureate Service and took its place as a musical expression of the feelings of every West Pointer toward his alma mater.

"The Alma Mater"

Hail, Alma Mater Dear, To help us be ever near
Help us thy motto bear Through all the years.
Let Duty be well performed.
Honor be e'ver untarned.
Country be ever armed.
West Point, by thee.
Guide us, thy sons. Teach us by day, by night,
Keep thine honor bright, For thee to fight.
When we depart from thee, Serving on land or sea,
May we still loyal be, West Point, to thee.
And when our work is done, Our course on earth is run,
May it be said, "Well done:
Be thou at peace.
" E'er may that line of gray increase from day to day
Live, serve, die, we pray West Point, for thee

Duty, Honor, Country

Three attributes of paramount importance to a soldier are Duty, Honor, and Country. Each is equally important.

Duty is the sense of obligation that motivates one to do, to the best of his ability, what is expected of him/her in any assigned position or situation.

Col. Sylvanus Thayer, the "father" of the U.S. Military Academy at West Point, determined that West Point should produce leaders whose foundation was built on honor, integrated with a strong sense of discipline and excellence of knowledge. Since his day, an Honor Code and System have been fostered by the authorities of the Academy and maintained by the Corps.

Service to country is primary to the professional officer. The Oath of Allegiance that is taken upon entrance to West Point enjoins the Cadets to declare loyalty to the nation. The professional soldier then becomes the guardian of our nation in times of strife or war.

Duty, Honor, Country – these three words form the motto of the U.S. Military Academy at West Point.

Cadet Colors

The Cadet colors of black, gold, and gray represent the components of gunpowder. Charcoal, sulfur, and saltpeter (potassium nitrate) are black, gold, and gray in color.

Mascots

Since 1899, mules have served as mascots for the Corps of Cadets. The tradition began as a response by the academy when the Naval Academy adopted the goat as its mascot. The choice of the mule as a mascot reflects the long-standing usefulness of the animal in military operation – transporting guns, supplies, and ammunition. Strong, hearty, and persevering, the mule is an appropriate symbol for the Corps of Cadets.

The Mules today are Ranger III and Stryker, and they are cared for entirely by the cadet Mule Riders. One Mule Rider is chosen from each incoming class of cadets, making of a team of four that care for them every day.

"On Brave Old Army Team"

The Army team's the pride and dream Of every heart in gray,
The Army line you'll ever find A terror in the fray;
And when the team is fighting For the Black and Gray and Gold,
We're always near with song and cheer And this is the tale we're told;
The Army team . . . (Band accompaniment) (Whistle)
On, brave old Army team, On to the fray;
Fight on to victory, For that's the fearless Army way.

"Duty-Honor-Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points, to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn."

--- General Douglas MacArthur, Farewell Address to Corps of Cadets, 12 May 1962



