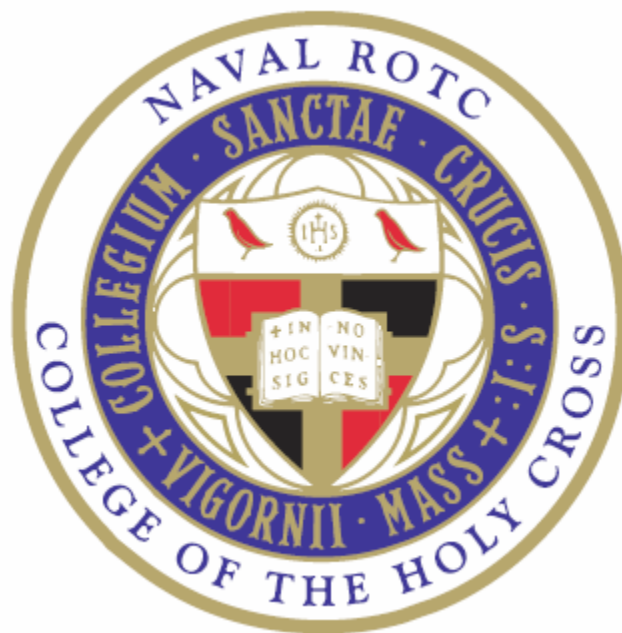


HOLY CROSS NROTC



**FRESHMAN ORIENTATION
SUMMER 2009**

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For all Freshman Orientation-related questions, please contact Ensign Maxwell LaFrance at maxwell7@wpi.edu or (508) 793-2433.

1) Checking-in for Orientation Week

A. Arrival

Orientation will begin at 0800 on August 15th at Carlin Hall at Holy Cross. Driving directions to Holy Cross are enclosed within this packet along with suggestions for airport shuttles. More information is to follow on specifics concerning the event schedule and details of the day.

B. Clothing and Supplies

See Orientation "GEAR LIST" in the next section.

Bring to Newport only what is required for Orientation Week. **Do not bring any other clothing or articles.** Everything else that is necessary will be issued to you. You may pack a separate bag with other clothing/items you will need for school, which can be stored at the NROTC Unit until completion of Orientation Week.

Mark all of the items specified on the "GEAR LIST" with your last name.

Laundry facilities will be available at Newport.

1. Prescription medications

All prescription medications must be identified to NROTC staff prior to departure for Newport on August 15th. Ensure that proper instructions for administering any medication(s) are provided to the staff.

C. Prohibited Items

Cellular phones, watches, alarm clocks, electric razors, jewelry, radios, I-Pods/MP3 players, miniature television sets, knives, exercise equipment.

Again, only items on the "GEAR LIST" will be necessary.

* **DO NOT BRING (OR WEAR AT ANY TIME) CONTACT LENSES. GLASSES ONLY!**

D. Dress and Grooming

Those attending Orientation should wear appropriate and tasteful attire befitting a young Navy or Marine Corps Officer in training. (Ex. Khaki slacks and a collared shirt). Do not wear cutoff shorts, jeans, or short skirts or dresses. Wear comfortable shoes.

For Navy Option Midshipmen, have a regulation Navy haircut (men)/hairstyle (women). For Marine Option Midshipmen, have a regulation Marine Corps haircut (men)/hairstyle (women). See the enclosed grooming standards and section on personal appearance.

2) Directions to Holy Cross

I-290 runs through the center of Worcester, connecting I-495 with the Massachusetts Turnpike (I-90) at Exit 10 (Auburn).

FROM EAST (Boston Area):

From Boston — 1 hour

Take Massachusetts Turnpike (I-90 W) to Exit 10. Take I-290 E to Exit 11. (College Square/ Southbridge Street)

FROM SOUTHEAST (Cape Cod):

From Cape Cod Canal — 1 hour 45 minutes

Take I-495 N to Massachusetts Turnpike (I-90 W). Take I-90 W to exit 10. Take I-290 E to Exit 11 (College Square/ Southbridge Street).

FROM WEST (Springfield, Albany, Syracuse):

Take Massachusetts Turnpike (I-90 E) to Exit 10. Take I-290 E to Exit 11. (College Square/Southbridge Street).

FROM SOUTHWEST (New York City, New Jersey, Connecticut):

From Hartford — 1 hour

Take I-84 E to Massachusetts Turnpike (I-90 E). Take I-90 E to Exit 10. Take I-290 E to Exit 11 (College Square/Southbridge Street).

From Providence — 1 hour:

Take Route 146 North to Route 20 West. Take Route 20 West to I-290 E. Take I-290 E to Exit 11 (College Square/Southbridge Street).

After you get off the exit ramp onto Southbridge Street get all the way in the right hand lane and take the first right (before the traffic light) onto College Street (up the hill). You should enter campus through gate number 1 (the main gate, which is the second left turn). Go past the guard house and take the first left. Carlin Hall will be the second building on the right. You may park in the lot in front of Carlin or in the parking garage. The entrance to the NROTC Unit spaces is in the courtyard between Stein and Carlin Hall.

FROM NORTHEAST (Lowell, NH Seacoast, Maine):

From Portsmouth Circle — 1 hour 45 minutes

Take I-495 S to I- 290 W. Take I-290 W to Exit 11. (College Square/Southbridge Street).

After you get off the exit ramp, bear left at the fork, and after merging into traffic, make your way into the right hand lane on Southbridge Street. Take the first right (before the traffic light) onto College Street (up the hill). You should enter campus through gate number 1 (the main gate, which is the second left turn). Go past the guard house and take the first left. Carlin Hall will be the second building on the right. You may park in the lot in front of Carlin or in the parking garage. The entrance to the NROTC Unit spaces is in the courtyard between Stein and Carlin Hall.

3) Shuttle Services from Local Airports

Knight's Airport Limousine Service

Call for Reservations or Visit Website:

(800) 822-5456

www.knightslimo.com

Worcester Airport Limousine

Call for Reservations or Visit Website:

(800) 660-0992

www.wlimo.com

Zebra Airport Shuttle

Call for Reservations or Visit Website:

(800)-242-0064

www.zebrashuttle.com

4) Orientation Week “GEAR LIST”

- 1 PHOTO ID
- 1 MESH LARGE LAUNDRY BAG W/ ITS OWN TIE OR LARGE METAL CLOTHES PIN TO SECURE BAG (PIN APPROX: 5 INCHES X 2 INCHES)
- 1 LAUNDRY MARKING PEN (BLACK PERMANENT INK)
- 1 SMALL SEWING KIT
- 1 SMALL NOTEBOOK (APPROX 6" BY 4") W/3 BLACK PENS
- 1 PADLOCK (COMBINATION TYPE)
- 1 SHOE SHINE KIT W/BLACK EDGE DRESSING AND BLACK SHOE POLISH
- 3 OLD RAGS
- 1 SCRUB BRUSH
- 5PR WHITE ATHLETIC SOCKS
- 1PR RUNNING SHOES (RECOMMEND 2 PAIR) ****PLEASE MAKE SURE THAT YOU HAVE GOOD RUNNING SHOES - NO TENNIS SNEAKERS**
- 1PR RUBBER SHOWER SHOES (FLIP-FLOPS)
- 1 SWIM SUIT (ONE PIECE BATHING SUIT FOR WOMEN) WITH BATHING CAP (CAP IS REQUIRED FOR WOMEN WITH LONG HAIR)
- 1 TOILET ARTICLE KIT W/ NEEDED ITEMS (DEODORANT, TOOTHPASTE/BRUSH, SOAP, SHAVING CREAM, RAZOR (NON-ELECTRIC), ETC)
- 1 PAIR NAIL CLIPPERS
- 1 SUN SCREEN/BLOCK (SPF 15 MINIMUM)
- 1 LIP BALM
- 2 PLAIN WHITE BATH TOWELS
- 2 PLAIN WASHCLOTHS
- 5 SETS UNDERWEAR (FOR MEN, 5 PAIR OF BRIEFS)
- 5 SPORTS BRAS (FEMALES)
- 5 WHITE CREWNECK T-SHIRTS
- 5 HANGERS
- PRE-PAID PHONE CARD (10 MINUTE MINIMUM)
- MONEY – TOTAL \$25 (SPENDING MONEY FOR PERSONAL INCIDENTALS)
- APPROPRIATE FEMALE HYGIENE ARTICLES

* (Female cycles tend to become irregular/unpredictable during rigorous training. Please pack the necessary/extra hygiene articles.)

5) Preparation and Training for Orientation Activities

A. Physical Training

The daily physical training program will acquaint you with the military's physical fitness standards and help you improve or maintain your physical condition to meet those requirements. You may have some initial difficulty, but we will help you gradually improve throughout the coming year. You will be required to score at least a "Good (Low)" on the Navy's Physical Fitness Assessment (PFA) by the end of your freshman year. The physical readiness scores required to attain a "Good (Low)" and an "Outstanding (High)" are listed below. These minimum and maximum scores are provided so that you may begin to develop your own physical training program prior to orientation.

GOOD (LOW)			
	Curl ups (2 min)	Push ups (2 min)	1.5 mile run
Men	62	51	11:00
Women	62	24	13:30

OUTSTANDING (HIGH)			
	Curl ups (2 min)	Push ups (2 min)	1.5 mile run
Men	109	92	8:15
Women	109	51	9:29

B. Swimming

During orientation, you will take a swim test in order to determine your skill level. If you are unable to pass the initial Third Class swim test, you should enroll in formal swimming classes during the school year. All midshipmen must pass the Third Class swim test before the end of freshman year. A Third Class swimmer must be able to:

- 1) Enter water feet first from a height of 20 feet.
- 2) Remain afloat for 5 minutes utilizing the "dead man float" method (face down in water).
- 3) Swim 50 yards using any recognized swim stroke.
- 4) "Inflate" his/her shirt and/or trousers while treading water to create a Personal Floatation Device (PFD). (You will be provided a shirt and trousers to wear over your swimsuit).

6) Grooming Standards

Following are the grooming standard directives for the Navy and Marine Corps, respectively. These should be used as a guide to prepare oneself for Freshman Orientation, but midshipmen should keep in mind that this will most likely be the first time that they will be participating in a military evolution. A professional first impression is important to any junior officer's experience to a new unit, and orientation will not be an exception. Furthermore, grooming standards will be scrutinized during Orientation Week, and appearances that are merely 'technically' in standards will not be appreciated.

The orientation staff, however, is not asking for "high and tights" or shaved heads on men, or extremely short hairstyles on women, as they are neither required nor desired. Good judgment is an important aspect of an officer's leadership and grooming should demonstrate this accordingly.

Also note that mustaches, earrings, wristwatches, rings, and jewelry will be prohibited during Orientation Week.

7) Navy Grooming Standards

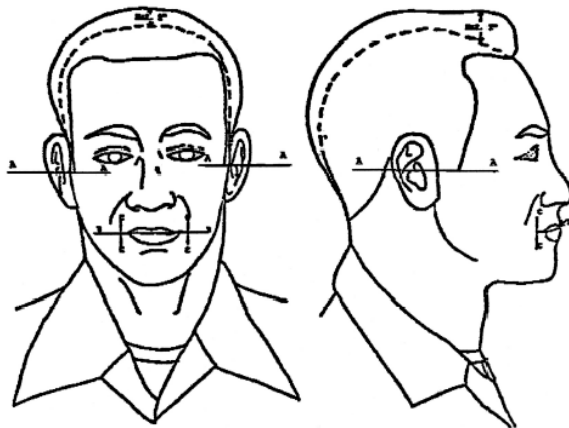
Men:

Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. The unique quality and texture of curled, kinked, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear. Plaited or braided hair shall not be worn while in uniform or in a duty status.

Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean-horizontal line. Figure 2-2-1 refers. "Muttonchops", "ship's captain", or similar grooming modes are not authorized.

GROOMING STANDARDS FOR MEN

Figure 2-2-1



Women:

Hairstyles shall not be outrageously multicolored or faddish, to include shaved portions of the scalp (other than the neckline), or have designs cut or braided into the hair. Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized. Ponytails, pigtails, widely spaced individual hanging locks, and braids which protrude from the head are not authorized.

Multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein. When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), and tightly interwoven to present a neat, professional, well groomed appearance. Foreign

material (i.e., beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimize scalp exposure. Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair.

Appropriateness of a hairstyle shall also be judged by its appearance when headgear is worn. All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hair shall not show from under the front of the brim of the combination hat, garrison, or command ball caps. Hairstyles which do not allow headgear to be worn in this manner, or which interfere with the proper wear of protective masks or equipment are prohibited. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar.

Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head. No portion of the bulk of the hair as measured from the scalp will exceed approximately 2 inches. A maximum of two small barrettes/combs/ clips, similar to hair color, may be used in the hair. Additional bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastics and colored rubber bands/pins are not authorized. Hair ornaments shall not present a safety or Foreign Object Damage (FOD) hazard. Hair nets shall not be worn unless authorized for a specific type of duty.

8) Marine Corps Grooming Standards

No eccentricities in the manner of wearing head, facial, or body hair will be permitted. If applied, dyes, tints, bleaches and frostings, which result in natural colors, are authorized. The hair color must complement the person's complexion tone. Color changes that detract from a professional image are prohibited. Fingernails will be kept clean and neatly trimmed so as not to interfere with performance of duty, detract from military image or present a safety hazard.

Men:

Hair will be neat and closely trimmed. The hair may be clipped at the edges of the side and back and will be evenly graduated from zero length at the hairline in the lower portion of the head to the upper portion of the head. Block-style trimming of hair on the back of the head is not authorized. Hair will not be over 3 inches in length fully extended on the upper portion of the head. The back and sides of the head below the hairline may be shaved to remove body hair. Sideburns will not extend below the top of the orifice of the ear, as indicated by the line A-A' in figures 1-1 and 1-2. Sideburns will not be styled to taper or flare. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

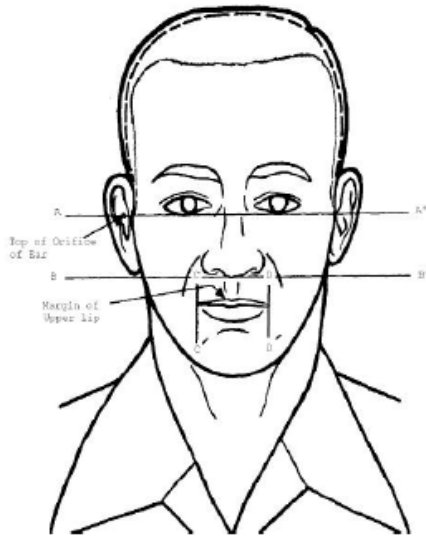


Figure 1-1.--Male Grooming Standards (Front View).

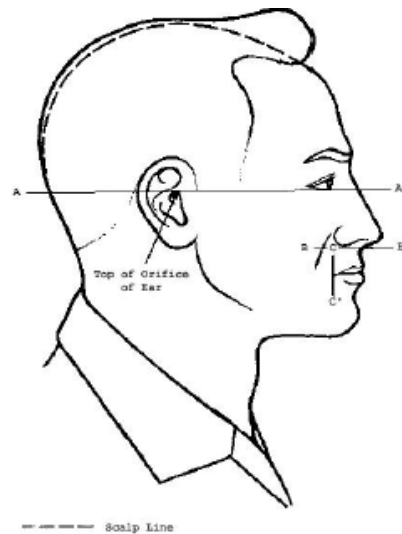


Figure 1-2.--Male Grooming Standards (Side View).

Head hair will be styled so as not to interfere with the proper wear of uniform headgear. Hair, which protrudes from beneath properly worn headgear in an unsightly manner, is considered excessive, regardless of length.

No male Marine will be required to have his hair clipped to the scalp except while he is undergoing recruit training or when such action is prescribed by a medical officer. This does not prohibit a male Marine from having his hair clipped to the scalp if he so desires.

The face will be clean-shaven, except that a mustache may be worn. When worn, the mustache will be neatly trimmed and must be contained within the lines of B-B', C-C', D-D' and the margin area of the upper lip, as shown in figures 1-1 and 1-2. The individual length of a mustache hair fully extended must not exceed 1/2 inch.

Women:

Hair may touch the collar, but will not fall below the collar's lower edge. Hair that would fall naturally below the collar's lower edge will be neatly and inconspicuously fastened or pinned. During physical training periods in which physical training clothing is worn, hair will be allowed to fall naturally, without being fastened or pinned. This does not apply when conducting physical training in the utility uniform.

Hair will be styled so as not to interfere with the proper wear of the uniform headgear. All headgear will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hairstyles, which do not allow the headgear to be worn in this manner, are prohibited.

Faddish and exaggerated styles to include shaved portions of the scalp other than the neckline, designs cut in the hair, unsecured ponytails and styles which are distinctly unbalanced or lopsided are prohibited. Multiple braiding is authorized. If hair extensions are used in the braiding of the hair, the extensions must have the same general appearance as the individual's natural hair. Braided hairstyles will be conservative, and conform to other guidelines listed herein.

Barrettes, combs, rubber bands, etc. are authorized, if concealed by the hair. Inconspicuous hair pins and bobby pins, if required, are authorized. Hair nets will not be worn unless authorized for a specific type of duty. Wigs, if worn in uniform, must look natural and conform to the above regulations.

Cosmetics, if worn, will be applied conservatively and will complement the individual's complexion tone. Exaggerated or faddish cosmetic styles are inappropriate with the uniform and will not be worn. If worn, nail polish and non-eccentric in shades of red may be worn with all uniforms. Colored nail polish will not be worn with the utility uniform. Fingernails with multiple colors and decorative ornamentation are prohibited. Nail length will be no longer than 1/4 inch from the tip of the finger.