



U.S. AIR FORCE
ACADEMY

Instructions to Appointees

Class of 2021





DEPARTMENT OF THE AIR FORCE

DIRECTOR OF ADMISSIONS
UNITED STATES AIR FORCE ACADEMY
USAF ACADEMY, COLORADO

Dear Appointee

Congratulations on your appointment to the United States Air Force Academy Class of 2021. You will join approximately 1,200 other men and women who have also been awarded appointments in an extremely competitive process.

It is important for you to realize that on June 29th you will be entering a military environment, which will require you to wear a uniform, march, and meet exceptionally high physical and mental standards while under pressure. We know you have what it takes to succeed. We expect you to maintain the high standards you have already set for yourself.

The rigorous USAFA program, beginning with Basic Cadet Training (BCT), will challenge you mentally and physically while also testing your dedication to graduate from the Academy and pursue an Air Force career. Come to USAFA ready to meet the physical challenges. Stay in shape and prepare to hit the ground running. Expect the unexpected. You will be challenged beyond what you think are your limits: The experience will be worth it. If you are coming to the Academy to “try it out” or because of peer, community, or parental pressure, I urge you not to accept your appointment. If you were to resign due to a change of career goals or should you desire to pursue another scholarship offer, you will have deprived another deserving and more motivated person of a once-in-a-lifetime opportunity. Please do not take this decision lightly.

Your acceptance of this appointment entails an obligation on your part to give our program a fair chance. For that reason, I encourage you to stay strong and complete BCT, transition into the academic curriculum and set your sights on Parents’ Weekend, which begins the Friday before Labor Day. This way you will be assured of participating in all that BCT has to offer and have an opportunity to experience the academic curriculum. The Academy’s mission is to educate, train and inspire men and women to become officers of character motivated to lead the United States Air Force in service to our nation. In order to do this, we emphasize intellectual, military, physical, and character development. If you don’t stay long enough to try the totality of the experience, you are short-changing yourself and our program.

There is no question we have a tough four year program, but almost 48,713 graduates have survived the rigors. In fact, in recent years, our graduation rate has been our best in history. Graduates’ success as leaders in the Air Force and in society validates our rigorous program. I’m confident you can join the distinguished alumni if you arrive here in excellent physical condition with a strong determination to work hard and the tenacity to see it through.

Again, congratulations on receiving your much deserved appointment. I look forward to your arrival on June 29th.

Sincerely

A handwritten signature in black ink, reading "Carolyn A.M. Benyshek".

CAROLYN A.M. BENYSHEK, Colonel, USAF
Director of Admissions (USAFA Class of 1987)

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CHECKLIST

APPOINTEES, PLEASE REFER TO YOUR PORTAL FOR A MORE CUSTOMIZED CHECKLIST AND REQUIRED FORMS THAT NEED TO BE COMPLETED PRIOR TO IN-PROCESSING. THE CHECKLIST BELOW IS FOR GENERAL REFERENCE.

PACKING LIST FOR IN-PROCESSING

*****HAND-CARRY THESE ITEMS OUTSIDE OF LUGGAGE***

	**EYEGLOSS AND CONTACT PRESCRIPTIONS AND ONE PAIR OF GLASSES W/BLACK EYEGLOSS STRAP (IF APPLICABLE) NO CONTACTS. See page 14, Optical section for more info
	**ORTHODONTIC RETAINERS (IF APPLICABLE).
	TOOTHBRUSH, TOOTHPASTE, DENTAL FLOSS
	DEODORANT
	LIP BALM
	SHAMPOO AND BATH SOAP (BAR W/CLOSING CONTAINER OR LIQUID BODY WASH)
	WOMEN – BRAS, UNDERWEAR
	MEN – UNDERWEAR AND V-NECK T-SHIRTS
	ATHLETIC SHOES, WEAR OR HAND-CARRY
	SPORTS WATCH, RUBBER OR SOFT PLASTIC (NO METAL)
	**ESSENTIAL MEDICATIONS
	**MILITARY MEDICAL RECORDS (<u>PRIOR SERVICE ONLY</u>)
	**TRAVEL RECEIPTS
	**PHOTO ID (DRIVER’S LICENSE, STATE-ISSUED ID OR GOVT-ISSUED ID)
	**SOCIAL SECURITY CARD
	**SECURITY CLEARANCE PAPERWORK
	**IMMUNIZATION PAPERWORK
	**LEGAL NAME CHANGE DOCUMENTATION (IF APPLICABLE)
	**PROOF OF CITIZENSHIP (original copy of your birth certificate, US passport, or naturalization documentation)

PERMITTED

	CELL PHONE (WILL BE LOCKED UP UNTIL PERMITTED)
	ABU BOOTS, IF PURCHASED IN ADVANCE (OPTIONAL TO PURCHASE IN ADVANCE; ALL CADETS WILL BE ISSUED BOOTS TO ENSURE 2 PAIR EACH), WEAR THEM
	MOLDED CLEATS
	STATIONERY AND STAMPS

DO NOT BRING

	PRIVATELY OWNED VEHICLE
	DIET AND FOOD PACKAGES
	MORE THAN ONE PIECE OF LUGGAGE
	FIREARMS OR KNIVES
	JEWELRY
	COMPUTERS, PRINTERS, TABLETS
	OVER-THE-COUNTER AND NON-ESSENTIAL MEDICATIONS
	CONTACT LENSES

General Information

In-Processing

All appointees must arrive at Doolittle Hall for in-processing into the United States Air Force Academy on 29 June 2017. Plan to arrive in the local area on the 28th of June in order to meet a 7:00 a.m. in-processing time on the 29th. Further instructions will be posted on your admissions portal two weeks prior to in-processing day. Appointees will be able to view their squadron assignments and their exact arrival time on their admissions portal. Appointees should also bring all required items as specified in these instructions or as supplemented on the website. Appointees who arrive without all the required items will suffer a great deal of inconvenience and delay during in-processing. Don't add stress to this first day by arriving without all required items.

Accompanying Cadets to the Academy

We cordially invite your family to accompany you to the Academy. The drop-off point (for those arriving at the Academy by private vehicle) is the Association of Graduates (AOG) building, Doolittle Hall. You and your family will be welcomed under the large white tent outside Doolittle Hall prior to initiating your in-processing inside and your departure by Academy bus to the main cadet area for further in-processing. After the brief welcome message is an appropriate time to bid your family farewell since you may not have visitors from the time you climb the stairs in Doolittle Hall until Parents' Weekend (which begins the Friday before Labor Day Weekend). Your family is welcome to remain in/around Doolittle Hall to visit with other families. There will also be representatives from many other Academy agencies and senior Academy staff members to answer questions. Furthermore, throughout the morning, the AOG will have complimentary beverages and cookies available for your family and friends.

The entire Class of 2021 will be administered the Oath of Office on the Terrazzo the morning of 30 June. If your parents and friends wish to see the swearing in, they may view it from the Chapel area. They will not; however, be able to visit with you. The exact time has not been determined yet; however, it is typically around 8:30-9:00 A.M.

Declining Your Appointment

If you decide not to attend the Academy, please complete the appropriate form on your portal as soon as possible. If you would like to decline after previously accepting your appointment notify the Admissions Office as soon as possible. You may call or email your Admissions Counselor to decline your offer. Please allow us time to offer your appointment to another candidate. Refer to your portal for your counselor's direct contact information or call 800-443-9266.

Before You Arrive

Admissions Documents Update

Your appointment is conditional upon continued academic and physical excellence, as well as maintaining a high level of moral character. If, between submission of your final qualifying Air Force Academy documents and taking the Oath of Office, you are arrested, convicted or fined for any offense; fail a college or high school class; are suspended or expelled from school; become sick or injured, have surgery; or use prohibited substances (including possession or use of marijuana in places where it is legal), you must immediately contact the Admissions Office at HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025, Telephone 800-443-9266. **Failure to do so may result in refused admission, adverse action, and/or disenrollment.**

High School Transcript

If you are still in high school, you must ask your school to send a graduation transcript of your final grades by mail or a transcript service such as Parchment, as soon as possible upon graduation. If mailing send to HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025.

College Transcripts

If you are enrolled in college courses, you must make arrangements with the college to forward a **final** transcript to HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025. The transcript must reflect your final grades for the courses in which you are presently enrolled and status at the time of your departure.

Transcripts must arrive at the Academy by **10 June 2017** so final determination can be made regarding your admission eligibility. Also, if you attended college while in high school, you must make sure a final college transcript arrives at the Academy by **10 June 2017**, or as soon as possible upon completion of the semester. Be sure to pay for any transcript fee charged by the college since nonpayment may delay the forwarding of your record. If you have attended more than one college, **make certain that one final transcript from each college is sent to the Academy.**

Security Clearance

All appointees, excluding previously enrolled USAFA Preparatory School students, prior service members, ROTC cadets, and reserve members must provide the following documents in order to submit for a security clearance:

1. Proof of citizenship. You **MUST hand carry** all of the following original documents that apply: birth certificate; naturalization certificate; certificate of citizenship; passport(s) (both US & foreign); or report of birth abroad of U.S. citizen.
2. Electronic Security Clearance Questionnaire, SF-86 (can be found online on your application portal). Make sure to complete, print and hand-carry a copy with you to in-processing.
3. The security clearance background investigative process is an in-depth review to confirm your trustworthiness, reliability and loyalty to the U.S. in which acquaintances, friends, and relatives may be interviewed. The security clearance investigation process leads to a secret clearance eligibility. NOTE: Your responses (answers) to questions posed during the Admissions process will be compared against information revealed, discovered, during the background investigation process including a criminal records check. If you did not fully or accurately respond to the questions asked during the Admissions process, you should immediately call your admissions counselor for further guidance and submit a written statement to correct your record.
4. **International students will not receive a U.S. security clearance and are not required to complete the online electronic security questionnaire.**

Any questions/concerns can be emailed to MSgt Warner at janaea.warner@usafa.edu or TSgt Pennock at scott.pennock@usafa.edu.

NOTE: Appointees who possess dual citizenship (both U.S. Citizenship and foreign citizenship) must bring their current or expired foreign passport with them to the Academy. As part of the security clearance process, you will be asked to sign a statement affirming loyalty to the United States and the willingness to renounce your foreign citizenship. Your foreign passport may be shredded during this time.

The Armed Forces Officer Reading Assignment Instructions

Upon your arrival at USAFA you will begin your journey to becoming a commissioned officer in the US Military with Basic Cadet Training (BCT) and by taking the Oath of Office. The Oath of Office is a solemn commitment to be taken seriously. To prepare you, please download the ebook, The Armed Forces Officer at <http://www.dtic.mil/doctrine/education/armedforcesofficer.pdf> Read both forwards, the introduction, and chapters 1-9 before you arrive at USAFA for BCT.

Notice to Employer

The Uniformed Services Employment and Reemployment Rights Act of 1994--Notice to Employer requires service members, which includes appointees to service academies, to provide advance written or verbal notice to their employer for all military duty, for example, prior to reporting to the Air Force Academy. We encourage all appointees to notify their employer even if they do not intend on returning to that civilian job within five years of beginning military service. This act protects civilian job reemployment rights for up to 5 years and, therefore, may provide cadets additional options if they leave the Academy prior to graduation.

Personal Property Insurance

Occasionally, cadets do lose personal property. Although we don't require insurance to cover this type of loss, for your own protection, personal property insurance is highly recommended, especially once you enter the academic year. During the computer issue process you will have the option to choose from a limited number of vendors who provide personal property insurance for college students.

Marriage and Paternity/Maternity Certification

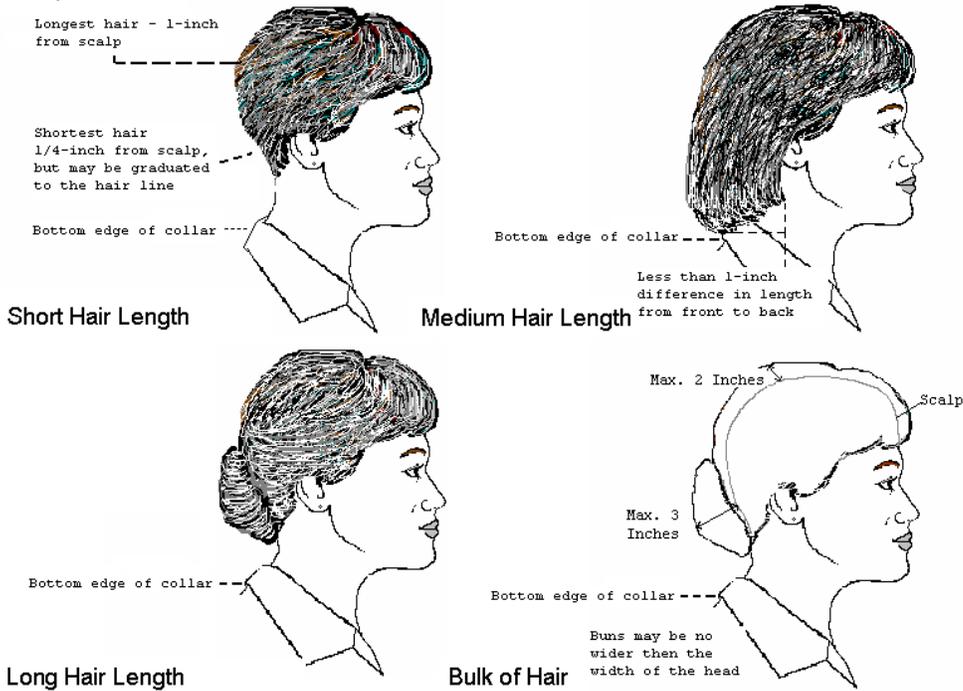
As an appointee you will have to certify upon in-processing that you are not married and have no children. Please be aware that if you do marry or become a parent as a cadet you will be subject to disenrollment. In addition, if you marry or become a parent as a cadet and it is not made known to Air Force authorities until after graduation, you may be subject to disciplinary administrative action as an officer.

Hair Standards

Female appointees are authorized to style their hair to meet active-duty Air Force standards according to AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*, dated 18 July 2011. These standards are: clean, well-groomed, and neat (not faddish); if dyed, must be natural in color; will not touch eyebrows when groomed; will not be longer than bottom edge of collar or be pulled up as to not touch the collar; will not exceed three inches in bulk; must allow for proper wear of headgear; will not include hair ornaments; [have] only conservative braids, bands, barrettes, or pins the same color as the hair; hair extensions are authorized if they meet hair standards.

Minimum length is 1 inch to a maximum bulk of 3 inches from the scalp outward. Hair may begin to gradually taper from 1 inch in length to ¼ inch in length approximately 3 inches from the hairline (no shaved heads, flat tops, etc.). If worn, hairpins, combs, headbands, elastic bands and barrettes must match the hair color (i.e., blonde, brunette, natural red, black, grey), but hair must still comply with bulk and appearance standards. Ornaments are *not* authorized (i.e., ribbons, beads, jeweled pins). Scrunches are not authorized. See Figure below, for women’s hair. **Exception:** While wearing the Physical Training Uniform, long hair will be secured but may have loose ends and may extend below the collar; i.e., ponytails.

Braids, micro-braids and cornrows are authorized. However, they must be a natural looking color for human beings similar to the individual’s hair color; conservative (moderate, being within reasonable limits; not excessive or extreme) and not present a faddish appearance. A braid is 3 or more portions/strands of interwoven hair. When worn, multiple braids shall be of uniform dimension, small in diameter (approx ¼ inches), show no more than ¼ inch of scalp between the braids and must be tightly interwoven to present a neat, professional and well-groomed appearance. Braids must continue to the end of the hair in one direction, in a straight line, and may be worn loose or a secured style within hair standards above. Dreadlocks, (defined as long strands of hair that have been twisted closely from the scalp down to the tips; heavy matted coils of hair which form by themselves, eventually fusing together to form a single dread; or unkempt, twisted, matted individual parts of hair), shaved head, flat-tops and military high-and-tight cuts are *not* authorized hairstyles.



To ensure female cadets can meet these standards, USAFA cadets and permanent party non-commissioned officers will be present on in-processing day to train basics on these standards or if unable to meet them, ensure female basics receive a single-length, chin-length cut to ensure they are within standards.

Male basics will continue to receive a traditional military in-processing haircut (cut to a 1.5 size clipper blade length). **Males will need to shave prior to in-processing to include mustaches.**

*****It is highly encouraged that all appointees arrive on in-processing day with their hair meeting standards; however, if they are unable to meet standards, a haircut will be provided.*****

Cadet Sponsor Program

The Cadet Sponsor Program encourages active duty, retired and reserve officers, senior noncommissioned officers, USAFA alumni, Department of Defense (DoD) civilians and selected local civilians to become volunteer mentors to cadets. Through this personal involvement, cadets interact with individuals who counsel and advise them on military life and the positive aspects of a military career. It also exposes cadets to the military lifestyle and positive adult role models, while providing them with a home away from home. Sponsors develop an individual, yet professional, relationship with their cadets, and are not paid in any way. This interaction is essential to the cadets' professional and social development. The Sponsor Program is offered for all four years at the Academy, but is especially encouraged for fourth-class cadets. Cadets and sponsors may make by-name requests for their sponsor or cadet, and the Cadet Sponsor office will attempt to honor the requests. Cadet requests have priority. Appointees should inform their requested sponsors that they **MUST** be formally enrolled in the sponsor program through the Cadet Sponsor Office; otherwise, they will not be matched. If by-name requests are not made, the Cadet Sponsor office uses common interests/criteria to match cadets with sponsors.

Doolie Day Out is an annual event where cadets spend a day with families in the community. Cadets are trusted as USAF Academy ambassadors and represent the Air Force by showcasing their newly acquired military bearing and dress and appearance standards. This is an important step in their transition from civilian to military life. Sponsor families invite one or more basic cadets to their homes, providing them meals, some down time and the opportunity to call home at the cadets' expense/using their own cell phones (the basics are not allowed to turn on their cell phones until they are with their assigned sponsors that morning). Doolie Day Out is **NOT** intended for parents/family members to come visit the basic cadets, so please **DO NOT** plan a trip here to see them that day. For safety and security, only officially enrolled sponsors with proper credentials will be allowed to pick up and drop off basic cadets for the Doolie Day Out event. Parents residing within 50 miles of the Academy may sponsor their own cadet but must first register as sponsors in the program no later than 7 July 2017 (for more info email cadet.sponsor@usafa.edu). Doolie Day Out for the incoming Class of 2021 is currently planned for Saturday, 22 July 2017, but is subject to change until the BCT schedule is finalized. For more information on the program, please contact the Cadet Sponsor office and leave an email address where a sponsor packet may be sent. Email inquiries to: cadet.sponsor@usafa.edu or call 719 333-2727. Note: USAFA's Cadet Sponsor Program is not affiliated with the Preparatory School Sponsor Program, the DF International Programs (DFIP) Sponsor Program, or the Association of Graduates (AOG) Bed and Breakfast Program.

Mailing Address

A private post office box has been assigned for your personal mail. The box number is available on your application portal. Use the following format for mail sent to you. **NOTE:** You will **NOT** have access to any **packages** until **after** BCT.

Basic Cadet _____ (your first and last name)
P O Box _____ (insert your PO Box Number)
USAF Academy CO 80841

What to Bring

Proof of Citizenship/Name Change/Social Security Card

You **MUST** hand carry all of the following original documents that apply: birth certificate; naturalization certificate; certificate of citizenship; passport(s) (both US & foreign); or report of birth abroad of U.S. citizen. We will check proof of citizenship documentation at the start of in-processing. **If you do not have proper proof of citizenship you may be sent home.** Also, we must record your name exactly as it appears on your birth certificate. If you have had or anticipate a name change before arriving at the Air Force Academy, please contact Admissions.

Civilian Clothing and Baggage

We suggest you bring a minimum of civilian clothing since you will not be allowed to wear it during your fourth-class (freshman) year. Weather permitting, we advise you to report to the Academy wearing a short-sleeve shirt or blouse, shorts or pants, and a light sweater or jacket, as needed. You should wear your most comfortable walking shoes. In-processing (your first day here) will require approximately eight full hours and include considerable walking and standing. Baggage should be no larger than airline carry-on size; backpacks are preferable.

The Academy **DOES NOT** issue bras or briefs to women or briefs and V-neck t-shirts to men. Females **MUST** bring eight white sports bras and twelve pair of white cotton briefs. Men **MUST** bring twelve pair of plain white underwear (boxer briefs must not extend below mid-thigh) and eight plain white V-neck t-shirts. Please mark all under clothing on the tag or the rear of the waistband with your 9-digit alphanumeric student ID (found on your application portal). The laundry marking should be approximately one inch high and one and one half inches wide.

Keep in mind that you will be involved in strenuous physical activities during BCT and that support and comfort should be your foremost consideration in the type of undergarments you bring.

Upon arrival, you'll be issued all clothing/footwear you will need and are allowed to have.

Footwear

By the time you arrive at the boot issue station on in-processing day, you will have been on your feet for many hours and your feet will be swollen and tired. To ensure a perfect fit and to lower the risk of blisters, it is **HIGHLY RECOMMENDED** that you purchase 1 pair of ABU boots and wear them for 2-4 weeks prior to arrival at USAFA. These boots must meet the following specifications: sage green in color, 8 inches high, have a rubber sole, and a waterproof upper bootie (Gore-tex or similar). The boots must NOT have steel or safety toes, or zippers. Bellville models 690 (men's) and F650 (women's); NIKE SFB Field 8"; Danner Rivot TFX 8" all meet these requirements. All incoming cadets will be issued sufficient boots to ensure that they have two (2) pairs of serviceable boots for wear during BCT.

You are also encouraged to bring molded cleats with you to the Academy. Many intramural activities are played outdoors and the use of molded cleats will allow you to maintain your footing. Only molded cleats are authorized. Do not bring screw-in, metal, or single toe cleats as they pose safety hazards to other participants.

If you require prescription orthotics, bring them with you. Make sure they are in good shape and accomplish what they are supposed to do, i.e., alleviate pain.

Toiletries

Males and females are required to bring with them the following items: bar soap (in a closing soap container) or liquid shower body wash, lip balm of your choice, toothbrush, toothpaste, dental floss, deodorant, and shampoo of your choice. We recommend you NOT bring the extra-large containers of these items because you will have an opportunity to visit the cadet store during BCT. Males will be required to bring a razor, blades, and shaving cream or an electric shaver. Females should bring feminine hygiene products that may be required. All cosmetics will be collected upon arrival and returned at the end of BCT. When packing your toiletries, be aware of the TSA Rules on Liquids at <https://www.tsa.gov/travel/security-screening/liquids-rule>. If you do bring liquids larger than 3 oz, be aware that you will need to pack them in checked luggage instead of a carry-on.

What Not to Bring

Personal Computers

All fourth-class cadets will be issued a new tablet or notebook computer in August, before the fall semester begins. It will come pre-loaded with all software required for cadets, including Microsoft Office, math packages, CAD/CAM, and antivirus software. You will also have access to a high-speed laser printer in each cadet squadron. This is a shared resource with 100+ people so plan ahead when printing. You are allowed to have your own personal printer in your room if you like. If you already own a printer, it is best to have it sent to you after the academic year begins, or have it brought to you during Parents' Weekend. Otherwise you may purchase one from the cadet bookstore or from local merchants. It is recommended you buy a printer with a USB connection and cable. Questions regarding this subject should be addressed to the Dean of the Faculty, Director of Educational Technology/DFEI, 2354 Fairchild Drive, Suite 3F19, USAF Academy CO 80840-6220 or by calling 719-333-3994, or by email at Andrew.Laffely@usafa.edu.

Personal Accessories/Equipment

Storage space is extremely limited during BCT and you will be issued everything you will need. Therefore, you should not bring more than one small piece of luggage (airline carry-on size or smaller). Be aware of the TSA guidelines for what you can and cannot pack in a carry-on bag. Do not bring a trunk, footlocker, or sporting equipment. Sporting equipment can be mailed to you later when it is authorized. Female candidates may bring a hair dryer. You will be given Air Force-issue eyeglasses sometime during BCT. Wearing of contact lenses during BCT is not permitted because of the intensive training in dry, dusty conditions and the amount of personal time available between training events. Items you may need for the academic year may be brought to you by your parents and friends during Parents' Weekend.

Firearms

Do not bring any firearms or knives to the Academy. There are no provisions for storage or safekeeping during BCT.

Jewelry

We highly recommend that new appointees DO NOT bring or wear any valuable jewelry, clothing, or personal items. Basic cadets may not wear any jewelry during BCT, including pierced earrings or metal watches, for safety and hygiene reasons. All jewelry brought to the Academy will be collected and placed in individual "low-security" lock boxes until after BCT. Upon completion of BCT, female cadets may wear one pearl, silver, or gold spherical earring (no larger than 1/8th inch in diameter) on each ear. Male cadets are specifically prohibited from wearing earrings at any time.

Privately-Owned Vehicles

You are not eligible to own or maintain a private motor vehicle until your second-class (junior) year, at which time it will be a privilege earned in accordance with the Commandant's regulations. You will never be allowed to bring a motorcycle/scooter to the Academy. Do not bring an automobile unless someone accompanies you who can drive it home.

Diet and Food Packages

The Cadet Dining Facility provides a diet tailored to the strenuous BCT conditioning program. During 1st BCT cadets are offered 3800-4000 calories per day, and throughout 2nd BCT the calories increase to 4000-4500 per day due to the increased physical requirements. The cadet's well-being is monitored by a registered dietitian, and nutrition counseling is readily available. We request you advise relatives and friends **NOT** to send any food packages until after BCT. **You will not have access to any packages sent to you until after BCT, along with any nutrition supplements that are brought in your personal belongings.**

Each day, three well-balanced meals will be served by Mitchell Hall, the cadet dining facility. The dining facility does provide vegetarian menus for members of religious faiths or for individual convictions during BCT. Nutrition screening and counseling is provided to basic cadets requiring personal attention. During the academic year the dining facility offers light and vegetarian menus, and accommodates the Muslim faith during Ramadan and Jewish faith during Passover. If you anticipate dietary problems, you are advised to call the Cadet Chaplains Office at 719-333-2636 before you arrive. For further dietary questions or concerns, please call the Cadet Dining Facility at 719-333-3663.

Calculators

New cadets will be issued a scientific calculator prior to the start of classes in August. This calculator will be sufficient for all core courses at the Academy and use of alternate calculators in 100- and 200-level core courses is restricted. Therefore, there is no requirement for you to purchase a calculator or bring one with you. Some cadets majoring in engineering and sciences will require a more advanced "scientific" calculator, which can do simple linear regressions or graphing functions, but these can be purchased here if required. However, if you already own an advanced scientific calculator, we recommend it be mailed to you after BCT, or brought to you during Parents' Weekend.

Medical

Physical qualification for Academy entrance is based on the assumption that your Department of Defense Medical Examination Review Board (DoDMERB) examination reflects your true medical status. You can ensure this by:

1. **Providing a complete and accurate medical history at the time of your examination.**
2. **Immediately reporting any change in your medical status (injury, physical or mental illness, or diagnosis of a new condition) to DoDMERB, telephone 719-333-3562, after you have finished your examination.**
3. **Notifying DoDMERB prior to treatment or procedure if elective surgery or medical treatment is contemplated, as this may adversely affect your medical status.**
4. **Visual refractive error that is corrected by orthokeratology (using hard contact lenses to decrease myopia) or keratorefractive surgery (RK, PRK, LASIK or other laser procedures to correct refraction) is medically disqualifying. Individuals who have undergone either PRK or LASIK need to call and report this to DoDMERB at 719-333-3562, as they may need to be evaluated by the medical authority. Waiver candidates must meet strict criteria regarding both pre-operative and post-operative visual status.**
5. **Sending all medical information to DoDMERB as soon as possible.**

As a reminder, the DoDMERB examination is used only for appointment to the Academy. Any determination for pilot/navigator/RPA qualification is made after a Flying Class Physical accomplished during the sophomore/junior year (i.e. C3C/C2C years). **No one is pilot/navigator/RPA qualified based on the DoDMERB physical alone.**

Medications

All medication in your possession will be examined by an Air Force medical officer and will be taken away without replacement unless it is ESSENTIAL for continued treatment. Due to the nature and activities of basic training, possession of over-the-counter and nonessential medications (to include drugs for acne and sports supplements) is prohibited. EXCEPTION: Hormonal medication, such as birth control pills, Depo-Provera injections, or thyroid supplements; and antibiotics for ongoing infections. Medical care is available throughout BCT and medications are prescribed on an as-needed basis, to include aspirin, acetaminophen (Tylenol), and ibuprofen (Motrin). Routine medications, such as those for acne can be resumed at the completion of basic training. You must hand carry all your medications (including allergy extracts) through in-processing. If you have any questions about medications, call the Cadet Clinic at 719-333-5180.

X-Rays

If you have suffered an orthopedic injury or have been treated for an orthopedic injury or deformity in the last year, you are REQUIRED to bring your most recent X-rays from your physician. These X-rays will be turned in to the cadet clinic at in-processing.

Medical Records

Medical records criteria will differ depending on your status.

If you are a current active duty member, and if your outgoing base provides you with a hard copy of your medical records, you will hand carry your hard copy medical records to the USAF Academy and turn it in during the medical portion of your in-processing.

If you are a current military dependent, your medical record must remain at the last base you were treated. You do not need to bring a copy of your medical records.

If you are a civilian, you do not need to bring a copy of your medical records.

Immunizations

Immunizations are a mandatory requirement for military duty. All appointees must get the necessary immunizations **PRIOR** to arrival at the Academy. Waivers for immunizations, in accordance with DoDI 6130.03, WILL NOT be accepted. You will be able to upload your immunization record on your portal, however, we ask that you also **hand carry a hard copy of your immunizations records from your physician/physician's office with you on in-processing day. If verification of your immunization status is not available, you will receive the compliment of required immunizations even if immunized previously.** Appointees who attended the USAFA Preparatory School and appointees who are former cadets returning to USAFA do not need to bring their shot records.

Optical

You can print a spectacle and contact lens prescription form from your application portal which must be filled out by your eye doctor and uploaded on your portal if you require vision correction. The form must be completed and returned no later than May 15th. If you wear eyeglasses or have worn eyeglasses in the past two years even if you do not regularly wear them, you must bring a pair with you to the Academy and have them with you on in-processing day. You will be issued an additional pair of uniform military spectacles at in-processing based on the prescription information you submit from your eye doctor. Your military spectacles must be worn at all times during basic training. You will need to purchase and bring with you a plain black eyeglass strap to secure your frames. Contact lens wear is **FORBIDDEN** throughout the duration of BCT to include in-processing day. Contact lenses may be worn only after BCT is complete. Please direct inquiries to Optometry at 719-333-5189 option 4.

Eyeglasses and sunglasses may have conservative ornamentation on non-prescription sunglasses or eyeglasses, frames may be black or brown material or gold or silver wire. Brand name glasses may be worn with small logo on frames or lenses. Logo must be same color as frames or lenses. Conservative wrap-around sunglasses may be worn. Conservative, clear, slightly tinted or photosensitive lenses are authorized. Faddish styles and mirrored lenses are prohibited. Sunglasses (to include darkened photosensitive lenses) are not authorized in formation.

Dental

It is our desire to ensure that dental concerns do not interfere with your success as an Air Force Academy cadet. Routine dental treatment as a cadet (and while on active duty) is an entitlement and there is no cost for this dental benefit. However, in addition to having this dental benefit, ongoing dental health is a requirement for both cadets and active duty personnel.

The Academy staff expects that you will arrive at the Academy with no potentially disqualifying dental conditions. Examples of dental conditions that may prevent you from performing optimally include (1) the presence of impacted or erupted wisdom teeth that cannot be maintained in a state of health, (2) cavities that may become emergent problems if not restored immediately, or (3) active orthodontic appliances (braces). Active orthodontic appliances are a disqualifying condition for Academy admission. All orthodontic treatment must be completed, devices removed, and retainers (if indicated) in place prior to entering the Academy. Don't forget to bring your retainers with you to the Academy!

Wisdom teeth may cause lost academic time and possible delays in pilot qualification for cadets. It is highly encouraged for you to visit your family dentist for a thorough dental examination, paying particular attention to the above-mentioned concerns. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Academy will maximize your dental health, prevent lost academic time, minimize any dental conditions affecting pilot qualifications and go a long way toward ensuring your success as an Air Force cadet. If your civilian dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. However, it would be best to have at least 8 weeks of healing between when the surgery is completed and when you arrive at the Academy.

Upon arrival at the Academy, you will commence with a myriad of in-processing actions including a dental screening. There is no need for you to bring your dental records or X-rays from your civilian dentist.

Medical FAQ

My child is enrolled as a cadet at the United States Air Force Academy. Do I need to maintain them on my health insurance plan?

It is highly encouraged that you maintain your child as a beneficiary on your health insurance for at least the first year to ensure they are covered in the event they are disenrolled or decide to separate on their own.

How does my child enroll for healthcare while at the United States Air Force Academy?

Once Cadets in-process, they will be enrolled in TRICARE Prime. TRICARE Prime is similar to a civilian HMO. In this program Cadets will be assigned to a Primary Care Manager (PCM) and will receive all their primary care/specialty care at the United States Air Force Academy Military Treatment Facility (MTF).

How does my child receive primary and specialty care services while at the United States Air Force Academy?

Primary care is received by calling the clinic and making an appointment to see their PCM. If a Cadet requires specialty care services for further diagnosis or treatment, they must first see their PCM and the PCM will submit a referral to access services from specialty practitioners and coordinate the referral request through United Health Care, who is the region wide Managed Care Support Contractor.

Primary Care definition– Basic or general health care traditionally provided by doctors trained in: family practice, pediatrics, internal medicine, and occasionally gynecology.

Specialty Care definition– Specialized health care provided by physicians whose training focused primarily in a specific field such as neurology, cardiology, rheumatology, dermatology, oncology, orthopedics, ophthalmology, and other specialized fields.

What happens if my child is away from the United States Air Force Academy and they need emergency care?

If a Cadet is outside the local area and requires emergency care, they should go directly to the emergency room and then must notify their PCM as soon as they are physically able and make them aware of the situation. If the Cadet requires urgent care they need to call their PCM and obtain authorization to seek medical care from the local urgent care clinic/emergency room. Failure to alert their PCM could result in a Point of Service charge where the Cadet is responsible for the bill. If this occurs the cadet could submit the claim through their parents' medical insurance if they are still a covered beneficiary.

Medical Emergency definition – Sudden, unexpected medical conditions that, in the reasonable judgment of a sensible person, would endanger a person's life, limb, eyesight or seriously harm the person's health if not treated immediately by a licensed medical professional.

Urgent Care definition – Conditions that require same-day attention but do not pose an immediate threat to your health, life, limb or eyesight.

What happens if my child disenrolls (voluntary/involuntary) from the United States Air Force Academy before they are commissioned?

If the Cadet chooses to separate, it is in their best interest to ensure all medical treatment is received prior to separation. Any continued care post-separation will be authorized only on a case-by-case basis (predominantly coordinated prior to separation). If the Cadet is insistent on separating, they must understand that further medical care is their financial responsibility unless eligible for Veterans Administration (VA) benefits.

Dental FAQ

If I don't have my wisdom teeth removed before I get to the Academy, does that disqualify me?

No. If you would like to get ahead of the game and are planning to have a career in aviation then it would be in your best interest to consider having your wisdom teeth removed before getting to the Academy. If your civilian dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. However, having your teeth pulled one week before getting here is probably not a good idea. Ideally, it would be best to have at least 8 weeks of healing between when the surgery is completed and when you arrive at the Academy. Cadets will have an evaluation of retained wisdom teeth prior to graduation as part of routine dental examinations.

You stated the Cadet Dental Clinic now has digital x-rays and not to bring x-rays from my civilian dentist. However my dentist also has digital radiographs, can I bring my digital x-rays?

We cannot guarantee your dentist's digital x-rays will be compatible with our system. If you bring digital x-rays, they must be on a CDROM and in DICOM format. Due to compatibility reasons, even if you bring digital x-rays on a CDROM, we may still need to take new or additional x-rays.

Do I need to bring my civilian dental records?

No. You do not need to bring your records. Once you arrive we will be initiating your permanent military dental record which will be maintained at the Cadet Dental Clinic.

After I arrive at the Academy can I still get treatment at my civilian dentist on breaks?

Yes you may. However, routine dental treatment as a Cadet (and while on Active Duty) is an entitlement and there is no cost for this dental benefit. If you do decide to get treatment by your civilian dentist we will need to document any treatment you receive at your dentist's office to assure your military dental record is a true reflection of your oral condition and is up to date. You must bring a copy of the treatment you received so it can be incorporated into your military dental treatment record. Keep in mind that you are responsible for the cost of the treatment rendered by your civilian dentist. The military WILL NOT reimburse you for any of the expenses you incur.

Continuation of Medical Insurance Coverage

We highly recommend your parents contact their insurance carrier and inquire as to whether you may legally remain on their health insurance policy while you are a cadet. During your time at the Academy, you do have medical coverage. However, if you leave the Academy for any reason, to include disenrollment for a medical condition, the Air Force will no longer be financially responsible for any medical expenses you may incur once your identification card expires. After graduation you will no longer need to have separate medical insurance coverage because you will be on active duty with medical coverage.

Active Duty Personnel

Active duty personnel will out-process through their servicing Military Personnel Section (MPS) Relocation Section. Instructions will be forwarded from Cadet Personnel to the MPS with processing instructions when they are notified you have accepted an appointment. All prior service members should print out a copy of their Personnel Records Data Application (PRDA) record, and a Career Data Brief (CDB) from Virtual Military Personnel File (VMPF) prior to arrival. It is vital that copies of technical school certificates and any awards decorations won (AFCM/AFAM) are printed out as well. PRDA records are removed from the server once in-processed at USAFA. These documents will be used to complete the DD Form 214 once DOS/ETS expires.

Air National Guard (ANG)/AF Reserve (AFR) Personnel

All ANG/AFR members must have a signed DD Form 368, Request for Conditional Release, prior to arriving at USAFA. Upon in-processing, USAFA/A1A Cadet Personnel Section will send the finalized release form back to members unit to start the separation process. This is vital to ensure proper separation has taken place in all applicable database systems. **Those members who fail to turn this form in during in-processing will have pay issues.** For any questions about this process please contact the USAFA/A1A Cadet Personnel Office at 179-333-3244.

Arrival Procedures (Print the arrival procedures section and carry it with you to have emergency contact information)

Selecting Your Mode of Travel

You will be given the opportunity on your portal to select your mode of travel. The options are listed below and we ask that you carefully consider them and discuss them with your family before making your selection on your portal, as there will NOT be an option to make changes. Please choose from the following:

1. Appointee requests the Government purchase a commercial airline ticket:
 - a. Best for those appointees traveling alone.
 - b. Please note that we are required to utilize the government contract carrier for the tickets and cannot match your tickets with family members or others.
 - c. The flight will be booked from the airport closest to your home of record to the Colorado Springs Airport.
 - d. You will complete a travel voucher upon in-processing and receive per diem (meals and incidental expense allowance) entitlement for travel to the Academy. See Travel Reimbursement section for details.
 - e. Changes will not be allowed.
2. Appointee will make own travel arrangements by purchasing airline ticket or driving to Colorado Springs, CO:
 - a. Best for those traveling with family members, departing from location other than home of record, or taking vacation en route.
 - b. Arrange your own commercial airline travel to the Academy. Appointee will be reimbursed for the actual cost of the airline ticket from airport nearest home of record to Colorado Springs Airport, not to exceed the cost of a government procured ticket.
 - c. Travel by private auto to the Academy. Appointee will be reimbursed 23 cents per mile and entitled to a maximum per diem allowance of \$140 a day for the allowable travel time. See Travel Reimbursement section for details.

Commercial Airline Ticket Provided by USAFA

When you select commercial air travel to the Academy, the Traffic Management Office, Passenger Services Section, will confirm and issue an electronically issued (E-Ticket) itinerary from the airport closest to your home of record to Colorado Springs Airport. The itinerary will be emailed to you. Flights will not be scheduled into Denver International Airport. If you do not receive your itinerary by 19 June 2017 please email admissions at USAFA_RRS.ORGMAIL@USAFA.EDU. Admissions will work with the travel office to ensure you receive it.

Commercial Airline Ticket Purchased by Appointee/Family

If you are considering taking a vacation en route to visit family, friends, etc., leaving from a location other than your home of record, or will be traveling with family, please make your own travel arrangements rather than having the Academy make your arrangements. Please keep in mind that reimbursement guidelines cover airline tickets into Colorado Springs Airport from the airport closest to the appointee's home of record. Please refer to the travel reimbursement section before arranging travel.

Driving to USAFA

The Academy is located fifty-five miles south of Denver, Colorado, and eight miles north of Colorado Springs, Colorado, on Interstate Highway 25. If you travel to the Academy by car, you will find that entrances to the Academy from the highway are clearly marked. The drop-off point to begin in-processing is the AOG building, Doolittle Hall. Plan to enter by the North Gate; signs will be posted. Doolittle Hall is easily accessible from either entrance to the Academy. In addition, signs will be placed along Academy roads on the day of your arrival to direct you to Doolittle Hall. Please refer to the travel reimbursement section before arranging travel.

Lodging

It is important that you make arrangements to arrive the day prior to in-processing to mitigate any delays and be available to report on 29 June at your assigned time. Overnight lodging is not available on the Academy, and you cannot begin in-processing before 7:00 a.m. You are responsible for making your own hotel reservations and acquiring accommodations. If you plan to stay in the vicinity of the Academy the night prior to in-processing, we suggest you make reservations early, even prior to receiving your airline ticket itinerary. Because Colorado Springs is a major tourist center, hotel and motel reservations are at a premium from Memorial Day through Labor Day; in particular, lodging close to the Academy may be limited due to the number of arriving appointees. **The cost of the hotel/motel, meals, and commercial transportation to/from the hotel, is at your expense; the appointee will be reimbursed after filing a travel voucher (lodging up to a maximum total of \$97.00 with a receipt for reimbursement, (Airbnb claims are not authorized); commercial transportation is reimbursable, tips are not reimbursable).** You should also check to see if your hotel provides free shuttle service from Colorado Springs airport.

There are many hotels in the north Colorado Springs area, readily found by a simple internet search; the following list of those located around the Academy is extensive but not exhaustive (no US government endorsement implied):

Commerce Center Dr (off I-25/Woodmen Road)

Hampton Inn North
Embassy Suites
Microtel Inn/Suites
Fairfield Inn/Suites
Holiday Inn Express
Staybridge Suites

I-25/Academy Blvd

The Academy Hotel
Comfort Suites
Days Inn
Plaza Inn
Econo Lodge
Howard Johnson
Super 8

I-25/InterQuest Parkway

Residence Inn
Hampton Inn/Suites
Drury Inn

I-25/Briargate Parkway

Hilton Garden Inn
Homewood Suites

If you are traveling unaccompanied to the Academy and will arrive the day prior to in-processing, you may register with the Association Of Graduates (AOG) for “bed-and-breakfast” lodging with the family of an Air Force Academy graduate or Academy staff member. The host will also provide your transportation to Doolittle Hall the next day for in-processing. This is one of many services provided by the AOG. Please register on-line for the "Bed and Breakfast" program after travel arrangements are finalized. The AOG telephone number between the hours of 7:30 a.m. and 4:30 p.m. is: 719-472-0300 ext. 148.

To participate in the Bed and Breakfast Program, you must follow these step-by-step instructions:

1. Wait for your itinerary from the Academy Travel office or if you are making your own travel arrangements, your itinerary or e-ticket. The AOG WILL NOT accept reservations until after you have your itinerary in hand.
2. Register on the AOG website at [https://www.usafa.org/Parents/Bed and Breakfast](https://www.usafa.org/Parents/Bed_and_Breakfast). Be prepared to provide your name, address, cell phone number, home phone number, gender, e-mail address, entire flight itinerary (including flight numbers, departure and arrival times), parents' names, parents' daytime phone number, and daytime e-mail address. If you are unable to register online, call the AOG at the number above.
3. Wait for the AOG to provide you details on the host family. This is normally available after Monday, 27 June.
4. Contact the host family to finalize details. You must call the host family directly to make final arrangements. Host families pick appointees up at the airport, or you can make other arrangements as necessary. This decision is between the host family and the appointee.

If you are part of the Bed and Breakfast program and your flight is delayed, make sure to inform your host family. If you are unable to contact your host family, please call 719-472-0300 and ask for the Bed and Breakfast Coordinator.

Upon arriving at the Colorado Springs Airport on 29 June, appointees should report to the information center near baggage pickup. If you are staying at a hotel, you can either catch a hotel shuttle (if provided) or get a commercial taxi at the taxi stand outside (taxi cost at your own expense). If you are staying with an AOG Bed and Breakfast host, an AOG representative at the information booth will help connect you with your host for pickup.

If you experience any major problems, delays, or difficulties during your travels to Colorado Springs or to your destination for staying overnight, you can call the Colorado Springs Regional Command Post at 719-333-2633 (manned 24/7), and ask to be connected to the In-processing Director. If you requested government travel, contact Manassas Travel at 888-236-5085 for help in coordinating travel during delays or difficulties. If you are staying with a Bed and Breakfast host and cannot reach them, please contact the AOG first at 719-472-0300; if unsuccessful, call the Colorado Springs Regional Command Post.

Reporting to In-processing

You should arrive at Doolittle Hall 15 minutes prior to your assigned reporting time. Reporting times will be posted on your admissions portal **two weeks prior to in-processing day**. You should eat a good breakfast prior to arriving at the Academy in-processing area. If you are staying at a hotel, you must obtain your own transportation (i.e., commercial taxi) **at your own expense (reimbursed on your travel voucher)** to Doolittle Hall. The primary commercial taxi company that has pre-approved access onto USAFA is the Yellow Cab Company, 719-777-7777. If you have any questions, or problems getting transportation to Doolittle Hall, contact the Colorado Springs Regional Command Post at 719-333-2633 and ask to be connected to the In-processing Director. Late night arrivals (after 4:00 p.m.) will also need to contact the Colorado Springs Regional Command Post.

Travel Reimbursement

This information is provided to help you plan your transportation to the Academy. During in-processing you will complete a DD Form 1351-2, Travel Voucher, claiming the authorized expenses incurred for your travel. A complete travel itinerary is required, so please keep track of all dates involved. You do not need to track intermediate stops in your itinerary unless you remain overnight or change travel modes (airline, commercial vehicle, private vehicle, etc.).

A person entering a Service Academy is authorized allowances for the travel performed, not to exceed allowances for the official distance between the abode, home or school; the person certifies the place from which travel began, to the Service Academy. This location is shown in the orders directing your travel to the USAF Academy.

Travel by air:

You are highly encouraged to request a government furnished airline ticket when you select your mode of travel to the Academy. Your per diem (meals and incidental expense allowance) entitlement for travel on an airline to the Academy is approximately \$44.25. If you choose to purchase your own airline ticket, please note that you may only be reimbursed up to the government rate for a ticket from your home of record to the Colorado Springs Airport and the per diem rate. The following information and documentation, if applicable, is required when completing your travel voucher:

1. Your airline itinerary
2. Distance from your home to the airport
3. Receipts for personally purchased airline tickets
4. Receipts for reimbursable expense items such as taxi fares of \$75 or more
5. Cost of passport and/or visa (International Students only)

Travel by private auto:

Should you decide to travel by private auto to the Academy, you will be entitled to reimbursement of 17 cents per mile based on paragraph 2 above. You are also entitled to a maximum per diem allowance of \$142 per day for the allowable travel time. Travel time is computed and paid for the lesser of: one allowable travel day for each 350 miles of the official distance or actual time used to complete the travel. The entitlement to the mileage allowance is dependent on you being the owner/operator of the vehicle. To be considered the owner/operator of the vehicle, you must be responsible for the operating costs of the vehicle, i.e., pay for the gas. It is not necessary to track your actual mileage or provide copies of your meal or hotel receipts.

Other commercial ground transportation:

You may also utilize and receive reimbursement for bus or rail transportation. Keep all receipts associated with this travel.

Questions about Travel Reimbursement:

Contact the Academy Financial Services Office, at 719-333-4298 for questions concerning your travel entitlements.

Note: If for any reason under your control, you refuse to take the Oath of Office as a cadet upon your arrival at the Academy, or if because of fraudulent reasons you cannot become a cadet, you will not be entitled to any travel expense reimbursement. Failure to take the Oath of Office will negate ALL entitlements for travel expenses to the Academy, as well as travel expenses back to your home. This means you will have to pay your own way to and from the Academy. The government cannot pay you for these expenses if you have not been sworn in as a United States Air Force Academy cadet.

Military

Basic Cadet Training (BCT)

Basic Cadet Training provides the basic cadets a professional, challenging, and motivating experience through an introduction to the Academy and the military profession. The mission of the program is to develop highly disciplined, physically fit fourth-class cadets to be accepted into the Cadet Wing. The daily schedule during basic cadet training will enable basic cadets to exercise effective use of time management. You'll wake at 4:30 a.m. and beddown at 9:30 p.m. Each day is filled with scheduled training activities.

Upper-class cadets will teach you Air Force heritage, customs and courtesies, regulations, marching and drill, and how to live by the cadet honor code. You'll be assigned to one of 8 basic cadet squadrons, and upper-class cadets will inspect your room and uniforms.

Some time is built into your daily schedule to relax for a very brief period, and every morning and evening there is time to shower and attend to personal hygiene. For a short time, just before lights out, you may study, write letters, or prepare for the next day's training. Adequate time is allowed for sleep, meals, breaks, and religious worship.

The BCT program will test your physical and mental capabilities as you begin the transition from a civilian lifestyle into the rigorous military lifestyle of the profession of arms. It would be in your best interest to show up in shape and ready for the task.

You'll dress in the same uniform as all other basic cadets. Male basic cadets will receive two short haircuts during BCT for uniformity and hygiene reasons. Female basic cadet's hair will not extend beyond the bottom of their collars. Even after BCT, all cadets must have a standard military haircut or style. There is a cadet beauty shop and two cadet barbershops available in the Cadet Area.

During most of BCT, you'll wear a camouflage Airman Battle Uniform (ABU) for military training, and blue shorts and white T-shirts for exercising and intramural sports competition. As a basic cadet and throughout your fourth-class year, **you won't be permitted to wear civilian clothes** until approved by the Cadet Wing Commander, sometime after Recognition in the Spring.

In your first weeks at the Air Force Academy, the upper-class cadets who work BCT will teach you military discipline and decorum.

You'll increase your alertness, physical endurance, emotional stability, self-reliance, and individual initiative. Also, you'll continually experience rigorous discipline and the need for attention to detail and punctuality.

Taking orders from upper-class cadets, who are about the same age or sometimes younger than you, may be difficult at first; however, these upper-class cadets have the authority and responsibility to train you as a new cadet and discipline you as a new cadet, and they will learn to lead while you learn to follow. **Remember, you'll be going through the same experiences they've already been through, and you'll become a leader in your upper-class years.**

All basic cadets must stand at attention and address all staff members and members of the upper-class as "sir" or "ma'am." You, in turn, will be addressed as "basic cadet" with your last name.

A squadron identity develops as you learn to work together in military drill and ceremonies, intramural athletics, and a wide variety of other squadron activities. While this transition may sound difficult, it is a positive experience, and before it is all over, you'll be thankful for it. If you have trouble adjusting to BCT, you are encouraged to ask for assistance from your cadet chain-of-command, your Air Officer Commanding (AOC) or Academy Military Trainer (AMT), the Peak Performance Center, or a Chaplain. Upper-class cadets in each BCT squadron are trained to help by providing peer counseling. Above all, you should discuss any adjustment problems as soon as possible.

BCT is designed to challenge your comfort zone; to transform you to be more confident, fit, positive, motivated, and disciplined. You cannot imagine the positive change you will see in yourself! It is normal for almost everyone to get "cold feet" at the early stages of this challenging milestone in your military career and impulsively want to quit. We believe it's best for you to not make an impulsive decision that will have a huge impact on your life. Therefore, disenrollment from USAFA while in BCT will be allowed for medical reasons only.

During BCT, your parents and friends are not allowed to call or visit you. You'll be instructed to write home immediately after arriving and give them the name and phone number of your BCT AOC.

If your AOC cannot be contacted in an emergency, your parents can reach you by calling the Cadet Wing Command Center at (719) 333-2910, 2911 or 2912 (only for emergencies, no social calls).

Military Expectations

Expect the unexpected. Prepare to get pushed beyond what you think your limits are and expect to succeed. The purpose of the Air Force Academy is to train leaders of character--officers who ascribe to our core values of integrity first, service before self, and excellence in all we do. To that end, we seek to ensure that each graduate enters the Air Force with a unique combination of education and experience--military, athletic, academic, and ethical--designed to produce leaders who have special qualities. The experiences are largely intellectual and physical challenges. The challenges begin in BCT and continue across the next four years. Meeting those challenges requires dedication, sacrifice, stamina, and courage. If you don't stay long enough to try the totality of the experience, you are short-changing yourself and our program.

Typical Cadet's Day

During the academic year, from early August through May, you'll have a busy schedule of classes, study periods, military training, and athletic participation. You'll awaken by 5:30 a.m. in order to be at breakfast at 7:00 a.m. You'll rise in time to put your room in order, dress in the cadet uniform of the day, and be on time for breakfast. After breakfast you'll attend morning classes, which begin at 7:30 a.m. You'll attend classes or study until 11:23 a.m., when you'll go to your squadron area for the noon meal formation. You'll march to lunch with the cadet wing and have 20 minutes to eat. After lunch there are three classes or study periods in the afternoon, followed by athletics, squadron military training, and/or extra academic instruction. Evening mealtime is from 5:00 to 7:00 p.m., and academic call to quarters is at 7:50 p.m. Some military activities will be required in the evening, but most of the time will be devoted to studying in your room or in the library. Your day ends with Taps and lights out at 11:00 p.m. Most cadets find that there is not enough time during the day to complete all their assignments and fulfill all their responsibilities. They learn that time management and prioritization are two skills key to survival. The daily schedule will vary during the summer, but you'll be busy throughout the day.

Rooms in the two dormitories are similar. Every cadet room has a twin size bed, dresser, and desk for each cadet. There is a proper location for everything you're allowed to have in your room, and you'll be expected to keep your room in perfect order.

Bi-weekly "casual" room inspections ensure you are meeting standards while frequent (1 to 2 per month) formal room and uniform inspections are guaranteed to teach you the meaning of "attention to detail." In addition to keeping your room clean you are also required to maintain a perfect uniform. You'll learn the intricacies of ironing and all the different ways to keep your shoes shined every day.

Weekends

Generally two weekends per month are devoted to military training. Training is from Friday afternoon through early Saturday afternoon. Activities during this time include room and uniform inspections, parades, marching practice, military briefings, guest speakers, and professional military education and training. On non-training weekends you'll be permitted to leave the Academy if you have liberty to use. The Academy refers to liberties and authorizations as permission for cadets to leave the Academy during off duty periods. Your individual passes on Friday evening, Saturday, and Sunday will depend on your class and on your overall squadron performance. Authorizations and liberties are gradually increased by class in recognition of added maturity and responsibility.

Leave

You will receive approximately five days of leave each Thanksgiving, two weeks at Christmas, one week during the spring, and two to three weeks of summer break (after your first year), based on the training programs you will be taking. Please note that if you are deficient in academics or athletics you may be directed to participate in specific programs in lieu of summer leave.

Aviation, Airmanship, and Space Programs

A very large part of the Academy experience involves flying, unmanned aerial systems, and space courses. Many cadets volunteer to enroll in a soaring course, where they can pilot a glider and have the chance to solo.

You'll also have an opportunity to take an elective course in free-fall parachuting, complete five free-fall parachute jumps and receive your basic military jump wings. Cadets who volunteer for the elective space course learn about current Air Force space mission areas with hands-on experience and the opportunity to upgrade to a certified ground station operator for USAFA's own satellite, FalconSAT. Additionally, cadets can explore one of the newest areas of Air Force operations by planning and piloting unmanned aerial systems over the Academy reservation.

Other aviation courses offered vary, ranging from a course on Air Force combat operations to courses designed to prepare graduates to excel at Specialized Undergraduate Pilot Training (SUPT). We even offer select cadets a chance to serve as Cadet Aviation Instructors, where they gain invaluable leadership experience both in the air and on the ground. Cadets at the Academy who demonstrate high levels of ability in airmanship programs can compete at the intercollegiate level. All of the cadet aviation teams are nationally recognized and perennially earn top honors. These teams also conduct demonstrations at public events, nationally and internationally.

Military Commitment

When you arrive at the Academy, you will be asked to take the Oath of Office and sign an agreement that you will fulfill the following obligations listed below:

Complete the course of instruction at the Academy and serve on active duty as a commissioned officer at least five years after graduation. Further, after entry on active duty, you may incur an additional active duty service commitment that extends beyond the minimum 5-year requirement stated above, i.e., currently a 10-year active duty commitment is incurred for those graduates who complete Specialized Undergraduate Pilot. Graduates completing Undergraduate Navigator, Air Battle Manager, Combat Systems Officer, Combat Rescue Officer, Special Tactics Officer or Remotely Piloted Aircraft Training incur a 6-year active duty commitment.

If authorized to resign from the Air Force before the eighth anniversary of your graduation, you must serve as an officer in the Reserve Component until that eighth anniversary.

Those disenrolled prior to graduation may be required, at the option of the Secretary of the Air Force, to either serve on active duty or reimburse the United States government for the entire cost of their Academy education. Freshmen and sophomore cadets are ordinarily relieved from all military duty, active or reserve. The active duty commitment varies according to the number of years the cadet has attended the Academy. Cadets ordered to reimburse the cost of their education incur a liability for each year of instruction. Cadets who fail to complete their required period of active duty also incur a liability to reimburse the United States for an appropriate portion of the cost of their Academy education.

Academics

Academic Program

The Academy's academic program is a major element of preparation for your chosen profession. While every cadet must complete a prescribed minimum academic program, your own individual background and ability may offer you additional educational opportunities. During your first week at the Academy, we'll give you placement examinations in general chemistry, mathematics (algebra, trigonometry, and calculus), and foreign language. These exams will determine whether we can give you validation credit or place you in advanced or accelerated courses. If you have completed a college course, completed a high school course at college level, or have special preparation through self-study, you may attempt to validate other subjects by examination. If you have taken any Advanced Placement (AP) tests as part of your AP examinations or International Baccalaureate (IB) tests, please ask that the results be reported to the Academy, HQ USAFA/DFRR, 2354 Fairchild Dr, Suite 2G13, USAF Academy CO 80840-6210. If you review your recent courses and textbooks, it will help you do well on the placement exams.

Behavioral Sciences and Leadership

Validation: Validation credit for Behavioral Sciences 110 is awarded for a score of 5 on the College Board's AP Psychology examination as well as scores of 6 or 7 in Psychology from the International Baccalaureate program. Validation credit for AP scores occurs automatically if AP scores are reported directly to USAFA from the College Board at the student's request. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFR) or the Department of Behavioral Sciences and Leadership's Advisor-in-Charge (AIC).

Transfer: If you took a freshmen level psychology course at another university or college, you may qualify for transfer credit. Transfer credit is awarded if the following criteria are satisfied: (1) the course content must be equivalent to a current psychology course as taught by the Department of Behavioral Sciences and Leadership, (2) you must have earned a grade of "A-" or above for consideration. For transfer credit to be granted, cadets must provide a syllabus and course description, along with transcript evidence of an "A-" or above grade to the Department of Behavioral Sciences and Leadership's AIC.

Questions: Address any questions to the Department of Behavioral Sciences and Leadership, HQ USAFA/DFBL, 2354 Fairchild Dr, Suite 6L101B, USAF Academy CO 80840, Telephone 719-333-2514 (ask for the AIC).

Mathematics

Placement. Your performance on our placement examinations is the primary factor in determining the appropriate mathematics course for you at the Academy. We administer these examinations shortly after you arrive. Cadets seeking to advance beyond differential calculus must exhibit very strong algebra and trigonometry skills, regardless of their performance on the calculus portion of the exams. You are strongly encouraged to review the practice algebra/trig exam by going to the Placement Exam Preparation link located at http://www.usafa.edu/df/dfms/exam_prep.cfm?catname=dfms. Note: a calculator IS NOT permitted on the placement exams.

Validation. If you have taken the College Board tests (AB version of the AP Calculus Exam, BC version of the AP Calculus Exam, or the AP Statistics Exam) and received a grade of 4 or 5, then you may be awarded validation credit. However, there is no guarantee of receiving credit; decisions will be made in conjunction with your performance on our placement exams. Students should request the College Board send AP exam scores directly to the USAF Academy. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFR) or the Department of Mathematical Sciences Advisor-in-Charge (HQ USAFA/DFMS, 2354 Fairchild Dr, Suite 6D104, USAF Academy CO 80840-6252).

Transfer. If you have received college credit at an accredited 4 year institution for a course equivalent to any calculus or higher mathematics course described in the USAFA curriculum handbook or on the DFMS website <http://www.usafa.edu/df/dfms> under Course Offerings, then you may apply for transfer credit. However, there is no guarantee of receiving transfer credit. Decisions will be made based on equivalency of course topics, the grade received, and scores on our placement exams. To apply for transfer credit, send the official transcript to Admissions (HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025) per their deadline. If after the deadline, send official transcripts to the Office of Student Academic Affairs & Academy Registrar (HQ USAFA/DFRR, 2354 Fairchild Dr, Suite 2G13, USAF Academy, CO 80840-6210) or to the Department of Mathematical Sciences (HQ USAFA/DFMS, 2354 Fairchild Dr, Suite 6D104, USAF Academy CO 80840-6252) with a specific list of the courses for which you would like to receive transfer credit.

Questions: Department of Mathematical Sciences - telephone 719-333-4470).

Physics

Validation. Validation credit is awarded for scores of either 4 or 5 on the College Board's AP examinations in Physics, Version C (calculus based). IB programs are not accepted for validation credit. Take the Mechanics AP-C exam to validate Physics 110 and the Electricity and Magnetism AP-C exam to validate Physics 215. In addition, validation exams are offered to cadets near the beginning of each semester. Students should request the College Board send AP exam scores directly to the USAF Academy. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (HQ USAFA/DFRR, 2354 Fairchild Dr., Suite 2G13, USAF Academy CO 80840-6210).

Transfer. If you took a calculus-based introductory college physics course, you may qualify for transfer credit. Transfer credit is awarded if four criteria are satisfied: (1) the course content must be equivalent to either Physics 110 or Physics 215, (2) the course must be calculus-based, (3) the course must have a laboratory component, and (4) the student must have earned a grade of B or higher. You should work with your academic advisors and the Physics Department immediately upon arriving at USAFA to determine transfer credit.

Questions: Address any questions to the Department of Physics, HQ USAFA/DFP, 2354 Fairchild Drive, Suite 2A31, USAF Academy CO 80840-6254. Telephone 719-333-3510 (Director of Core Programs.)

Biology

Validation. Validation credit for the core Biology course is awarded for scores of 4 or 5 on the College Board's AP examination in Biology; for scores of 6 or 7 on the IB Standard Level (SL) exam in Biology; or for scores of 5, 6, or 7 on the IB Higher Level (HL) exam in Biology. Validation credit for AP scores occurs automatically if AP scores are reported directly to USAFA from the College Board. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (HQ USAFA/DFRR, 2354 Fairchild Dr., Suite 2G13, USAF Academy CO 80840-6210).

Transfer. If you took a biology course at another university or college, you may qualify for transfer credit. Transfer credit is awarded if the following criteria are satisfied: (1) the course content must be equivalent to a current biology course as taught by the Department of Biology, (2) you must have earned a grade of "B" or above for consideration. For transfer credit to be granted, cadets need to provide a syllabus and course description, along with transcript evidence of a "B" or higher grade to the DFB AIC or to the core Biology Course Director.

Questions: Address any questions to the Department of Biology, HQ USAFA/DFB, 2355 Faculty Drive, Suite 2P389, USAF Academy CO 80840-6226, telephone 719-333-2720 (ask for the AIC).

Chemistry

Validation/Transfer. Chemistry is required of all graduates of the Academy. All cadets must complete the first semester course (Chem 1). Most cadets will also take the second semester course (Chem 2). You can fulfill these requirements in one of three ways. A cadet candidate can:

(1) Take two semesters of chemistry with laboratory from an accredited college or university, receive a grade of A or B (as documented by an official transcript sent to the USAFA Registrar's Office), and do well on our Chemistry Placement Exam given within the first week of your arrival to Basic Cadet Training. If all of these are met, you will then be given transfer credit for both Chem 1 and Chem 2;

(2) Take the AP Exam in Chemistry in high school, score a 4 or 5 (as documented by having the score reported directly to the Registrar's Office), and score well on the Chemistry Placement Exam. You will then be placed into Chem 2 and upon completion, be awarded validation credit for Chem 1 (As described below, you may also be placed in Chem 2 during your first semester if you score exceptionally well on the Chemistry Placement Exam, have an excellent math background, and very strong academic credentials);

(3) Complete Chem 1 at the Academy. Upon completion of Chem 1, you may opt to take Chem 2 as one of your science electives.

Send all official transcripts to Admissions (HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025) per their deadline. If after the deadline, send official transcripts to the Office of Student Academic Affairs & Academy Registrar (HQ USAFA/DFRR, 2354 Fairchild Dr, Suite 2G13, USAF Academy, CO 80840-6210). If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFR).

Placement. Shortly after arriving at the Academy, you will take the Chemistry Placement Exam to determine your placement in Chem 1, Chem 2, or whether you can be awarded transfer/validation credit based on the criteria above. Therefore, it is vital you do your best on this exam. A solid foundation in atomic theory and structure, stoichiometry and equations, chemical bonding, and states of matter (gases, liquids, solids and solutions) is essential to performing well on the placement exam. You are strongly encouraged to review this material prior to your arrival. NOTE: a calculator is not permitted during the placement exams. All of the core chemistry courses meet every other day and have a minimum of 10 laboratory lessons per semester. Chem 1 validation or transfer credit is awarded upon successful completion of Chem 2 if taken during the first semester.

Questions: Questions regarding this should be addressed to the Department of Chemistry, HQ USAFA/DFC, 2355 Fairchild Dr, Suite 2N225, USAF Academy, CO 80840-6230, Telephone 719-333-2960.

English

Placement. Your score on either an AP or IB test or your grade in a college-level writing course will determine whether you will receive validation or transfer credit for English 111, Introductory Composition and Research.

Validation. You may validate English 111 by taking: 1) the College Board's AP exam in literature/composition or language/composition (you must score a five on either test) or 2) the IB exam in literature (you must score at least a five). Validation credit for AP scores occurs automatically if AP scores are reported directly to USAFA from the College Board at the student's request. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFR).

Transfer. You may qualify for transfer credit if you earned an A- or higher in a freshman English composition course at an accredited four-year college or university. You may also qualify for transfer credit if you earned an A- or higher in an English composition course at an accredited two-year college AND also scored exceptionally well on the verbal component of the SAT or ACT exam (700+ SAT or 30+ ACT). College courses that are taught in a high school and given concurrent high school credit do not qualify for transfer credit. We only award transfer credit for courses that include numerous writing assignments, instruction in argumentation, and a significant research paper. We will check transcripts submitted to USAFA to determine whether you meet these requirements. Once you begin academic classes, if you feel you were eligible for validation or transfer credit but have not been awarded it, please bring relevant documents (scores, college transcript, course description, and in some cases standardized test scores) to the English 111 Course Director. Send all official transcripts to Admissions (HQ USAFA/RRS, 2304 Cadet Drive, Suite 2300, USAF Academy CO 80840-5025) per their deadline. If after the deadline, send official transcripts to the Office of Student Academic Affairs & Academy Registrar (HQ USAFA/DFRR, 2354 Fairchild Dr, Suite 2G13, USAF Academy, CO 80840-6210).

English as a Second Language

You may qualify for the English as a Second Language (ESL) Program if the first language you learned was not English or if you speak another language at home. If you need information about this program, write to us at ESL Coordinator, HQ USAFA/DFRS, 2354 Fairchild Hall, Suite 2G13, USAF Academy CO 80840-6242, or call us at 719-333-0787. You can also get in touch with us in the Office of Student Academic Affairs & Academy Registrar after you arrive at USAFA.

History

Placement. Your score on either an Advanced Placement or International Baccalaureate test, or your grade in a college-level history course will determine whether you will receive validation or transfer credit for History 300 (World History), History 344 (Early European History), History 345 (Modern European History), History 351 (Early American History), or History 352 (Modern American History).

Validation. You may validate History 300, History 344, History 345, History 351, or History 352 by taking either: a) the College Board's AP exam in World History (for History 300), European History (for History 344 OR 345), American History (for History 351 OR 352) (you must score a five on either test) or b) the International Baccalaureate exam in World History, European History, or American History (you must score a five). Validation credit for History 300 occurs automatically if AP scores are reported directly to USAFA from the College Board at the student's request. If AP scores are not sent to USAFA from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFR). In regards to validation credit for History 344, 345, 351, or 352, coordinate with the Deputy Department Head, HQ USAFA/DFH, 2354 Fairchild Hall, Suite 6F101, USAF Academy CO 80840.

Transfer. You may qualify for transfer credit if you earned an A- or higher in a European, World, or American History course at an accredited four-year college or university. Please note that a Western Civilization course does not normally qualify for credit for the World History (History 300) course. College courses that are taught in a high school and given concurrent high school credit do not qualify for transfer credit. Transfer credit is awarded only for courses that include numerous writing assignments and a significant research paper. To request consideration for credit, please send a course syllabus and transcript to the Deputy Department Head, HQ USAFA/DFH, 2354 Fairchild Hall, Suite 6F101, USAF Academy CO 80840.

NOTE: We will consider credit for History 100 (Military History) on a case-by-case basis, should you have received an A- or higher in a university-level military history survey of similar scope and depth to our course.

Foreign Language

Language skills are extremely valuable to future officers. Cadets are required to take two semesters of a foreign language while at the Academy or validate this requirement. Validation can be achieved by scoring 1+/1+ on the Defense Language Proficiency Test (DLPT) in any language not taught at USAFA or by scoring high enough on the USAFA placement test in one of the eight world languages taught at USAFA: Arabic, Chinese, French, German, Japanese, Portuguese, Russian, and Spanish. You will take the placement test during Basic Cadet Training. Cadets wishing to take the DLPT should contact the Department of Foreign Languages no later than the first week of classes.

Students who choose to continue their study of a foreign language in pursuit of a language minor are eligible to compete for a variety of international education opportunities such as visits to foreign academies, language and cultural immersions and semester study abroad programs. Additionally, enrollment in language courses is required for cadets to be considered for one of our semester-long study abroad and semester exchange programs in France, Germany, Spain, Portugal, the Republic of Georgia, Chile, Mexico, Morocco, China, Japan, Singapore, Canada, Colombia, and Brazil. You will have the opportunity to state your language preferences, though we highly encourage you to consider studying Arabic, Russian, or Chinese because officers with skills in these languages are in high demand. Language placement will be based on cadet preference, academic ability, and Air Force requirements.

Questions: Address any questions to the Department of Foreign Language, HQ USAFA/DFH, 2354 Fairchild Drive, Suite 4L8, USAF Academy, CO 80840- 6242, telephone 719-333-3820.

Athletics

Physical Conditioning

Your first challenge is BCT. **You need to be in the best possible physical condition when you arrive.** Keep in mind that your physical conditioning will take place at 7,250 feet above sea level. Even a moderate training program can be demanding at this altitude. However, if you achieve a high level of fitness prior to arrival, you can expect significantly greater success during BCT. Plan to arrive at the Academy well rested. Try to develop a sleeping habit of both going to bed early and rising early. During BCT, lights out is at 9:30 p.m. and reveille is at 4:30 a.m.

PFT/AFT

To help you judge your fitness level prior to arriving we've provided the average and maximum Physical Fitness Test (PFT) and Aerobic Fitness Test (AFT) scores (below). Each fitness test is given to cadets once a semester. Arriving for BCT in shape to achieve at least the average scores shown below will better allow you to complete the physical requirements of BCT. The PFT events are performed consecutively on a three minute interval (two minutes per event and one minute to rest and transition to the next event.) The PFT and AFT will be administered during the first week of BCT and then again during a second time during the BCT program. These results will categorize your readiness status for meeting cadet wing fitness standards. For instance, earning average scores in all events listed in the table below would translate to the lowest possible "C" grade. The majority of cadets earn C+/B- grades on the PFT and AFT assessments.

AFT

PFT

	Pull-ups	Standing Long Jump	Sit-ups	Push-ups	600 Yd Run (min)	1.5 Mile Run (min)
Men Average	12	7'7"	71	48	1:53	11:15
Maximum	21	8'8"	95	72	1:35	7:45
Women Average	3	6'3"	71	29	2:12	13:31
Maximum	8	7'2"	95	48	1:53	8:55

To meet these requirements, we suggest you follow the Strength and Endurance Programs outlined below. See your "Instructions to Candidates" booklet for a complete description of both tests and suggested workouts.

Strength Program

We recommend you use a combination of two weight workouts and one circuit workout each week for strength training. If you don't have access to the necessary weight equipment, three circuit workouts a week will still prepare you for the physical rigors of BCT. Space out the recommended workouts evenly across the week by allowing a day between each of the strength workouts (for example: (Mon/Wed/Fri or Tue/Thu/Sat). Minimize the number of times you do both a strength and endurance workout on the same day, but on days you do double-up workouts, do the endurance workout after the strength workout (or do it later in the day).

MON	TUE	WED	THU	FRI	SAT	SUN
Weights		Circuit		Weights		Rest
Run*	Run		Run	Run*	Run	
*If running less than 5 days per week, avoid doubling up running and strength training on the same day.						

Be sure to warm up properly before your workout. To improve you will need to exert yourself during your workouts, but “*train don't strain*”. If the weight workout is too strenuous, do everything with a lesser weight and progress to the heavier weights as you get stronger.

Conversely, if portions of the program are too easy for you, use heavier weights. As a rule of thumb, use a weight that barely allows you to finish the last one or two repetitions in each set.

If you have questions, your high school physical education teacher might be able to assist you with your workouts. We recommend you ask for advice on fitting our program to your needs.

The two most common physical problems during BCT are blisters and shin splints. If you have these types of problems while training prior to BCT, seek help from a trainer or medical provider to correct problems before coming to the Academy. Often blisters and shin splints are the result of inconsistent or poorly planned training. Start eight weeks before BCT and progress smartly to avoid blisters and injuries.

Endurance Program

The most difficult physiological adjustments you will make at the Academy will be those associated with endurance requirements at the 7,250 foot elevation. During BCT, there is a great deal of running in formation. Total distance can reach 20 miles or more per week. In addition, you will be required to take the AFT (a mile and a half run) and the 15 minute PFT.

Past experience has shown that those who have participated in good conditioning programs prior to coming to the Academy had little problem keeping up while running in formation. To meet these requirements, you should develop a running program similar to the following:

Running Program

Week	Distance (miles)	Men's Goal Time (min:sec)	Women's Goal Time (min:sec)	Times per
1	1.00	8:00	9:30	4
2	2.00	16:0	19:0	3
3	2.00	16:0	19:0	4
4	3.00	24:0	28:3	3
5	3.00	24:0	28:3	4
6	3.50	28:0	33:1	4
7	3.50	28:0	33:1	5
8	4.00	32:0	38:0	5

Once again, your high school physical education department should be able to help you tailor a program to your individual needs. If you are not accustomed to running, avoid running on concrete or asphalt in the first two weeks; run on softer surfaces the first two weeks, (a track, grass, or dirt). Use a good pair of running shoes exclusively for the first two weeks of running workouts. Beginning third and fourth weeks start running 1 mile of recommended distance in combat boots twice a week. For final four weeks progress to 2 miles of the recommended distance with the boots on alternating running days. If your feet and legs are conditioned when you arrive at the Academy, your chances of foot injury (blisters, shin splints, stress fractures, etc.) are greatly reduced.

Suggested Workout Schedule

Weight Program Mon – Wed – Fri or Tue – Thu – Sat Warm-up

Jumping Jacks	15 seconds
Alternate toe touch	10 repetitions
Push –ups	10 repetitions
Sit-ups (bent knee)	25 repetitions
Jog, Jump Rope or Bike	5 minutes

Weight Workout

Muscle Group	Exercise
Quads	Squats Leg
Hamstring	Hamstring Curls
Chest	Bench Press Incline Press Dumbbell Flies
Stomach	Sit-ups, V-ups, etc Leg Raises Incline Sit-up
Calves	Standing Calf Raises Seated Calf Raises
Back	Lat Pull Downs Bent Rows or Cable Rows
Biceps	Bicep Curls
Triceps	Triceps Push Downs

NOTE: Each day, select one exercise from each muscle group (but alternate the exercises from day to day)

Do exercises in the above listed order – Quads first and triceps last. Sets – Do three sets of each exercise.
Reps -- Upper Body: Do 8-10 reps per set; Lower Body: Do 12-15 reps per set

Rest Interval: Allow 1 minute rest between sets and 2 minutes rest between exercises. For example, on Monday do a set of 12 squats, then rest for 1 minute. Do a second set of 12 squats, then rest for 1 minute. Do a third set of 12 squats and then rest for 2 minutes as you transition to Hamstring Curls. Follow this pattern through Bench Press, Incline Sit-ups, Standing Calf Raises, Lat Pull Downs, Bicep Curls and Tricep Push Downs. On Wednesday do the Circuit Workout (below). On Friday select different exercises for the Weight Workout, (for example Leg Press, Hamstring Curls, Incline Press, Leg Raises, Seated Calf Raises, Cable Rows, Bicep Curls and Triceps Push Downs.)

Circuit Workout

Pull-ups (palms away)	as many as possible in 30 seconds
Push-ups	as many as possible in 1 minute
Sit-ups (bent knee)	as many as possible in 1 minute
Bar Dips*	as many as possible in 30 seconds

NOTE: Do the above exercises as a circuit three times through with a 2 minute rest interval between each exercise. (For example, you have 30 seconds to do as many pull-ups as you can, then rest for 2 minutes. At the 2 minute and 30 second (2:30) point, begin push-ups for 1 minute, then rest for 2 minutes. At the 5:30 point, begin sit-ups for 1 minute, then rest for 2 minutes. Bar dips will begin at the 8:30 point and the first set of four exercises will be done at the 9:00 point. Take an extra minute between sets and start the second set at the 12:00 point. The third set will begin at the 24:00 point.

*Dips can be done between two tables if parallel bars or universal gym are not available. Start with one hand on each table separated by your shoulder width. Elbows are straight in full-arm-extension position. Bend elbows and lower chest to table height, then lift your body to the straight-arm position. This completes one dip. Repeat as many times as possible in allowed time.

Swimming Ability

Most Academy appointees have at least a basic swimming ability. Those who lack this skill will be placed in beginning swim classes in their second year at the Academy.

Overall Fitness

Remember, your physical fitness level at entry will be an important factor in determining your success as a cadet. For people in good physical condition, exercise can be an excellent tool for releasing stress. Likewise, for those in poor physical condition, physical fitness training (running, push-ups, sit-ups, etc.) can add to their overall stress level. Please don't take the preparation lightly. Any preparation you do will pay dividends this summer and throughout your years here. Work hard and good luck.

Questions: Any questions regarding the fitness training program should be addressed to the Athletic Department, HQ USAFA/ADPVT, 2170 Fieldhouse Drive, Suite E240, USAF Academy CO 80840-9500, telephone 719-333-2340

Air Force Body Composition Standards

Unless you received a weight waiver, **YOU MUST** meet the USAFA body composition standards on entry to BCT and throughout your cadet career. Any cadet above the maximum or below the minimum BMI screening weight will be taped to determine body composition. Unless authorized a temporary body fat adjustment, male cadets above the 25.0 kg/m² and 18% body fat maximum, and female cadets above the 25 kg/m² and 26% body fat maximum, will be entered into a remedial weight management program. For cadets below the 19.0 kg/m² minimum BMI, the AOC will provide their body composition measurements to the Cadet Clinic for a health assessment review (reference USAFA Instruction 36-2002, Cadet Weight and Fitness Programs).

USAFA BODY MASS INDEX (BMI) SCREENING TABLE

HEIGHT (inches)	<u>USAFA MAXIMUM</u> ALLOWABLE WEIGHT (pounds) (regardless of age or sex) BMI of 25.0 kg/m ² (regardless of age or gender)
58	119
59	124
60	128
61	132
62	136
63	141
64	145
65	150
66	155
67	159
68	164
69	169
70	174
71	179
72	184
73	189
74	194
75	200
76	205
77	210
78	216
79	221
80	227

Cadet Chapel Programs

Worship

The Wing Chaplain's office offers weekly worship opportunities to include, but not limited to, Protestant, Catholic, Jewish, Islamic, and Buddhist faiths. An All Faiths room is available for meditation and prayer. Throughout BCT there are worship opportunities available on Friday and Sunday. For worship services and times, or if there is a worship opportunity you'd like to be active in that is not listed, contact the Cadet Chapel office at 719-333-2636.

Special Programs in Religious Education (SPIRE)

Each Monday evening a variety of religious education classes are offered by the chapel staff and lay-led associate ministries. Classes combine study and discussion with fellowship activities. SPIRE is open to all cadets.

Choirs

There are five choirs sponsored by the Wing Chaplain's office—Catholic Cadet Choir, Protestant Cadet Choir, Cadet Gospel Ensemble, LDS Cadet Choir, and the Protestant Cadet Worship Team. The primary mission of the chapel choirs is to provide choral music at worship services and to represent the Air Force Academy in local and national appearances.

Cadet Interfaith Council

Each major faith group has two cadets on the Cadet Interfaith Council. This council assists the Wing Chaplains office in meeting the cadet's religious accommodation requests as well as in planning inclusive programs fostering a healthier religious climate at the Academy. The members of this council provide invaluable feedback and recommendations to the Wing Chaplains office in order to provide pastoral care and religious formation opportunities for cadets. In addition, the Cadet Interfaith Council brings cadets together in interfaith community service as well as increased dialogue and interfaith discussions to continue improving the religious climate at USAFA.

Weekend Retreats

Off-campus retreats and weekend conferences are a very important part of the Cadet Chapel's program. The Four Degree Retreat is an opportunity to reflect upon their BCT experience and their hopes and plans for the future.

Counseling and Ministry of Presence

During BCT you will see Religious Support Teams (chaplains and chaplain assistants) throughout all your activities. During the academic year, chaplains are readily accessible and available for counseling. Each of the four groups has an assigned Religious Support Team to support your mission. You have the right to see your Group Chaplain or any chaplain that meets your faith concern at any time. Additionally, you can meet with your chaplain to use them as a sounding board for life's issues in general or seek their guidance on how to navigate Air Force life.

The chaplains are here to ensure every cadet is afforded the opportunity to freely exercise his or her religious beliefs. Each chaplain ministers not only to the religious needs of cadets who identify with their denomination or faith group, but also to every cadet who seeks assistance with the free exercise of religion, with personal problems, with difficulties of faith, or with any kind of issue that needs confidential discussion. **Chaplain counselees enjoy total and absolute confidentiality—nothing discussed behind closed doors may be released without the consent of the counselee. This is a privilege that only applies to counseling with chaplains, and to no other counseling services in the military.**

Character Education

While good character is important in any profession, it is absolutely essential in a military officer. Developing outstanding character is a crucial part of an Academy education. At its foundation are the Academy Honor Code and our three core values of Integrity First, Service Before Self, and Excellence In All We Do. Our core values form the centerpiece of a cadet's ethical standards. These special standards of good conduct are inexorably tied to the military profession's unique demand for self-discipline, stamina, courage, and selfless service to the nation. We seek to establish an environment that fosters an attitude of respect, and more specifically, mutual respect. Mutual respect is the top-down and bottom-up respect between and for each person, not just their position.

The Center for Character and Leadership Development (CCLD)

The USAF Academy defines character as: “One’s moral compass; the sum of those qualities of moral excellence which move a person to do the right thing despite pressures to the contrary.” In addition, we define a “Leader of Character” as one who (1) Lives honorably; consistently practicing the virtues embodied by the Core Values, (2) Lifts others to their best possible selves, and (3) Elevates performance toward a common and noble purpose.

Therefore, the mission of the Center for Character and Leadership Development is to help create an environment where people want to relentlessly pursue the identity of a Leader of Character. To this end, the Center is organized into four divisions.

The **Honor Division** staff supports the Cadet Wing in upholding the Honor Code through education of the Honor System. 182 Cadet Honor Representatives within the Cadet Wing administer the Honor System. The Honor Code simply states “We will not lie, steal, or cheat, nor tolerate among us anyone who does.” while the Oath includes, “furthermore, I resolve to do my duty and to live honorably, (so help me God).” This is the foundation of the Academy experience. The goal of the Honor Code and Oath, CCLD, and the Academy is for cadets to pursue a path of living honorably. Living under the Honor Code demands complete integrity in word and deed. Cadets are accountable to themselves and each other. They are expected to report any Honor Code violation. The Honor Code is a minimum standard expected of cadets.

The **Cadet Character Development Division** provides multiple opportunities for cadets to practice the habits of honorable living and to strengthen their commitment to personal integrity. The Directorate conducts seminars and provides a systematic approach to developing leadership and character qualities on personal, interpersonal, team, and organizational levels. The developmental experiences that focus on character and leadership call cadets to own their attitude and effort, as well as their commitments, duty, and their role in the development process. The Center offers intentional and engaging events that assess, challenge, and support cadet development. Finally, we seek to create opportunities for cadets to practice in an attempt to create habits of honorable thoughts and actions.

All fourth-class cadets attend a personal reflection and leadership development program session, called FORCE, which focuses on developing the virtues and skills of good followership. The other three classes have similar seminars that focus on interpersonal relationships, team leadership, organizational leadership, and ethical decision-making. These seminars offer cadets an opportunity to reflect on their own character journey, their goals, and the broad set of character challenges often encountered in the course of active duty service.

This division also runs experiential learning exercises and activities on the Adventure Based Learning (ABL) course. This popular course includes both high- and low-ropes course obstacles, to include the 50-foot “Alpine Tower” climbing obstacle. These exercises help cadets and staff gain greater personal commitment to the principles of character and leadership through a powerful hands-on experience.

Additionally, the Cadet Character Development Directorate offers a variety of forums for cadets to pursue their own character and leadership development by offering a variety of exceptional symposia, forums, and other character building events. Finally, this directorate facilitates cadet service learning (community service) programs, alternative spring break opportunities, and veteran/heritage events.

The **Research, Integration and Assessment Division** is the catalyst and strategic vector for character and leadership development at the Air Force Academy. This division conducts research on the most effective methods for developing character and leadership in the cadets and also assesses the current character development programs at the Academy to ensure USAFA is meeting its mission of developing leaders of character. It produces rigorous and thought-provoking publications in the area of character and leadership, to include the nationally recognized Journal of Character and Leadership Integration.

The **Operations and Outreach Division** provides focus on the alignment of CCLD efforts within the Center, across USAFA and beyond. This focus on strategic partnerships and efficiencies enhances the reach and impact of CCLD initiatives, and brings external perspectives and best practices to our processes and programs. One particular area of outreach is to our cadet community, to ensure they have the opportunity to engage in character and leadership activities – for example the National Character and Leadership Symposium - that support their development and connect with their commitments.

In sum, character and leadership development will be a crucial, all-encompassing part of your Academy experience. From the time you enter until graduation, you can expect to see various character and leadership development programs in every aspect of your life with the ultimate goal of imbuing you with the inner desire to develop yourself and others as leaders of character.

Finance and Fee Information

Discretionary Money

Students should bring discretionary money of approximately \$275 plus any anticipated travel funds. This will allow students to purchase items needed prior to the first payday on 1 August 2017. These will include miscellaneous items such as toiletries, cleaning supplies, ironing board, etc.

Cadet Basic Pay/Advance of Pay

Cadets earn \$1,062.30 per month in basic pay. This is to cover a majority of school related expenses. Since most expenses are incurred within the first eight months (uniforms, computer, textbooks, etc.) cadets receive an advance of pay (interest free government loan) to cover these mandatory expenses. The advance is automatically collected back within two years by payroll deduction.

Cadets who separate before the advance is repaid are expected to return uniform and equipment items acceptable for resale to repay as much of the advance loan as possible. The remaining debt balance will become taxable income. The debt itself is forgiven.

Personal Checking and Share Draft Accounts

In order to receive your service pay while in BCT, the Finance Office needs to link your bank or credit union account to the Defense Finance and Accounting Services (DFAS) for direct deposit. On your portal you will need to provide your routing number and account number (not debit card number) of an existing account or you may open a new account. If you wish you may open an account at one of the two banking facilities available on USAFA listed below.

Armed Forces Bank on USAFA, is a full service bank focusing on military personnel. Armed Forces Bank is the only bank located in the Cadet area (Sijan Hall) and is fully staffed for Cadets. ATMs are also located in both Vandenberg and Sijan Hall dormitories. You may open an account at <https://www.afbank.com/secure/accounts/checking/access/>. For additional banking information or questions, contact Armed Forces Bank: phone 719-208-8780, 719-208-8970.

Air Academy Federal Credit Union (AAFCU) is a full-service financial institution offering checking and savings accounts, auto loans, and robust electronic services - including online banking, mobile app, online bill paying, and access to nearly 30,000 surcharge-free ATMs nationwide - and much more. The credit union is located on base in the Community Center, Building 5136. There are three 24-hour ATMs located on base - at the branch, Fairchild Hall, and a drive-up ATM is located between the Base Exchange and Commissary. In addition, AAFCU is a part of the Shared Branching Network, giving you access to your account nationwide. Visit aafcu.com to open an account today (use employer code Falcon22). If you need assistance or have questions, please call 800.223.1983 or 719.593.8600, or email us at contactus@aafcu.com.

Personal Debts

All personal debts must be settled before your arrival at the Academy.

Scholarships and/or Educational Investment Funds

Scholarships: Agencies should issue scholarship proceeds directly to the cadet. When a scholarship agency is unable to make payment directly to the cadet, the scholarship may be accepted for credit to the cadet's pay account provided there are no restrictions on the scholarship and the check is payable to the US Treasury. Restrictions are any condition or limitation an agency places on the use of their scholarship funds. Restriction examples: "must be used for tuition, room and/or board," "student is required to maintain a specific GPA," "scholarship funds will be paid back if cadet disenrolls," etc. Scholarships silent on restrictions will be treated as non-restrictive and accepted. Once a scholarship is accepted it is never refunded to the agency granting the scholarship, even if the cadet disenrolls. Checks should be made payable to US Treasury and mailed to HQ USAFA/FMF, 2304 Cadet Drive, Suite 2200, USAF Academy, CO 80840-5035. **NO CHECKS WILL BE ACCEPTED UNTIL AFTER 18 AUGUST 2017.** Be sure to memo the cadet's full name and social security number on the check.

Investment Plans: The individual owner or administrator of the educational investment plan determines the valid use of the funds based on specific fund requirements and any state, federal and/or IRS restrictions. The owner/administrator shall consult their financial advisor, tax advisor or legal advisor to ensure the specific fund rules are followed and if there are procedures for providing proceeds directly to the cadet. Investment plan proceeds will not be accepted and shall be returned to the originator.

The Academy is prohibited by law (10 USC 4360) from charging for tuition or room and board and does not issue IRS Form 1098-T, Tuition Statement. Any tax consequence resulting from receipt of scholarships and/or educational investment plan proceeds is the responsibility of the cadet.

Class 2021 Projected Expenses

July 2017 – June 2018

Uniforms	\$4,175
Servicemans' Group Life Insurance (SGLI)	\$ 348
Fees (Athletic, Allied Arts)	\$ 170
Textbooks/Media/KAFA/BCT & Yearbook	\$1,987
Computer (hardware, software, maintenance)	\$2,275
Personal Services (barber, laundry, tailor, linen, dry cleaning)	\$1,958
Estimated Expenses	\$10,838
Estimated Income (\$1027 X 12 months)	\$12,747

Questions: Contact the Academy Financial Service Office at 719-333-6994 or 6982 for questions concerning cadet pay.

Federal Income Tax

Your parents or guardians may have questions concerning the income tax consequences of cadet pay and allowances. This section will furnish them with that information from the standpoint of both **your** tax return and **their** return for 2017. This information is based on the tax law and current rulings of treasury officials.

However, it is informative only and should not be considered as necessarily reflecting the official position of the Internal Revenue Service (IRS).

Tax Withholding

Federal and State tax withholding will be started at the filing status of single with one exemption. The state of legal residence will be automatically input based on the home of record on file for the student. Cadets may change their state for tax withholding at any time by completing a State of Legal Residence Declaration in the Cadet Pay office, located in Vandenberg Hall, room 3C24. All cadets at the Academy are required to file their own income tax returns. As a fourth-class cadet entering the Academy in June 2017, you will earn during 2017 approximately \$6,373, which you must report as income from the Air Force.

Once you become a cadet at the Academy, **you are considered a member of the active military**, and are no longer dependent upon your parents for support. You are considered supported by the Air Force or by yourself. (See IRS Publication 17). However, since as an entering fourth-class cadet you were probably a dependent of your parents for half of the year before you entered the Academy, you may possibly be claimed as a dependent on their return for that year. In order to claim you as an income tax exemption your parents must have contributed more than half of your total support for the year. "More than half of support" refers to dollar value, and not to the length of time support was given. Following the steps below will help determine whether the "more than half of support" test is met. NOTE: Effective 1 January 1987, if you can be claimed as a dependent on the tax return of another taxpayer, then you may not claim yourself as a personal exemption on your tax return. Thus, if you are claimed on your parents' return, you may not claim yourself as an exemption when you file your own return for that year. After the fourth-class year when your parents may no longer claim you as a dependent on their return, you may claim yourself as an exemption when you file your own tax return.

Compute the value of support contributed by your parent or guardian in 2017. Compute the value of support contributed by you and your parents or guardians and others (include support provided by the USAF).

Compare your parents' or guardians' share of the total with that provided by you, the Air Force, or others. If your parents' or guardians' share is more than 50 percent of your total support, they meet the support test and can take the dependency exemption. In determining how much your parents or guardians contributed to your support, a parent or guardian may include the cost of clothing, medical and dental care, education, medical insurance premiums, transportation, entertainment, Christmas presents, etc., for you. If you lived at home during the first six months of 2017, a proportionate amount of the family food bill and utilities, fair rental value of lodging furnished, etc., may also be included. Educational expenses might include cost of tuition, books, board, and lodging, school supplies, and transportation to and from school if you attended college, preparatory school, or high school prior to entering the Air Force Academy.

In computing the value of support furnished you from sources other than a parent or guardian, both taxed and untaxed amounts must be included. Your taxable pay must, of course, be included. In addition, the fair value of the food, lodging, medical care, education, and other services furnished you by the Air Force must also be included even though their value is not taxed as income to you.

The Internal Revenue Service has ruled that an appointment to the Air Force Academy is not a scholarship. Thus, the cadet must include value of the education as support from sources other than the parents or guardians.

The amount of support contributed by the cadet for one semester of education, food, lodging, cadet pay, etc., is \$32,385. Compare this figure to the amount of support provided by the parents. If the parents' figure is higher, then the parents can claim the cadet as a dependent on their income tax return and the cadet cannot claim a personal exemption. If the \$32,385 figure is larger than the amount provided by the parents, then the cadet will claim a personal exemption on his or her income tax return, and the parents cannot claim the cadet as a dependent on their income tax return.

Questions: Income tax assistance will be available to cadets through USAFA/JA, located in Harmon Hall, telephone 719-333-3940.

Social Security Benefits

Cadets attending the United States Air Force Academy are excluded from receiving Social Security benefits. Current Social Security regulations state, "Cadets and Midshipmen of the service academies are in the same situation as military personnel attending schools operated by the Armed Forces such as officer candidate schools, electronic schools, etc. They are considered to be on active duty in the armed forces while they are attending the academies and are, therefore, employees of the United States. They are entitled to basic pay at a monthly rate specified by law and are required to complete the courses of instruction at the academies." If you are a recipient of Social Security benefits, you must notify your local Social Security Office that you have accepted an appointment to the United States Air Force Academy and will be entering with the Class of 2021 on 29 June 2017.

Parent Information

Academy Parents' Clubs

There are over 90 clubs around the U.S. and these local clubs are an informal means of keeping parents (or guardians) updated on activities at the Academy. Also, the clubs provide an opportunity for your parents to become acquainted with the parents of your classmates. Because of the Privacy Act of 1974, we cannot release your home address to an existing club without you and your parent's permission. The information we release will be used to update the local club mailing roster so they can invite your parents or guardians to join the local club and to attend club functions. Many clubs have an appointee orientation prior to in-processing and you and your parents will be invited to attend (if the club has your information) as well as host different events locally and here at USAFA. This release also gives permission to the Class Year Spirit Committee. These committees do things for the whole class. Even if your parents don't wish to become a member please fill out/sign the form to release your information (minimum: Name, Class year, City, State, Zip Code) so the Parent Liaison will know which club will "own" you. This form is available on the Admissions Portal for download. Please fill out and send to the Parent Liaison as soon as possible to the address below. If you prefer, please call the parents' liaison and ask for information about the Parents' Club in your area. USAFA Parent Liaison Contact Info: HQ USAFA/CM ATTN: USAFA Parents' Club Liaison 2304 Cadet Drive, Suite 3100 USAF Academy CO 80840-5002; Toll Free: 877-268-3383 or (719) 333-3828; e-mail: USAFA.ParentLiaison@usafa.edu.

Parents' Weekend

Parents' Weekend for the Class of 2021 will take place over the Labor Day weekend from Thursday, 31 August until Monday, 4 September, 2017. Some of the scheduled events include information fair, a cadet wing parade, squadron open houses, and a home football game. Please make motel/hotel and travel arrangements as soon as possible, keeping in mind that the main day of activities is Friday so you may want to ensure you arrive before then. Cadets may leave the base with their adult guests after the Squadron Open Houses on Friday and following the football game on Saturday and must report back to their squadrons by 7:00 p.m. on Monday.

Questions regarding Parents' Weekend can be emailed to parents.weekend@usafa.edu. You can get the latest information by calling the Parents' Weekend information hotline at 719-333-7687 or reviewing the information on the USAFA web site at <http://www.usafa.edu/superintendent/parentsweekend>. Updated information will be posted by March 2017, but in the meantime, you may review the 2016 information on the website. Events for 2017 will take place on equivalent days.

Photo Coverage of Basic Cadet Training

USAFA Public Affairs, Cadet Wing Media, and the Association of Graduates provide photo coverage of many aspects of BCT. Photos can be seen at the following website locations: <https://m.flickr.com/#/photos/131708601@N03/> and www.usafawebguy.com. Additional coverage and information can be found on Facebook: <https://www.facebook.com/USAFA.Official/>, <https://www.facebook.com/USAFA.AOG.WebGuy/> and www.facebook.com/KAFARadio.



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