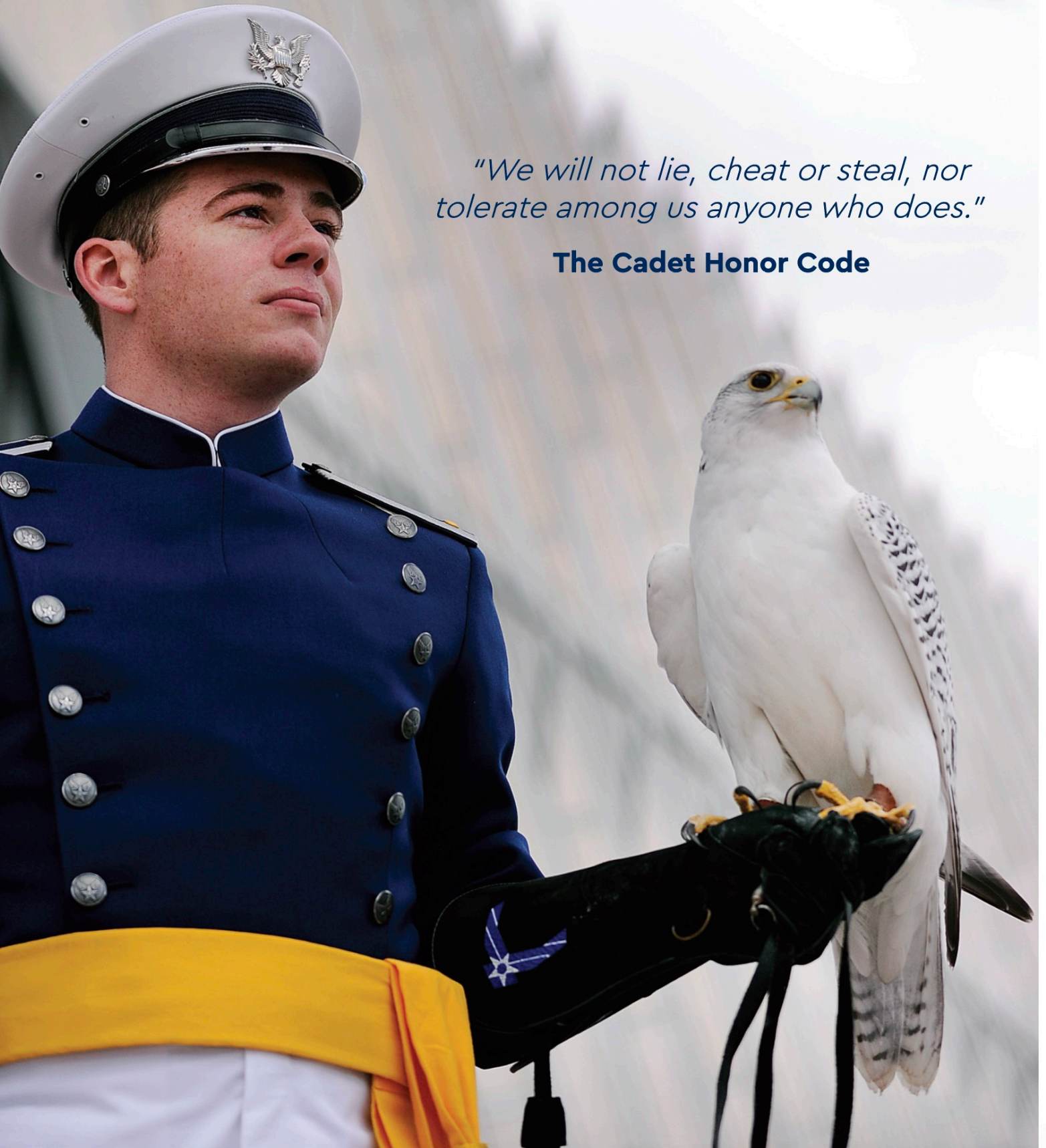


PARENT GUIDE

— 2020-2021 —

"We will not lie, cheat or steal, nor tolerate among us anyone who does."

The Cadet Honor Code





Dear Cadet Parents, Families and Friends

Welcome to the United States Air Force Academy family! I am Lieutenant General Jay Silveria, the 20th Superintendent of our Academy. My own Air Force journey started right here in 1981, when I arrived for Basic Cadet Training and began four years of intellectual, physical, character, and leadership development. It's an honor to be at my alma mater now leading the institution that prepared me for an incredibly rewarding career in our Air Force, and it's my great privilege to welcome you to our Air Force Academy family.

Due to the ongoing COVID-19 pandemic, over the past several months our Academy has navigated uncharted territory, and we have experienced a lot of firsts in our proud history. No matter our approach to the unprecedented challenges we face, I assure you that my top priority as Superintendent is the health, safety, and welfare of our cadets and our entire Academy community. The coming months may look different than they have at any point in our past, but we remain dedicated to our crucial mission of developing the next generation of innovative, agile-minded officers for our Air and Space Forces.

Our newest Cadets, the Class of 2024, will enter the Academy on June 25, 2020, and begin their own journey toward joining the Long Blue Line. Basic Cadet Training (BCT) is an intense program of physical and mental challenges that transforms Cadets into more self-assured, physically fit, motivated, and disciplined leaders. Our most senior Cadets, the Class of 2021, are now leading the Cadet Wing with confidence and will graduate in less than a year. No matter where they are on their Academy journey, your sons and daughters are in the midst of an amazing transformation toward becoming leaders of character, and leaders of Airmen. They face a challenging but rewarding curriculum of academics, military training, athletics, and leadership development throughout the year, and will leave our campus as lieutenants ready to take on some of our nation's most complex problems.

As parents, your love and support helped them get here, and your continued interest, encouragement, and involvement will help them succeed. Thank you for everything you have done and continue to do to prepare these young men and women to be the leaders our nation needs.

Sincerely

JAY B. SILVERIA, Lt Gen, USAF
Superintendent



2020-2021 AIR FORCE ACADEMY PARENT GUIDE

Air Force Academy Achievements

- On 18,500 acres at an average of 7,000 feet above sea level; host to 1 million+ visitors per year consisting of tourists, sports fans and family members
- As of 2020, commissioned 52,670 new Second Lieutenants
- Class of 2020 - 536 of 967 graduates were selected for rated career fields
- Class of 2020 - 86 graduates were selected for USAF Space Command
- Over 757 Air Force Academy graduates have attained the rank of General; approximately 148 are on active duty
- Averages 55 international students each year from 25 countries
- Rankings: #2 - Aeronautical & Astronautical Engineering; #2 - High School Counselors; #3 - Top Public Schools; #5 - Undergrad Engineering
- 41 Rhodes Scholars, 42 astronauts
- 731 All-American Athletes; 25% or 1,000 Cadets are intercollegiate athletes
- Won 9 conference championships the last 2 seasons (5 in 15-16, 4 in 16-17) - best back-to-back run in school history
- 17 conference or national level "Coach of the Year" honors the last 2 years

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Air Force Academy Overview

The Air Force Academy Mission is to educate, train, and inspire men and women to become officers of character, motivated to lead the United States Air and Space Forces in service to our nation.



The Air Force Academy envisions that graduates will be commissioned leaders of character who, in preparation for the intellectual and ethical responsibilities of officership, are broadly educated, professionally skilled, morally and ethically grounded, physically fit, and committed to continued growth and development both as Military officers and as American citizens.

As such, graduates must understand the Profession of Arms and the application of a broad liberal education in the arts and sciences to that profession; the fundamentals of the American Constitution and the responsibilities of commissioned officers to its defense; and the values and ethical standards of the United States military forces.

Graduates must also demonstrate personal devotion to the duties of a commissioned officer: intellectual curiosity, imagination, and creativity; ability to act rationally and decisively under pressure; mastery of the basic military and physical skills required for entry into commissioned service; inspiration and motivation to lead American airman in war and peace—leadership characterized by a winning spirit; the ability and motivation to achieve and sustain unit climates that are conducive to military effectiveness and professional excellence; and personal commitment to the selfless standards of a military officer.

Systems and programs have been structured to contribute to instilling these characteristics in each graduate.

Basic Academy Information

The Air Force Academy is both a military installation and a university, essentially operating similar to other Air Force bases. Academic and athletic operations are overseen by a Superintendent (akin to a university president), Dean, and Director of Athletics. The Commandant (no civilian equivalent) oversees the military aspects of your Cadet's training. Under this organization, rank structure is as follows:

- Superintendent - Lieutenant General (3-star)
- Dean of Faculty - Brigadier General (1-star)
- Commandant of Cadets - Brigadier General (1-star)
- Athletic Director - Civilian

Parents may be contacted by various people from the Air Force Academy such as the Parent Liaison, Air Officers Commanding (AOC), Air Military Trainers (AMTs), Coaches, the Association of Graduates (AOG), the Air Force Academy Endowment, local parent clubs/class spirit committee and other Academy staff.

My Cadet's Information

Class Color _____

Class Exemplar _____

Class Motto _____

Mailbox P.O. Box number _____

Squadron Name & Number: _____

Squadron Motto _____

Squadron AOC (Commander) Info

Name _____

Phone _____

Email _____

Sponsor Family's Name _____

Email/phone _____

Address: _____

My local Air Force Academy Parents Club

President _____

Phone _____

Email _____

Website _____

Class Parent Spirit Committee FACEBOOK/Website: _____

Air Force Academy Parent Liaison:

Ms. Marie Nikovits

Phone: 1-877-268-3383 or (719) 333-3828

Email: USFAA.ParentLiaison@usfa.edu;

Parent Webpage: <https://www.usafa.edu/parents/>

Important Dates

In-Processing Day _____

Academic First Day _____

Acceptance Day & Parade _____

Recognition _____

Exemplar Dinner _____

100s Night _____

Ring Dance _____

Graduation _____

Deadlines

Class Ring Order _____

Graduation Announcements & Invitations Orders _____

Congratulations to both you and your cadet for their acceptance into the Air Force Academy! Not only are they a part of your family, but now they have chosen to serve their country and join the Air Force Academy family. You have a right you be proud!



Please check out the Official [Air Force Academy Parents Webpage](https://www.usafa.edu/parents/) for lots of helpful information. This is where the Air Force Academy Parent Liaison posts information and links for parents. Keep this link as a favorite to make it easier to find.

It can be found at: <https://www.usafa.edu/parents/>.





Military Commitment

Cadets must complete the course of instruction at the Air Force Academy and serve on active duty as a commissioned officer for at least 5 years after graduation. Further, after entry on active duty, they 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 Undergraduate Pilot Training). Graduates completing Combat Systems Officer, Air Battle Manager, Remotely Piloted Aircraft, Combat Rescue Officer, Special Tactics Officer or Air Liaison Officer Training incur a 6-year active duty commitment after completing training.

Cadets 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 commitment, but may still be required to reimburse the government if they are disenrolled for serious misconduct. 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 Air Force Academy education.

As a Parent of a Cadet, the main thing to remember is that the Air Force Academy isn't like a normal college. Parents don't come and help their son or daughter's move into the dorms, and Cadets have many responsibilities that include not only academics, but also military training, and athletics. It's a lot to juggle, but remember, they are adults and being trained to serve our country. A lot will be thrown at them and many will struggle for the first time, especially academically. Encourage them to get help early if needed. More information to follow in this Guide on the helping agencies for Cadets. Part of being a Cadet is making decisions and making mistakes. Let your son or daughter grow into the competent officer they are destined to be.



Visitor Information

Colorado Springs Overview and Area Highlights

Colorado Springs is located at the foot of Pikes Peak, 70 miles south of Denver. With a land area of 194.87 square miles and a 2016 estimated population of over 465,000 - Colorado Spring's largest city in terms of area and second only to Denver in population.

The Air Force Academy is the second largest undergraduate school in the city, trailing only the University of Colorado at Colorado Springs (UCCS) in enrollment.

Throughout its history, Colorado Springs has been a popular tourist destination due to its surrounding natural beauty and magnificent climate. Aside from the Air Force Academy plan to see some of the most visited attractions in and around Colorado Springs. No Federal endorsement is intended.

Colorado Springs Attractions

The Broadmoor Hotel

Cheyenne Mountain Zoo

Garden of the Gods

Pikes Peak - America's Mountain

Cave of the Winds

Pro Rodeo Hall of Fame & American Cowboy Museum

United States Olympic Headquarters & Training Center



Average Days of Sunshine: 257

Average Annual Precipitation: 16.2 inches

Elevation: 6,035 feet

Elevation at the Air Force Academy 7,258 feet

To help plan your trip, you can visit the Colorado Springs Visitor website at <http://www.visitors.com/> for more information. Or, on our site at <https://www.usafa.edu/visitor.tourist-first-timers/>.

Questions: Air Force Academy Visitor Center, HQ USAFA/CMCV, 2346 Academy Dr., USAF Academy CO 80840, Telephone (719) 333-2525.

Air Force Academy Gift Shops

Visitor Center: The Barry Goldwater Visitors Center is a 35,000-square-foot facility offering information about the Air Force Academy, including films and exhibits on Cadet life and Air Force Academy history.

The center is named in honor of retired Arizona Senator Barry M. Goldwater, an avid supporter of the Air Force Academy. It is open to the public every day from 9 a.m. to 5 p.m., and is accessible through the North Gate. The center has gift shop. Visitors may also park in the Arnold Hall parking lot to reach the Cadet Chapel. This is about a one-third-mile walk but with a more natural grade. **Please note the Chapel is closed for renovation for approximately four years.**



Disabled Access for Visitor Center: As a courtesy to visitors wheelchairs are provided for use within the Visitor Center, however, they cannot be taken out of the facility. The paved nature trail is a strenuous walk with a variety of hills, and the walk from the Cadet Chapel to the Visitor Center is mostly uphill with a steep grade in some areas. People with limited mobility should bring a wheelchair to help them get to and from the Chapel. **Please note the Cadet Chapel is closed for visitors for renovation.**

Clune Arena (Field House) Store: There is a small store in Clune Area at:

2169 Field House Dr.

USAFA, CO 80840

Call for hours (719) 333-4008.

Shop online at: http://shop.goairforcefalcons.com/?_s=bm-afsite18&utm_medium=referral.

Questions: Air Force Academy Athletic Store, USAFA/AD, 2346 Academy Dr., USAF Academy CO 80840, Telephone (719) 333-2025.

Association of Graduates (AOG) Store: The AOG also has a store in Doolittle Hall. Hours 7:30 am - 4:30 pm.

Questions: USAFA/AOG, 3116 Academy Dr., USAF Academy CO 80840, Telephone (719) 472-0300.

Getting on the Air Force Academy

The Air Force Academy public areas are open 7 days a week 5:30 am - 10 pm for visitors. Visitors can enter through the North Gate (exit 156 on Interstate 25) or the South Gate and will need to provide one of the following: Military ID, Driver's License, or photo ID.

More access information can be found at: <https://www.usafa.edu/visitors/getting-on-base/>.

Acceptable primary forms of identification, not including a driver's license, are:

1. United States Passport or United States Passport Card.
2. Permanent Resident Card/Alien Registration Receipt Card (Form I-551).
3. Foreign passport with a temporary (I-551) stamp or temporary (I-551) printed notation on a machine-readable immigrant visa.
4. Employment authorization document that contains a photograph (Form I-766).
5. U.S. Military or draft record.
6. U.S. Coast Guard Merchant Mariner Card.
7. Transportation Worker Identification Card.
8. Native American Tribal Document.
9. In the case of a nonimmigrant alien authorized to work for a specific employer incident to status, a foreign passport with Form I-94 or Form I-94A bearing the same name as the passport and containing an endorsement of the alien's nonimmigrant status, as long as the endorsement has not yet expired and the proposed employment is not in conflict with any restrictions or limitations identified on the form.

Questions: Pass and Registration, 10 SFS/S5B, USAF Academy CO 80840, Telephone (719) 333-0443.



Restaurants and Sweet Treats

The Air Force Academy can't recommend Restaurants, but below is a short list. Go online to search for more options and addresses. No Federal Endorsement Intended

[I-25/Academy Blvd \(outside South Gate\)](#)

Schlitzsky's	Panera Bread
Saltgrass Steak House	Buffalo Wild Wings
Coles Gourmet Popcorn	Olive Garden
Applebee's Grill & Bar	Mimi's Café
Famous Dave's Bar-B-Que	
Coldstone Creamy	
Cracker Barrel Old Country Store	
Red Robin Gourmet Burgers	

[I-25/Interquest \(right across from Academy Football Stadium area\)](#)

Starbucks	
Jimmy Johns	
Cheddar's Scratch Kitchen	Zoup!
Jersey Mike's Subs	Freddy's
Baskin Robbins	Fuzzy's Taco Shop
Atmosphere Gastropub	
Dickey's Barbeque Pit	
Colorado Mountain Brewery	

[Commerce Center Dr. \(I-25/Woodmen\)](#)

Carrabbara's Italian Grill
Margarita at Pine Creek

Old Chicago
Tilted Kilt Pub & Eatery
Outback Steakhouse

[I-25/Northgate \(outside North Gate\)](#)

Starbucks	Kneaders Bakery & Café
Costa Vida	C.B. Potts
Dog Haus Biergarten	Chick-fil-A
D-Dation	
The Brass Tap (Bar & Grill)	
Josh & John's Ice Cream	
el Padrino Mexicano	
Uncle Buck's Fish Bowl & Grill	
Bourbon Brothers Southern Kitchen	

[I-25/Briargate Parkway \(Between Interquest & Academy Blvd\)](#)

Modern Market Eatery	Lulu's Frozen Yogurt
Bad Daddy's Burger Bar	P.F. Changs
Ted's Montana Grill	Panera Bread
Biaggi's Ristorante Italiano	
Einstein Bros Bagels	

[I-25/Monument](#)

Odoba	Fuji Mt Hibachi & Sushi
Rodolfo's Mexican Grill	Chili's Grill & Bar
Don Tequila Mexican Grill/Cantina	

[Garden of the Gods \(I-25/Garden of the Gods\)](#)

La Bella Vita Ristorante Italiano	Freddy's
Carl's Jr.	Caspien Café
Black Eyed Pea Restaurant	
Phantom Canyon Brewing CO	

[Colorado Springs Downtown Area \(I-25/Bijou\)](#)

The Rabbit Hole
Skirted Heifer
Mackenzie's Chop House
The Thirsty Parrot

Antler's Grill
Fujiyama
Saigon Café
Jack Quinn's Irish Pub & Restaurant



Fun Things To Do

Air Force Academy Trails:

Falcon Trail

Santa Fe Trail

Stanley Canyon Trail

Farish Hiking Trail

<https://www.usafa.edu/visitors/hiking-biking-trails/>

No Federal Endorsement

The Summit at Interquest

1180 Interquest Parkway

COS, CO 80921

(719) 278-3861

<https://playatthesummit.com/interquest/>

1 mile from south gate

Chapel Hills Mall

1710 Briargate Blvd.

COS, CO 80920

(719) 594-0111 <https://www.chapelhillsmall.com/>

4 miles from north gate

Wings Over the Rockies Museum

7711 East Academy Blvd., Denver, CO 80230

(303) 360-5360 <http://wingsmuseum.org/>

53 miles from north gate

Overdrive Raceway

196 Spectrum Loop, COS, CO 80921

(719) 473-8930, <http://overdriveraceway.com/>

1.2 miles from north gate

COS Rodeo

1680 S. 21st St., COS, CO 80904

(800) 755-0935 <http://www.cosrodeo.com/>

12 miles from south gate

Adventures Out West

1680 S. 21st St., COS, CO 80904

(800) 755-0935 <https://advoutwest.com/>

12 miles from south gate

Pinot's Palette

12245 Voyager Parkway, Ste 162, COS, CO 80921

(719) 465-3098 northgatevillage@pinotpalette.com

3.4 miles from north gate

Painting with a Twist

9475 Briar Village Pt, #105, COS, CO 80920

(719) 375-0553, studio347@paintingwithatwist.com

8 miles from north gate



Mailing Information

A private post office box has been assigned for your Cadet or Cadet Candidate's (C/Cs) personal mail. The correct mailing address for your Cadet is crucial. Mail not deliverable due to the incorrect address or insufficient information will be returned to the sender or sent to the Dead Letter Office (if there is no return address).

The Cadet Post Office requests that [no packages](#) be sent by parents in the months of [August](#) and [January](#), since Cadets are ordering textbooks for classes.

In addition to regular mail (envelopes), you may also send packages to the post office box (after BCT) and the Cadets will receive a note in their mail boxes instructing them to pick up their packages at the counter. The address must be complete and correct. Cadets were given their P.O. Box number online with their appointment package. (Note that the zip code for Cadets is 80841) The correct address for Cadets is below:

FEDEX, DHL, & UPS

You must use the post office's street address for this packages (after BCT). Use the street address of your post office and benefit from the credibility of a street address. If you sign up for this feature, we will accept delivery by private carriers (FEDEX, UPS, DHL) that do not deliver to a P.O. Box. These packages would be placed in a secure parcel locker, if available, for your convince. Both street addressed mail and P.O. Box addressed mail can now be delivered to your P.O. Box.

Questions: Cadet Postmaster, Cadet Postmaster, USAF Academy CO 80840, Telephone (719) 472-1198.

Addresses for Private Carriers:

Cadets

John Doe
2360 Vandenberg (your Cadet's P.O. Box #)
USAF Academy, CO 80840
(note different zip code than regular Cadet mail)



Cadet Candidates (Prep School)

Street Addressing - Use the street address of:
5136 Community Center Dr. (your Cadet's P.O. Box #)
USAF Academy, CO 80840

Signature on File - When your Cadet arrives they will be asked to sign a signature card for the post office which will be kept on file. This allows the post office to accept some signature-required mail and packages for your Cadet. This allows the Cadets to enjoy the conveniences of this service for products such as Express Mail.

Cadet e-mail: _____
(Class yearCadet's First.Lastname@usafa.edu) - e-mail sample
C24Jane.doe@usafa.edu.edu

Cadet Address:

Name _____
P. O. Box _____
USAF Academy CO 80841

Cadet Candidate e-mail: _____
(P21First.Lastname@usafa.edu) - e-mail sample

Cadet Candidate Address:

Name _____
P. O. Box _____
USAF Academy CO 80840



Photo Access for Parents:

Social Media Information

The Air Force Academy Public Affairs office provides command information to the installation and the public. One of the ways Public Affairs does this is through social media venues such as **Facebook**, **Twitter**, **Instagram**, **Flickr** and **YouTube**. All information provided is official, but there is also fun stuff on there, too. Did you know you can download photos from our Facebook page, for free?

Facebook: www.facebook.com/usafa.Official

Twitter: [@AF_Academy](https://twitter.com/AF_Academy)

Instagram: [AF_Academy](https://www.instagram.com/AF_Academy)

Photos go to Flickr: [AF_Academy](https://www.flickr.com/photos/AF_Academy)

Other Air Force Academy Social Media Options:

Superintendent's Instagram: https://www.instagram.com/usafa_supt/

Lt Gen Silveria's LinkedIn: <https://www.linkedin.com/in/jaysilveria/>

The Air Force Academy also wants your Air Force Academy photos! Upload them to Instagram using **#YourAcademy**. You might see it on Facebook and Twitter. If you have any questions, please call the Public Affairs office at 719-333-7731. **The Association of Graduates (AOG)** also provides pictures for a cost for Cadet Parents called WebGuy. There is also Prep School Husky Club so you can follow your Cadet Candidate (C/C) during Basic Training, parades and other events. You can sign up with WebGuy using this link: <http://www.usafawebguy.com/>. (See more information under the AOG paragraph later in this Guide).

Questions: Public Affairs, USAFA/PA, 2304 Cadet Dr., Ste 3100, USAF Academy CO 80840, Telephone (719) 333-7731.

Air Force Academy APPS: There are multiple USAFA Apps (voice, Mobile, and streaming) that can be found on the Official Air Force Academy website: www.usafa.edu/apps/. Apps include the Amazon Alexa, Air Force Academy Virtual Tour, Academy Radio, Air Force Falcons, Air Force Academy Admissions, Live Safe, Association of Graduates and streaming KAFA radio station.

Questions: Strategic Communications, HQ USAFA/CMM, 2304 Cadet Dr., Ste 3100, USAF Academy CO 80840, Telephone (719) 333-2299.

Ways to treat your Cadet:

There are several ways to send gifts to your Cadet.



Petals and Blooms:

The base flower shop, in addition to flowers also handles Treats. They offer flowers and baskets including baskets for special occasions such as cleaning supply baskets for Saturday Morning Inspections (SAMIs). Petals and Bloom can deliver directly to the Squadron. Exception to COVID-19 restrictions may limit delivery to squadrons. She will work out delivery to cadet.

<http://petalsnblooms.com/index.php>, (719) 472-8589

NOTE: LOCAL deliveries can be sent to ARNOLD HALL for your Cadet to pick up. Online orders sent by FEDEX etc., must still go to the Cadet Post Office. Please ensure your Cadet's name and Squadron are on the delivery receipt so Arnold Hall staff can contact your Cadet for pickup. Ensure you tell your cadet to pick it up. Check with Arnold Hall staff as deliveries may not be accepted due to COVID-19 restrictions.

Questions: 10 FSS/FSL, 2302 Cadet Dr., USAF Academy CO 80840, (719) 333-2711.

AAFES (Exchange or Cadet Store) Gift Cards: AAFES gift cards can be used at the Cadet Store, Arnold Hall (Subway), & the Base Exchange store as well. Parents can call (719) 472-1953 and order an Exchange gift card for their Cadet. The Exchange will either mail the gift card to the parent. Parents also tell the Cadet to come pick up the gift card or the Cadet Store Exchange will e-mail the Cadet and have them come and get the gift card.

Questions: Army Air Forces Exchange Store, USAF Academy CO 80840, Telephone (719) 472-1953.

10th Force Support Squadron (10 FSS) Gift Cards: 10 FSS gift cards can be used at the Arnold Hall coffee shop, HAPS, and all 10 FSS activities (Outdoor Recreation such as skiing, bicycle rentals & fun trips, Bowling Alley, Golf Course, Horseback riding, Arts & Crafts center etc.) Parents can call (719) 472-7930 to order a gift card for their Cadets. The coffee shop will either mail to the parents or parents can tell the Cadet to come pick up the gift card at the coffee shop in Arnold Hall.

Questions: Cadet Outdoor Recreation, 10 FSS/FSC, Room ICI5, Vandenberg Dr. USAF Academy CO 80840, Telephone (719) 333-4603.

Domino's Pizza Gift Cards: You can get these cards in multiple online websites and mail to your Cadet. There is a Domino's Pizza located in Arnold Hall and they deliver to the cadet squadrons. Domino's Pizza Cadet Area phone number is (719) 434-9989.



Local Parent Clubs and Parent Class Spirit Committees

Air Force Academy Local Parent Clubs (PCs): Are you a member of a parent club yet? If you wish to be a member, the Air Force Academy Parent Liaison would be happy to connect Parents with their nearest local parent club. PCs are a wealth of information and many have events for Cadets here at the Air Force Academy and at home. These parents have been where you are and can help you adjust.

PCs are also how the Air Force Academy Parent Club Liaison gets word out fast concerning changes or news to Parents. PCs really are a vital part of our Air Force Academy family. Typical club activities include meetings, informal get-togethers, tailgates, Military Service Academy Holiday Balls, and new Appointee sendoff events. Many PCs are starting to have "State Nights" for their Cadets at the Air Force Academy providing food and love from home. PCs work closely with the Association of Graduate Chapters and Admissions Liaison Officers in their areas.

To be able to release Appointee/Parent contact information to local parent clubs, Class Spirit Committee, and Air Force Academy staff, the Air Force Academy Parent Liaison must have a Privacy Act (PA) Release for Local Parent Clubs and Class Spirit Committees on file. Cadets/Parents can download the form from the Air Force Academy Parent webpage: https://www.usafa.edu/app/uploads/PC_Privacy_Release_Form.pdf.

Cadets/Parents can send the signed form directly to the Air Force Academy Parent Liaison by email: USAFA.ParentLiaison@usafa.edu, or by mail to HQ USAFA/CM Attn: Parent Liaison, 2304 Cadet Dr., Ste 3100, USAF Academy CO 80840. Even if parents have already joined the local parent club, fill out and sign the form as it allows the Parent Liaison to release updates to the local parent club and to the Class Spirit Committees who does things for the class as a whole.

Once the Air Force Academy Parent Liaison receives the signed permission she will notify the local parent club of parent contact information. The Parent Liaison will use this for the whole four years (five if an Air Force Academy Prep School Cadet candidate) that your Cadet is here at the Air Force Academy as well as the Graduate Liaison to keep Graduates updated on their Air Force Academy! The Air Force Academy has parent points of contacts for local parent clubs and each class year Parent Spirit Committee and their links can be found on the Air Force Academy Parent Webpage.

Questions: Air Force Academy Parent Liaison, HQ USAFA/CM, 2304 Cadet Dr., Ste 3100, USAF Academy CO 80840, Telephone (719) 333-3828.

Academics

Grades: Most parents are curious about their Cadet's grades and academic progress. The policy regarding the release of student grades to parents is dictated by the Federal Family Educational Rights and Privacy Act of 1974. This law specifies that educational records of the students may not be released without (1) the written consent of the student that specifies those educational records to be released and to whom, or (2) judicial order or subpoena of the student's educational records. In the latter situation, the student must be notified of the institution's compliance with the order or subpoena. Based on this policy, the Academy provides grade reports directly to the Cadet.

Questions: Registrar Office: HQ USAFA/DFRR, 2354 Fairchild Dr., Suite 2G13, USAF Academy CO 80840-6210, Telephone (719) 333-3970.

Cadets must declare a major by October of their third year. More information on degrees can be found at: <https://www.usafa.edu/academics/majors-minors/>.

Majors' Night: Each Semester, the Air Force Academy host majors' Night to help Cadets explore their options by speaking with department representatives and consulting with academic advisors or Associate Air Officers Commanding for Academics (ASOCAs).

Core Curriculum

The Air Force Academy is committed to meeting the highest ideals of a broad, liberal education while also providing our Cadets with the best possible preparation for a lifetime of service to the Nation. In fact, achieving this balance is one of the most unique and critical contributions of the Air Force Academy to the officer corps. No other commissioning source can create the collaborative blending of rigorous academics, military training, character and leadership development, and competitive athletics than what defines the four-year experience Cadets have at the Air Force Academy.

Nowhere is the Air Force Academy's commitment more evident than in the Core Curriculum, which all Cadets are required to complete. As part of the Core, all Cadets, regardless of academic major, complete 29 Dean of Faculty courses across a variety of academic disciplines, while also engaging in military training programs, participating in seminars and symposia offered by our Center for Character and Leadership Development, and completing required Physical Education courses offered by our Director of Athletics. Importantly, these diverse programs are purposefully integrated to create a one-of-a-kind four-year experience that prepares our Cadets to serve as commissioned officers in the greatest Air Force and Space Command in the world!

Link to Core Curriculum Handbook: <http://www.usafa.edu/app/uploads/CHB.pdf>.

Honors List Criteria

Athletic Director's (AD) List: Cadets who earn a semester Physical Education Average (PEA) of at least 3.0 will be on the Athletic Director's list. These Cadets are authorized to wear the Athletic Director's pin on their uniform for the next semester. PEA is a weighted 4.00 grading scale (50% Physical Fitness Test + 35% Phy Ed course grades + 15% Aerobic Fitness Test).

Dean's List: Cadets who earn a 3.0 GPA, minus grades from physical education courses.

Commandant's List: The top third of each class year are eligible for this honor. However, if a Cadet is on any probation, he/she is not eligible for the honor.

Superintendent's List: Cadets must be on the Dean's/Commandant's/AD lists combined

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 Air Force Academy. The use of alternate calculators in 100- and 200-level core courses is restricted. Therefore, there is no requirement to purchase a calculator or bring one. 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.

Approved Academic Calendar: The Academic calendar link can be found on the Official Air Force Academy Parent Webpage under other helpful links: <https://www.usafa.edu/parents/>.



Cadet Wing Breakdown for the Academic Year

Academic Year Squadron: After BCT, Cadets will enter their academic year squadron. The Cadet Wing is divided into 40 squadrons each with approximately 110 Cadets, with 25-30 from each class. The Cadet Squadron (CS) is the unit in which Cadets live and operate.

Cadet's Academic Squadrons 1-23 are in Vandenberg Hall and Squadrons 24-40 are in Sijan Hall.

Note: Before their junior year, Cadets are assigned to a new squadron (called upper classman shuffle), which will become their permanent squadron for their remaining two years at the Air Force Academy.

Cadet Wing	40 Squads	App. 4200-4400 Cadets
Groups		
1 st Group - Squads	1 - 10	App. 1100 Cadets
2 nd Group - Squads	11 - 20	App. 1100 Cadets
3 rd Group - Squads	21 - 30	App. 1100 Cadets
4 th Group - Squads	31 - 40	App. 1100 Cadets
Squadron		App. 110 Cadets
Flights within Squad	A B C	App. 30 - 35 Cadets in each
Elements within Flights 1 2	1 2 3	App. 10 - 12 Cadets in each

Physical Fitness Test (PFT)/Aerobic Fitness Test (AFT):

To help evaluate your Cadet's fitness level, we've provided the average and maximum PFT/AFT scores below. Each fitness test is given to Cadets once a semester. 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.) For instance, earning average scores in all events listed in the table below would translate to the lowest possible "C" grade.

Overall Fitness: Remember, a Cadet's physical fitness level at entry will be an important factor in determining their 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.

	Pull Ups	Standing Long Jump (min)	Sit Ups	Push Ups	600 Yd Run (min)	1.5 Mile
Men Average	12	7' 7"	71	48	1:52	11:15
Maximum	21	8' 8"	95	72	1:35	7:45
Woman Average	3	6' 7"	71	29	2:17	13:31
Maximum	8	7' 2"	95	48	1:53	8:55

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

Questions: Athletic Department, USAFA/ADPVT, 2170 Fieldhouse Drive, Suite E240, USAF Academy CO 80840-9500, Telephone 719-333-2340.



Air Force Body Composition Standards

AIR FORCE ACADEMY BODY MASS INDEX

(BMI) SCREENING TABLE

HEIGHT	<u>AIR FORCE ACADEMY</u> <u>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

Unless a Cadet has received a weight waiver any Cadet above the maximum or below the minimum Body Mass Index (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 Air Officer Commanding (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).





Separation Process

If your Cadet decides to leave the Air Force Academy they will fill out a Form 34 (discharge) or are put on Admin Turn-back (Medical/Personal Reasons and is temporary) information. Please remember that if your Cadet decides to leave, it is their decision as the Active Duty Service Member and as an adult. Parents will not be given status updates so check with your cadet on status updates.

Please note it is not a simple or immediate process so parents need to be patient. The Air Force Academy understands that exhaustion and discouragement may be major factors in the desire to leave. Thus, the initial counseling process by the Chain of Command deliberately is extended over the course of a few days to give the Cadet every opportunity to assess their situation with Cadre feedback and there many layers of interviews to ensure this isn't a rushed decision by the cadet.

During Basic Cadet Training (BCT): Separation from the Air Force Academy during Basic Training is a rare occurrence and special procedures are in place to support Basics Cadets in this situation. The Goal is to keep all Basics through BCT. Normally Basics aren't discharged unless medically turned backed during BCT. Your Basic will be allowed to call home if they are in the process of disenrollment. Cadet and permanent party leadership counsels Basics if they are thinking of leaving to ensure that is truly their wish or perhaps it is a quick decision based on a bad day or they are home sick, etc. Be patient, when your Cadet gets closer to out-processing and is finalizing their travel plans, they will be allowed to call home.

Questions: Cadet Personnel, USAFA/A1A, 2360 Vandenberg Dr., Ste 3C24, USAF Academy CO 80840, Telephone (719) 333-1062.



Air Force Academy Milestones and Legacy Events

An explanation of the Air Force Academy Major Milestones and Legacy Events information can be found on the Air Force Academy Traditions webpage: <https://www.USAFA.edu/about/traditions/>. However below is more information.

Commitment Dinner

Commitment Dinner is usually a day before Class Start normally for 2nd Class Cadets - (C2C - Juniors): Once the Cadets return to the Air Force Academy for their second-class year, they incur the financial or active duty "commitment" for their education if they depart the Air Force Academy prior to Graduation. This profound commitment to the Air Force is celebrated with a formal dinner. The Class Spirit Committee works with Cadet Wing to give each Cadet a coin to honor the event.



Parents Weekend (PW)

Although PW is on the webpage under Major Events and has its own webpage below is some additional information for parents. Many parents make the reservations a year out for PW. 4-Degrees must wear their uniforms during your visit. Cadets are normally released on Friday evening to return to the cadet area for the football game on Saturday. After the game Cadets are released until Monday evening. Note: Cadets normally must sit with the other Cadets during the football game on Saturday; however, last year they were allowed to sit with their families and guests. To facilitate this your Cadet must purchase a ticket and try and get close to guests. More information coming as this gets finalized for this year." More information coming as Parent Weekend gets finalized. Link: https://www.Air_Force_Academy.edu/about/traditions/parents-weekend/.

Below is typically where cadets sit for planning purposes.



Cadets seating area: L17 to L21

Cadet Escort area: L16

Drum & Bugle: Northern portion of Section L20 & southern portion of L19

Class Ring Ordering

Class Ring Selection: In December of a cadet's junior year, the class ring vendor will visit the Cadet library to allow Cadets to view and reserve genuine stones for their rings. An AOG representative will be onsite to facilitate the event and oversee the "stone show," ensuring your Cadet is well-informed about their selection.

Class Ring Ordering: In January of a cadet's junior year, the class ring vendor visits the Cadet library to take orders over three days. At this time, your Cadet will choose their ring metal and place their order. An AOG representative will be onsite to facilitate the event, ensuring your Cadet is well-informed about their purchase.

Questions: Association of Graduates (AOG) Store, USAFA/AOG, 3116 Academy Dr. USAF Academy CO 80840, Telephone (719) 472-0300.



Cadet Sponsor Appreciation Social: In April a social to "say thank you" to Cadet Sponsor families. It takes place Founders Day Weekend at the conclusion of the Founder's Day Parade.

Questions: Cadet Personnel, USAFA/A1A, 2360 Vandenberg Dr., Ste 3C24, USAF Academy CO 80840, Telephone (719) 333-1062.

Please see next page for the Air Force Academy Calendar.

Please see USAFA Parent Page "Important Dates" for BCT dates due to COVID-10 virus.

June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25 2024 In-Processing Day	26	27
28	29	30				

July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 July 4th (observed) BCT continues	4
5	6	7	8	9	10	11 2nd Summer Session Ends/ 3rd Summer Session Begins
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Cadet Wing Returns 7:00pm 2024 Doolie Day In
2	3 Transition	4 Transition Acceptance Day Parade (temp)	5 Transition	6 Cadet classes begin	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Parents Weekend Begins LMD	5 Parents Weekend; Football Game vs Duquesne (home)
6 Parents Weekend	7 Labor Day No classes	8	9	10	11	12 Football Game vs Boise State (home)
13	14	15	16	17	18	19 Football Game vs Purdue (Away)
20	21	22	23	24	25	26 Football Game vs Fresno (Away)
27	28	29	30			

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 PS Finals	3 Football Game vs Navy (home)
4	5 PS Finals	6	7	8 PS release 1100	9 PS Pass	10 PS Pass; Football Game vs San Jose CA (away)
11 PS Pass	12 Columbus Day No Classes	13	14	15	16	17 Football Game vs Hawaii (home)
18	19	20	21	22	23	24 Football Game vs Wyoming (Away)
25	26	27	28	29	30	31

November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Football Game vs Army (away)
8	9	10	11 Veteran's Day no classes	12	13	14 Football Game vs Colorado State (home)
15	16	17	18	19	20	21 Football Game vs New Mexico (home)
22	23	24 Cadet Thanksgiving Break LMD	25 PS Release 9:00am	26 *****	27 *****	28 ***** Football Game vs Utah State (away)
29 CW/PS returns 7:00pm	30					

December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Dean's Weekend
6 Dean's Weekend	7 Cadet Finals	8 Cadet Finals	9 Cadet Finals	10 Cadet Finals	11 Cadet Finals PS Finals	12
13	14 Cadet Winter Break PS Finals	15 PS Release 11:00am	16 *****	17 *****	18 *****	19 *****
20 *****	21 *****	22 *****	23 *****	24 *****	25 Christmas**	26 *****
27 *****	28 *****	29 *****	30 *****	31 *****		

January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day ***** No class	2
3 CW/PS Returns 7:00pm	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Day no classes	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 President's Day no classes	16	17	18	19	20
21	22	23	24 Nat'l Character & Leadership Symposium (NCLS)	25 NCLS	26 NCLS no classes	27
28						

March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 PS Finals	6
7	8 PS Finals	9 PS Academy Day	10	11 2025 Recognition Begins after classes	12 2025 Recognition no classes (not for parents only Cadets)	13 2025 Recognition
14	15	16	17	18	19 Cadet Spring Break Begins LMD	20 PS Release 9:00am
21 *****	22 *****	23 *****	24 *****	25 *****	26 *****	27 *****
28 CW/PS Returns 7:00pm	29	30	31			

April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Air Force Academy Founders Day Parade
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 PS Final @ 2:00pm	30 PS Final @ 2:00pm	

May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 PS Final @ 2:00pm	4	5	6	7	8 Dean's Weekend
9 Dean's Weekend	10 Cadet Finals	11 Cadet Finals	12 Cadet Finals	13 Cadet Finals	14 Cadet Finals	15
16 PS Baccalaureate	17 PS Graduation	18	19	20	21 Graduation Week Begins	22 *****
23	24 Grad Week****	25 Grad Week*	26 2021 Graduation	27 Summer Transition	28 Summer Transition	29 1 st Summer Period Begins
30	31 Memorial Day no classes					

June 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 1 st Summer Period Ends/2 nd Summer Period Begins
20	21	22	23	24 2025 Class In- Processes	25 2025 Swearing In Ceremony	26
27	28	29	30			

July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 4th of July	5 4th of July Holiday (observed) no classes BCT continues	6	7	8	9	10 2 nd Summer Period Ends/3 rd Summer Period Begins
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 3 rd Summer Period Ends/BCT Ends

August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Lodging

The Air Force Academy can't recommend any hotels or homes for rent, but there are many hotels in the north Colorado Springs area readily found by a simple internet search. No Federal endorsement is intended. The following list of those located around the Air Force Academy is extensive but not exhaustive. Below are some hotels to get you started and there is a map of the base and Colorado Springs on page 153 of the Parent guide.

I-25/Academy Blvd (outside Air Force Academy South Gate)

The Academy Hotel
Comfort Suites
Days Inn
Plaza Inn
Econo Lodge
Howard Johnson
Motel 6
La Quinta Inn/Suites

I-25/Interquest (right across from the Air Force Academy Football Stadium area)

Residence Inn
Hampton Inn/Suites

South of the Air Force Academy

Commerce Center Dr. (I-25/Woodmen)

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

Garden of the Gods (I-25/Garden of the Gods)

I-25/Northgate (outside the Air Force Academy North Gate)

The Lodge at Flying Horse
My Place Hotel

I-25/Briargate Pkwy (~ Interquest & Academy Blvd)

Hilton Garden Inn
Homewood Suites

I-25/Monument

The Hideaway Inn
Fairfield Inn/Suites (Marriott)

Holiday Inn Express/Suites
Drury Inn
Grey Wolf Lodge

(I-25 South of Woodmen)

InTown Suites Extended Stay
Extended Stay America
Hyatt House
Colorado Springs Marriott

Colorado Springs Downtown Area (I-25/Bijou)

Days Inn
Super 8
Quality Inn/Suites
Hyatt Place
La Quinta Inn
Americas Best Value Inn/Suites

The Antlers
The Mining Exchange
The Econo Lodge Downton

South of Downtown Areas (I-25/Lake Ave)

The Double Tree by Hilton
Cheyenne Mountain Resort
Hotel Elegante
The Broadmoor Hotel

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 Air Force Academy may be limited due to the number of people arriving to visit Cadets.

Homes for rent: Vacation Rental by Owners <https://www.vrbo.com>;
www.joyousvacations.com;
www.shorttermhomerentals.net

On Base Lodging: On non-peak times parents can get lodging on base through their Cadet by having their Cadet make the reservation or if they have military ID card at on Base Lodging.

Questions: Base Lodging, 10 FSS, 3130 Academy Dr., USAF Academy CO 80840, Telephone (719) 333-4910.

Taxi Information

zTrip, Springs Cab, & Uber are authorized on base at any time. Airport Shuttles do not come on base so Cadets are picked up at local hotels. Cadets are authorized to rent cars. Check with your cadet on the details.

zTrip; (719) 766-4567; <https://www.ztrip.com/colorado-springs/>.

Springs Cab; (719) 444-8686

Uber drivers are authorized on base; 1-800-101-3611, <https://www.uber.com/cities/colorado-springs/>.

Airport Shuttle Information

The below information is provided by request it is for information only to get you started. Check the internet for more options. No endorsement of the following shuttles is being given by the Air Force Academy, but provided by parent requests.

Front Range Shuttle (direct to airports): <http://www.frontrangeshuttle.com/>, (719) 237-2646.

Colorado Springs shuttle: <https://www.coloradoshuttle.com/prices-schedules>, 1-877-587-3456, (719) 687-3456, Reservations: reservations@coloradoshuttle.com.

Groome Transportation: <http://GroomTransportation.com>, 10-14 person van; 16 trip/day. Nearest pick up is Academy Hotel.

Note: Cadet Outdoor Recreation provides shuttles (for a cost) round trip to airports (COS & Denver) during major breaks (**except for Summer Breaks**) for Cadets. (719) 333-4602

Questions: Cadet Outdoor Recreation, 10 FSS/FSC, Room ICI5, Vandenberg Dr. USAF Academy CO 80840, Telephone (719) 333-4603.

Daily Life at the Air Force Academy

Important Dates: Important Date can be found online on the Official Air Force Academy Parent Webpage: <https://www.Air Force Academy.edu/parents/>.

The Air Force Academy is extremely selective. They men and women are bright, eager, and enthusiastic; and they demonstrate a high degree of extraordinary leadership potential. They are among the finest young people in America, and we are proud that they have chosen to come to the Air Force Academy. When Cadets enter the Air Force Academy, they become active duty members of the U.S. Air Force or U.S. Space Force and take the first steps toward joining The Long Blue Line, one of the proudest traditions in the Air Force and in the nation. At the Air Force Academy, Cadets will be developed as leaders of character to prepare to serve our Air Force and country for a lifetime. The demanding 47-month Air Force Academy experience transforms Cadets into leaders. This experience includes academic, military, and physical development. A strong emphasis on moral-ethical standards is woven into each developmental area. You can be enormously proud of the accomplishments of your Cadet.

Cadet Contact: Don't be surprised when you can't talk with your Cadet much or they don't get back to you quickly. They will have very limited time due to classes, studying, and military duties. They have to learn to juggle and prioritize many things, so be patient with them. Please remember Cadets are super busy and their e-mail boxes fill up quickly so try and limit your correspondence so they can receive official emails. C4Cs will have their computers and emails before classes start.

Noon Meal formation: Noon Meal formation occurs normally at approximately 11:35 am. Check with your Cadet to see which day of the week is the formation and march in. If you are in the area you can watch from the Visitor wall.

Legacy Squadron Program. Allows children, grandchildren, or siblings of former graduates or AOC/AMT to be assigned to the predecessor's squadron. No two siblings may be in the same squadron at the same time.

Academic Classes Begin: Prep School Classes begin on 4 Aug 20 and classes begin 6 Aug 20. **DON'T SEND** packages during Aug/Jan so students can order textbooks online and get them before class starts.



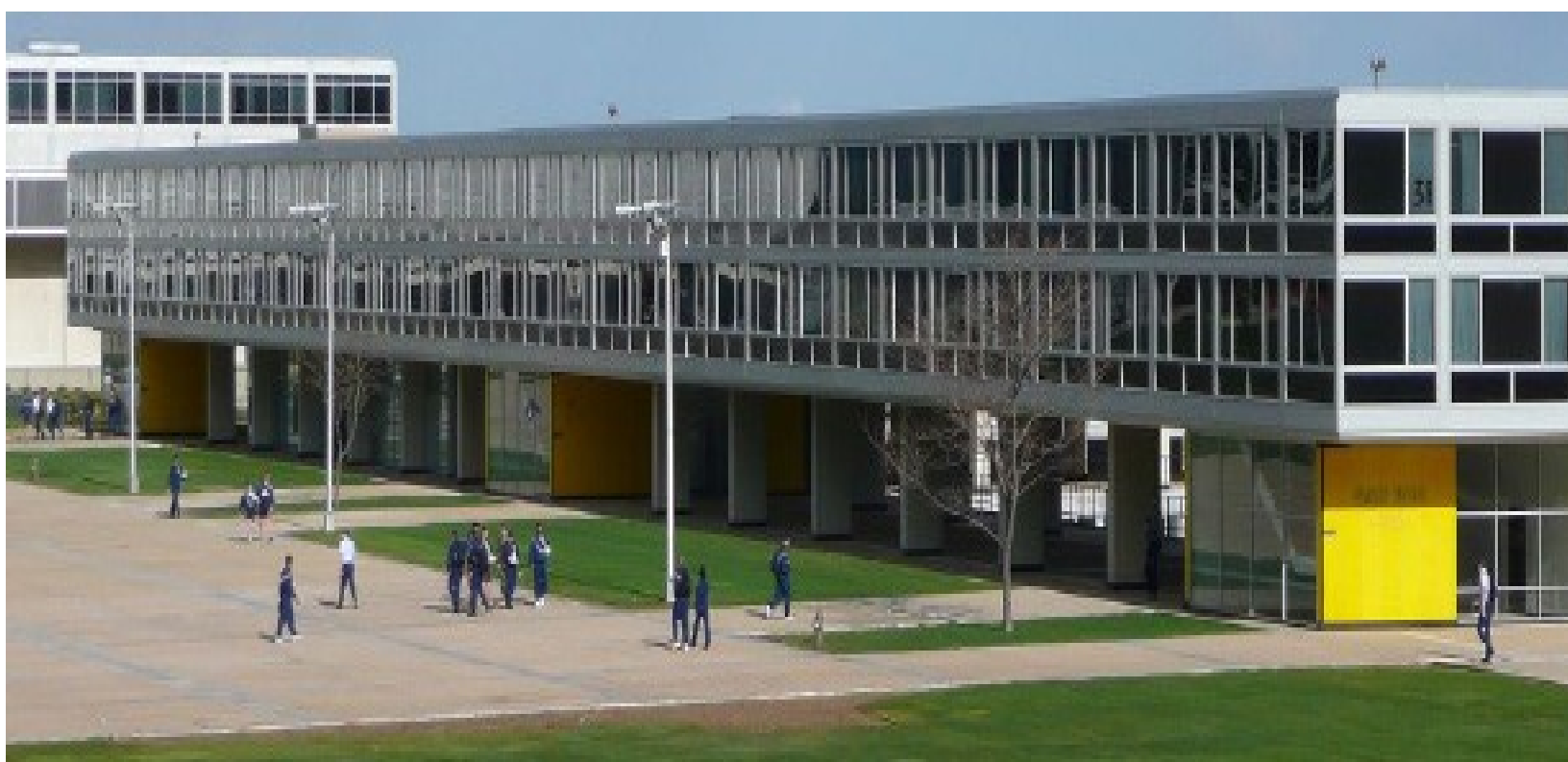
Typical Cadet's Day during the Academic Year



During the academic year, from early August through May, Cadets will have a busy schedule of classes, study periods, military training, and athletic participation. They will awaken by 5:30 am in order to be at morning formation at 6:45 am. Cadets have to rise in time to put their room in order, dress in the Cadet uniform of the day, and be on time for optional breakfast. After breakfast, Cadets will attend morning classes, which begin at 7:30 am and they will attend classes or study until 11:23 am, when they will go to their squadron area for the noon meal formation.

Next they will march to lunch with the Cadet Wing and have 20 minutes to eat. After lunch there are more classes or study periods in the afternoon followed by other training, athletics etc... Evening mealtime is from 5:00 to 7:00 pm, and academic call to quarters is at 7:50 pm.

Some military activities will be required in the evening, but most of the time will be devoted to studying in their room or in the library. Cadet's day ends with Taps and lights out at 11:00 pm. 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 they will be busy throughout the day.



Dormitory Information

Upon arrival at the Air Force Academy, new Cadets will be assigned to a BCT Squadron. Room assignments are two or three cadets-to-a-room. Roommates are members of the same squadron. Cadets have the same roommate throughout the summer. Women live in the same buildings as their male fellow squadron members but have separate rooms and use separate bathrooms and shower facilities.

The military atmosphere at the Air Force Academy is maintained even in the Cadet's room. The room must be set up according to the Cadet Standards Instruction. There is a place for everything and a way to fold almost everything.

Between the end of BCT and the start of the academic year, Cadets will be assigned to rooms in their permanent squadron areas. Cadets are generally assigned two or three to a room. Once assigned rooms, C4Cs retain the assignments until the upper classman squadron shuffle right before junior year.

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 that is allowed to be in a Cadet's room, and they will be expected to keep their room in perfect order.

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

Dormitory authorization list:

Small non-powered exercise equipment, desk lights, fans (one per occupant), heaters, and humidifiers (one per room and must have auto shutoff and be UL approved). Up to three large or heavy items per room (musical instruments, etc.) are authorized.

Authorized item	C4C	C3C	C2C	C1C	Notes
Non-Issue Bedding	N	Y*	Y	Y	C3Cs are authorized alternate sheets
Mattress Topper	N	Y	Y	Y	As long as issue comforter covers both toppers & mattresses. Thickness can't exceed issued mattress thickness
Coffee Pot	N	N	Y	Y	One per Cadet, up to 12 cup capacity with auto shutoff
Plants	N	N	Y	Y	C1C: 2 per room; C2C: 1 per room
Refrigerator	N	N	Y	Y	One per room.
Personal Entertainment Audio/ Visual	N*	Y	Y	Y	One issued cabinet authorized per room for component storage. Additional computer/ video monitor connected to computer; up to 2 per occupant not to exceed 24" screen (diagonal) Must fit on desktop * C4Cs authorized one external monitor not to exceed 24" .
TV	N	N	N	Y	One per room with screen no larger than 42" diagonal.

Approved electrical appliances include large popcorn machines (located in common areas), personal hot-air popcorn poppers, microwaves (common areas only), coffee/teapots and hot-pots with an automatic shut off. Large popcorn machines must be plugged directly into a wall outlet, and must be unplugged when not in use.

Coffee/teapots and hot-pots (12 cups or less) with automatic shutoff timers are authorized. Pots larger than 12 cups or without timers are authorized with AOC approval.

Toasters, hot pots without an automatic shutoff, coffee cup/candle /wax warmers, toaster ovens, dual use microwaves/ convection ovens, and individual coffee pots without timers are not authorized.

Exception: potpourri warmers are authorized with clear liquids only.

Electrical equipment used in the dormitories to include circuit protected multi-plug power strips must be Underwriters Laboratory (UL) approved or equivalent. Three-wire extension cords may be used on a temporary basis.

Items requiring AOC Approval: Each Cadet squadron is authorized one refrigerator, freezer, television, and satellite dish or cable hookup. No more than two microwaves are allowed.

Prohibited Items: Single-room air conditioning units. Individual cable, satellite, or hardwired commercial internet connections are not authorized, Two-wire extension cords are prohibited. Excessive exposed wires (e.g. personal/Squadron Wi-Fi).

Memorabilia, Decorations

Memorabilia. Must conform to class-based privileges. Counted as individual items. Groups of similar items not counted as single item. **C1Cs: 15 items, C2Cs: 9 items, C3Cs: 6 items, and C4Cs: 2 items.** Some parents send in electronic picture frames (5 by 7 size due to desk space) as gifts. Cadets can put as many pictures as they wish on their cork board = 1 item.

Anything **EXCEPT** the following is considered memorabilia:

Laptop, Monitor, Printer, CD/DVDs/Movies
Books (does not include comic books or magazines)
Images
Patches (or other flat items attached to corkboard)
Desk lamps

School supplies, writing utensils, three-hole punches, sticky notes, calendars, staplers, etc., must be neatly arranged or stored in a container, items meant for consumption (must be stored in a container if not packaged, such as fruit), Utensils for eating, and storage bins.

Holiday Decorations: May be displayed from end of Thanksgiving break to beginning of Winter break. Individually displayed holiday decorations must be approved by AOC in coordination with group chaplain. Small artificial holiday trees (3' or less) may be displayed in individual rooms. Holiday tree/decorative lights must not be placed where they are exposed to damage or pose a fire or tripping hazard to personnel. One electrically lit Menorah per occupied room is authorized (contact Chaplain for details on traditional ones). Requests to display decorations for other religious/cultural holidays occurring throughout the year must be requested AOC/AMT in coordination with group chaplain.

Room Inspections

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

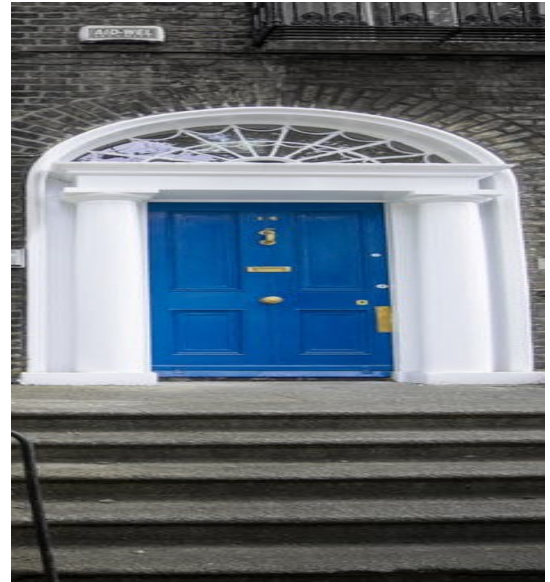
Owning and Maintaining a Residence

Cadets are not allowed to own, lease, or maintain any off-base living quarters. Maintaining off-base living quarters for Cadet use includes, but is not limited to, the following circumstances:

Paying for the upkeep of a room/rental property to include all or any portion of the telephone or utility bills, rent, or periodic obligations.

Paying parents, friends, relatives or other agents for the upkeep of the room/rental property.

Staying in the same off-base quarters when the documented owner/lease has been absent from the quarters for more than 72 hours will require that the Cadets receive written approval from their respective AOCs. This does not apply when the Cadet is on Thanksgiving, winter/spring break or summer break orders.



Personal Time

Cadets will use personal time for personal hygiene, to study, read and/or write letters, clean their dormitory room, seek necessary medical attention if needed, and/or prepare for the next day.

C4C & Media use: C4Cs will be allowed to use media responsibly. C4Cs may use media with headphones only. Speakers and game systems of any kind will not be allowed for any reason. Phones will never be confiscated from C4Cs by Cadets for any reason, unless directed to by the Permanent Party chain of command.

Falcon Alerts

This is a program that Cadets sign up for texts for weather, base exercises, or emergencies notifications. Cadets may sign up parent phone numbers as well. Get with your Cadet so they can add your cell phone number if you are interested.





Boundary Information

Cadet Boundaries Limits: Boundary limits are the boundaries within which a Cadet must remain unless authorized to exceed for extended limits, passes, temporary duty (TDY) locations, or break. Cadet Commanders, with AOC concurrence, may impose more restrictive limits on Cadets whose performance is subpar, and must document the restriction.

Cadet Room: Individual dormitory room, squadron printer, and nearest latrine.

Cadet Squadron Area: Limits of the squadron within the dormitory area including the squadron TV room (if authorized) and squadron activities room (SAR).

Academic Study Area: Vandenberg Hall, Fairchild Hall (including the McDermott Library), Fairchild Hall Annex, Sijan Hall, and Mitchell Hall (inside the gated area).

Cadet Duty Area: Cadet Duty Area is the Air Force Academic area of the Air Force Academy, Athletic fields, and Jack's Valley.

The Air Force Academy Reservation: The entire Air Force Academy installation is from inside the North Gate to inside the South Gate.

Local Area Boundaries: **North:** County Line Road in Monument; **South:** Security/Widefield; **West:** Manitou Springs; **East:** Marksheffel Road. **Note:** Boundaries may be extended at AOC discretion for the Cadet Sponsor program.

Extended Limit: Areas between local area and Colorado state borders.

Weekends

C4C Arnold Hall use: C4Cs are authorized to use Arnold Hall on weekdays after Retreat, on non-training weekends, and on training weekends after all training is concluded.

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 Cadets are permitted to leave the Air Force Academy if they have liberty to use. The Air Force Academy refers to liberties and authorizations as permission for Cadets to leave the Air Force Academy during off duty periods. Individual passes on Friday evening, Saturday, and Sunday will depend on your Cadet's class and on their overall squadron performance. Authorizations and liberties are gradually increased by class in recognition of added maturity and responsibility.

According to the Schedule of Calls (SOC), all Cadets will return no later than (NLT) 7:15 pm on Sundays for Roll Call. After this time, should a Cadet wish to sign out, they must use weekday sign out rules.

Cadet Pass Definitions

Pass: This is the basic unit of the sign out process. A pass is used to sign out when the sign out logs are open and there are no conflicting military duties. Cadets are given a specific number of passes each semester based on their class and can be awarded additional passes through exemplary individual and collective performance.

Overnight Sign Out: An overnight sign out is any time a cadet is signed out after TAPS. A cadet is charged two passes when he/she is signed out overnight.

Weekday Sign Out: A weekday sign out is any time a cadet signs out Monday through Thursday. Week-day pass rules may also be applied to military training weekends, but sign out policy may vary based on training requirements.

Performance Pass: A performance pass is given to cadets as a reward for exemplary performance. Performance passes are awarded by the Squadron AOC/AMT, Group AOC, or Commandant and get added to a cadet's pass count for that month. They do not give cadets the ability to sign out over and above the class specific sign out policy. Example - signing out a second time during the week when a cadet is only allowed to sign out once a week.

Discretionary Passes: A discretionary pass is a special pass approved by the AOC (can be delegated to AMT), Group AOC, or Commandant usually designated for special occasions and allowances. These passes can only be used during their allotted time and are typically coordinated via staff summary sheet (SSS). *These passes are not charged to a cadet's overall account.*

NOTE: Approval of SSS to travel past order does not imply a discretionary pass has been granted; the pass must be specifically approved.

1. **Sponsor Pass:** A sponsor pass is a specifically approved discretionary pass for cadets in good standing, for C3Cs and C4Cs. They are to only be used on Sundays and are to be used to spend time at a cadet's sponsor family's house.

2. **Spiritual Accommodation Pass (SAP):** A SAP is a specifically approved discretionary pass for the purpose of attending an organized spiritual enrichment activity or religious service off base. This pass is allocated for the specific time required to attend the activity.

3. **Volunteer/Community Service Pass (VCS):** A VCS is a specifically approved discretionary pass for the purpose of volunteering off base or performing community service. This pass is meant to incentivize cadet involvement in the community and is allocated only for attending a specified event.

Pass Allocations by Class Year

Class	Approved Sign Outs	Pass Usage Limits	Passes Allotment
C1C	Weekend Day (1 pass)	within pass allotment	15 passes/ month
	Weekend Overnight (2 passes)	within pass allotment	
	Weekday to Taps (1 pass)	2 per week	
	Weekday Overnight (2 passes)	1 per month	
C2C	Weekend Day (1 pass)	within pass allotment	11 passes/ month
	Weekend Overnight (2 passes)	within pass allotment	
	Weekday to Taps (1 pass)	1 per week	
C3C	Weekday (1 pass)	within pass allotment	8 passes/ month
	Weekend Overnight (2 passes)	Within pass allotment	
	Weekday to Academic Call to Quarters (ACQ)	2 per semester	
C4C	Weekend Day (1 pass)	within pass allotment	3 passes/ month
	Weekend Overnight (2 passes)	2 per semester	



Passes are allocated for specific periods and will not carry over from one time period to the next.

C4Cs will not be allowed to utilize passes until after Parents' Weekend. This ensures a month of focused academic, military, and athletic performance prior to allowing departure from the Air Force Academy.

All Cadets are eligible to secure additional passes through exemplary performance. Additional passes can be awarded by Squadron AOCs/AMTs, Group AOCs, and the Commandant.

Spiritual accommodation passes for specific events will be authorized through the Squadron AOC and will not count against the Cadet's pass allocation.

Passes based on a "use or lose" system. At end of each month, every Cadet's base and performance passes will be reset to their baseline number. Merit passes are reset at the end of the semester.

Merit Passes: A merit pass may be granted at the beginning of the semester in order to recognize outstanding performance by Cadets during the preceding semester. These passes are designed to recognize Outstanding Squadron Standings (OSS) and individual merit list achievement. These passes will be awarded by the Commandant. These passes are good for the entire semester in which they are issued.

- **Squadron Merit Pass:** The top squadrons in the Operations Support Squadrons (airfield) rankings for the semester will receive the following passes for use the following semester #1 OSS will receive 10 passes and #2 through # 5 OSS will receive 5 passes.
- **Individual Merit:** Individual Cadets will receive passes for achieving Commandant's List, Dean's List, and the Athletic Director's List.

Cadets achieving 1 List will receive 3 passes.
Cadets achieving 2 Lists will receive 6 passes.
Cadets achieving 3 Lists will receive 10 passes.

Cap Insignia

Upper Class Cap Insignia: Silver prop and Wings are worn on the flight cap after Recognition of a Cadets' fourth class year. Cadets will wear standard chrome plated prop and wings on flight caps upon recognition. Direct descendants of Army Air Corps, Women Air Force Service Pilots, or a parent who is an Air Force Academy graduate are authorized to wear gold prop and wings.



Clothing Information

<u>Item:</u> <u>Present Proper Military</u> <u>Image</u>	<u>Must Be</u>
Watch (1 only)	Conservative. Conservative examples (not all inclusive) are solid color black, brown, silver or gold. Prohibited examples are diamond-covered, neon, bright colors, and bands that exceed 1-inch width.
Bracelet (1 only)	Ankle bracelets not authorized. Conservative in design, no wider than ½ inch, gold or silver in color, and will not have inappropriate pictures or writing. Medical alert/identification bracelets are authorized; however, if worn, will be conservative. Gemstones/tennis bracelets may only be worn with mess dress uniform. Bracelets showing support for cause, philosophy, individual or group not authorized. Exception: Traditional POW/MIA/KIA bracelets, which come in colors beside silver, bronze, or gold, remain authorized.
Rings	Maximum of three rings on both hands combined. Will be worn only at base of finger. No thumb rings authorized.
Earrings	Male Cadets not authorized to wear earrings on military installation, or while in uniform or in civilian attire for official duties. Female Cadets may wear small (not to exceed 6 mm in diameter) spherical, conservative (moderate, being within limits: not excessive or extreme) round white diamond, gold, white pearl, or silver earrings as a set with any uniform combination. Only one set of earrings at a time in uniform is allowed to be worn in lower ear lobe if Cadet has multiple holes in ears.
Eyeglasses and Sunglasses	Conservative ornamentations 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, clear, slightly tinted or photosensitive lenses are authorized. Faddish styles and mirrored lenses are prohibited.
Contact lenses	Contact lenses will be natural looking in shape and design. There will be clear in color and not change color of Cadet's natural eye color.
Gym bags	Solid dark-blue, olive drab, Air Force sage green or ABU pattern with matching stitching.
Back Packs	Black, ABU-patterned, olive drab, and Air Force sage green back packs. Small logs are authorized. Will not have ornamentation, a high-gloss, designs, or hanging/dangling objects.
Camelback	Plain solid black, olive drab, or sage green

Using USAFA Preparatory School Cadet Candidate Uniforms as Cadets: Preparatory School Graduates who are accepted into the Air Force Academy can bring their OCPs, boots, and leather shoes but they will also be issued all new uniforms and items. With the exception of the utility uniform, Cadet uniform items are completely different from those issued at the Prep School.

Laundry Information

Cadet Wing policy is that C4Cs are not to use 10 FSS laundromat without their element leader or higher approval. Cadet Wing Support Division would like the Cadets to come to them if the Cadet is having issues with the contracted laundry service as the customer service reps.

Dry Cleaning and Laundry service is taken out of C4Cs monthly pay automatically. Approximately the deductions is estimated at \$29.00 for Dry Cleaning and \$59.00 for laundry service. If C4Cs choose do to their own laundry with squadron permission for free in the Cadet Laundry facility they can, but the deduction will still be taken out of their pay.

If the Cadets are approved, then parents can call the 10 FSS Laundromat and purchase gift certificates for \$8.00 per 10 pounds at (719) 333-4563 or 2615 to pay by credit card or the Cadet can come in and pay. The folks at the Laundromat keep the certificates by squadron or the Cadet can take the certificate. If the certificate is lost however, then the Cadet is out. Either way the money will still be taken out of the C4Cs pay monthly.

Upper Classman do their own laundry at the Cadet Laundry for free.

Questions: Cadet Wing Training, USAFA/CWT, 2354 Fairchild Hall, Ste 601A, USAF Academy CO 80840, Telephone (719) 333-9660.





Cadet Clubs

There are more than 95 active clubs offered to develop talents and satisfy hobbies. Clubs are a great opportunity for cadets to enhance their professional development by taking on additional leadership roles, or opportunities to manage personnel and financial resources and learn administrative and logistics skills. Many cadets become involved with clubs to find and foster new friendships while pursuing an area of interest. Clubs fall into three categories: mission, competitive sports, and recreational. For a more comprehensive list, visit: <https://www.usafa.edu/Cadet-life/clubs/>.

Mission Clubs

Academic/Professional: Association for Innovation (A4I), Astronomy/Physics, Cyber Warfare, Eastern European Club, Forensics, History, Institute for Applied Space Policy and Strategy (IASPS), Mock Trial, Medical Professions Preparedness Club (MPPC), Operation Safe (Standup USAFA), Operation Safe (Unchained), Prior Enlisted Cadet Assembly (PECA), Peer Tutoring, Portuguese Club, Robotics ECE/VEX, Slavic Studies, Steel Script, STEM.

Affinity & Culture: Hispanic/Latino, Korean American Relations Seminar Club (KARS) Native American Heritage Club, Native American Heritage, Pacific Rim, Schulte Assembly, Secular Cadet Alliance, Spectrum, Way of Life, Chinese Diversity Club.

Support: Special Warfare (Battlefield Airman), Cadet Entertainment, Cadet First Responders Team, Chorale, Combat Shooting, Drum & Bugle Corp, Falconry, German Proficiency Badge, Honor Guard, In the Stairwell, KAFA (Radio Station), Orchestra, RATTEX, Sabre Drill, Sandhurst, Security Club, Yearbook Club.

Competitive Clubs: Cycling, Falcon CrossFit, Women's Fastpitch Softball, Judo, Women's Lacrosse, Marathon, Rodeo, Men's Rugby, Women's Rugby, Alpine Ski, Freestyle Ski & Snowboard, Nordic Ski, Sport Climbing, Team Handball, Triathlon, Men's Ultimate Frisbee, Men's Volleyball, Women's Water Polo.

Recreational Clubs: Akido, Archery, Arnold Air Society, Aviation, Baseball, Bluebards, Cadet for a Day (C4AD), Cadet Outfitters, Chess, Combatives, Eagle's Club, Equestrian, Falcon's Nest, Gaming, Men's Golf, Women's Golf, Men's Ice Hockey, Women's Ice Hockey, Lifting, Men's Lacrosse, Model Engineering, Motorcycle, Mountaineering, Orienteering, Paintball, Recreational Ski, Men's Soccer, Women's Soccer, TACSIM, Taekwondo, Women's Ultimate Frisbee, Women's Volleyball.

Questions: Cadet Wing Training, USAFA/CWT, 2354 Fairchild Hall, Ste 601A, USAF Academy CO 80840, Telephone (719) 333-9660.

Release of Cadet Information to Parents

Unless your Cadet gives the Air Force Academy specific permission to release Privacy Act information (Academic or Medical information), the Air Force Academy staff will only be able to discuss the procedures. **Your first action should always be to ask your Cadet.** As the adult and active duty member the Cadet can give permission to release Academic information and not medical or vice versa, to release both, or to restrict the release of any information. They will do this as part of in-processing, but can update later if they choose. You can contact their Air Officer Commander (AOC) with questions, but always start with your Cadet. The Air Force Academy Parent Liaison can also assist you in connecting with the AOC.

Family Emergencies

Feel free to contact your Cadet's AOC or AMT (enlisted superintendent) in case of family emergencies after BCT. You can also contact the Air Force Academy's Parent Liaison Toll Free at 1-877-268-3383 or (719) 333-3828, or e-mail: USAFA.ParentLiaison@usafa.edu. The commanders really do try and work out emergencies as quickly as possible.

Updating Cadet/Parent Personal Information for Official Files: Only Cadets can update their personal information. Cadet personal information can be updated by a visit from the Cadet to the Office of the Registrar's Customer Service Desk in Fairchild Hall. Additionally, the Cadet Database system provides an avenue by which Cadets can update certain portions of their personal information. These include privacy act information release (academic & medical) and disclosure waivers. Please ensure your Cadet updates your contact information (to include e-mail) if there are any changes. Ensure you notify the Air Force Academy Parent Liaison of moving so the local parent clubs can be updated.

Parents' Weekend (PW) (4-7 Sep 20)

PW Website: <https://www.usafa.edu/about/traditions/parents-weekend/>.

Many parents make lodging reservations a year out for PW (**Labor Day Weekend**). **C4Cs must wear their uniforms during your visit.** There is no distance exemption for wearing of the uniforms. Parents will be able to take their Cadet home with them Friday night and return them at a specific time on Saturday for the football game.



On Friday of PW there will be a parade, an information fair, and various open houses. This day is designed to showcase the Air Force Academy to you and give you time to interact with Squadron AOCs and AMTs, professors and athletic coaches. Check out the Air Force Academy's PW website because the events are normally pretty standard and it will give you an idea on how to plan your stay. Cadets are normally released until Saturday for the Football Game. Note: Information will be sent out on whether Cadets must sit in the designated Cadet seating area at the football game on Saturday unless they purchase additional tickets to sit with guests.

After the football game Cadets will be released to parents for the weekend and must return on Monday evening. See schedule of events to verify times on the website and more information.

Printers or supplies during PW: Many parents bring supplies etc., during PW. Please note that some squadrons view printers as a privilege and must be earned. So parents may bring a printer, but the Cadet may have to earn the right to put it in their room. Cadets are issued a laptop. Every Squadron has a network printer for Cadet's use, but there are many Cadets sharing the squadron printer.

U.S. Air Force Birthday Ball

United States Air Force Birthday Ball: This is normally a mandatory for C4Cs held each September to celebrate the Air Force's Birthday on 18 Sep and Cadets can invite a guest. Cadets must wear service dress. For guests suggest a nice party dress or a suit, dress shoes, and tie. This is not a casual dance so guests need to dress conservatively. Always check with your Cadet for questions or issues.

Questions: USAFA Parent Liaison, USAFA/CM, 2304 Cadet Dr., Ste 3100, USAF Academy, CO 80840, (719) 333-3828.

School Break Information

Ordinary breaks are granted for Thanksgiving, Winter break, Spring break, and summer periods. All Cadets traveling outside the continental United States (OCONUS) will comply with CW's Cadet Foreign Travel Guide. Cadets planning foreign travel during a break period are also responsible for reading, understanding, and complying with the DoD Foreign Clearance Guide <https://www.fcg.pentagon.mil/>. Cadets traveling abroad will obtain a tourist passport and travel visa, if required. Passport and visa applications are available at any U.S. Post Office. More info on major breaks below.

Vacation:.....Cadets and Cadet Candidates will receive approximately five days of vacation days each Thanksgiving break, two weeks at Winter break, one week during the Spring Break, and three weeks of summer break based on the training programs the Cadet will be taking. Please note that if Cadets are deficient in academics or athletics they may be required to participate in specific programs in lieu of summer leave. **Cadets must pay their own transportation costs during these breaks.** The 10th Force

Support Squadron does provide a shuttle bus service for a cost to the Colorado Springs and Denver airports during the main breaks (not including Summer Break).

Separate Rations while on breaks: Since your Cadet will not be eating in Mitchell Hall while on break, they will fill out a form before they leave to give them extra money for separate rations. Parents don't do anything. Cadets will see the payment in their paychecks the following paycheck normally.

Cadet Return delays (weather etc.): After BCT Cadets call their AOC/AMT to let them know they are delayed due to weather etc... If Cadets can't reach one of them, then they call the COS Regional Command Post Colorado Springs (COS) Regional Command Post at (719) 333-2633 and ask to be connected to their Squadron AOC/AMT or CQ desk.

Vacation Travel (outside of U.S.): Ensure you plan early for vacations like cruises or resorts. **Especially in Mexico.** There are some restrictions for active duty to these areas. Your Cadet must check with the Cadet Wing's Antiterrorism Officer to ensure they do what is required and are approved to go by Cadet Wing leadership. Ensure your cadet has enough time to go through proper approval processes for these trips and to get a passport if needed





Thanksgiving/Winter Break/Spring Break Information

All Cadets and Cadet Candidates should land in Denver not later than 3 hours prior to the Air Force Academy check-in time of 7:00 pm on return date. No set time for Colorado Springs, but at least an hour is suggested.

Thanksgiving Break: The official release for Cadets for Thanksgiving is 24 Nov 20, Last Military Duty (LMD). LMD could be noon formation if the Cadet has a morning class or after an afternoon class. Check with your Cadet before purchasing any airline tickets. Cadet Candidates will be released at 9:00 am on 25 Nov 20. Everyone has to return on 29 Nov 20.

Winter Break: The official release date for cadets is Monday, 14 Dec 20. The Cadets will normally be able to leave anytime on the release date. That being said, you need to **CHECK WITH YOUR CADET**. If your Cadet takes their last final on Wednesday, then they can leave after their last final with Commander's permission (standard release is normally given). Cadet Candidates will be released at 11:00 am on 15 Dec 20. Everyone must return on 3 Jan 21.

Your Cadet can go into the Cadet database and look up each of his or her classes (normally sometime in mid-September) and see when their finals are. Cadets will not be allowed to move up finals for airline tickets.

Spring Break: Cadets are released on 19 Mar 21 after their LMD. Cadet Candidates will be released on 20 Mar 21 at 9:00 am. Everyone must return on 29 Mar 21.

Commercial transportation & Uniform Wear: Upper-class and recognized C4Cs may wear civilian clothes. Unrecognized C4Cs and upper-class Cadets who have lost civilian clothing privileges will wear service dress when traveling within the Continental United States (CONUS), Alaska, and Hawaii. C4Cs are authorized to wear civilian clothing while at the break location. C4Cs will wear civilian clothing when traveling outside CONUS, Alaska, and Hawaii. Shuttle Info will be sent out through Parent Clubs when released and be posted on the Official Air Force Academy's Parent Webpage. Travel home for breaks is paid by the Cadet and not the Air Force Academy. Please see Transportation page in this guide on Page 41 for Airport Shuttle and Taxi information.



Aviation, Airmanship, and Space Programs

A very large part of the Air Force 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 fly solo.

Your Cadet also has an opportunity to take an elective course in free-fall parachuting, complete five free-fall parachute jumps and receive their 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 the Air Force Academy'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 Air Force 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). Air Force Academy even offers 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 Air Force 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.





Cadet Drum and Bugle Corps

Since 1971, the Air Force Academy Cadet Drum and Bugle Corps, nicknamed the “Flight of Sound,” has entertained more than 100 million people nationwide with exciting performances. The Corps is a live combination of military precision and music; performing an average of 100 times per year, they are known as the Air Force Academy’s Cadet Ambassadors of musical excellence.

Mission: The mission of the Corps is two-fold: support Cadet Wing events and public relations. The Corps performs at the Air Force Academy home and away football games, as well as travels for parades. Past parade appearances include Presidential Inaugurations, the New York City Macy’s Thanksgiving Day Parade, Mardi Gras in New Orleans, and the Tournament of Roses parade in Pasadena, California. In addition, the Corps has traveled to Aspen and Keystone ski resorts here in Colorado to perform at various functions while enjoying skiing opportunities.

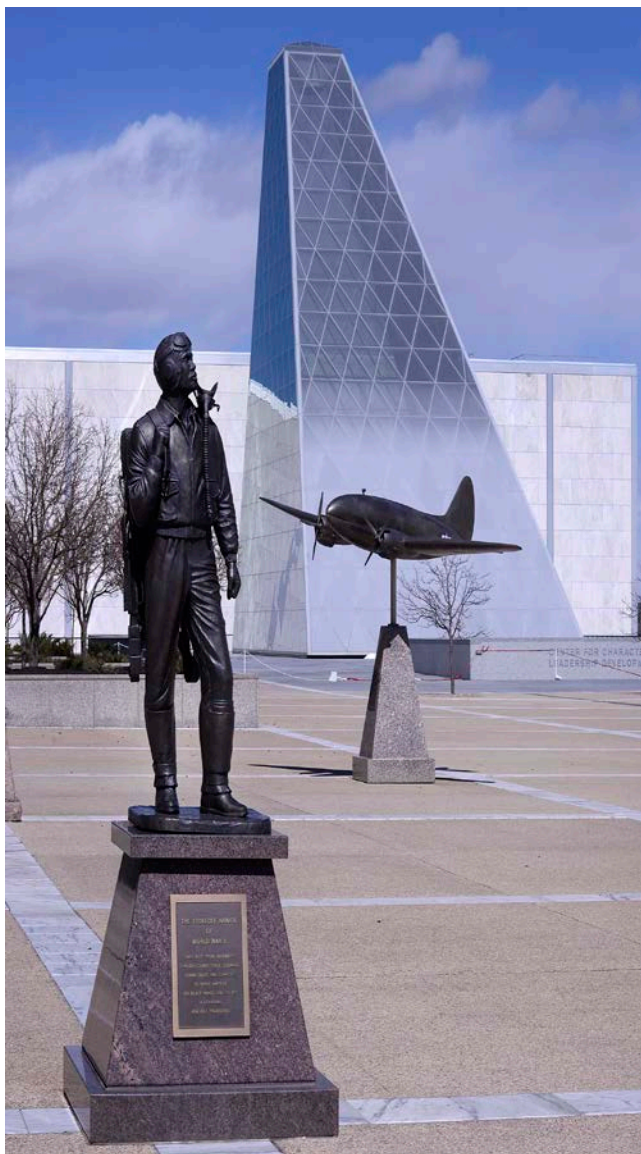
Fourth-class Cadets are permitted and encouraged to participate in the Drum and Bugle Corps. Cadets will be allowed to travel with the Corps to football games and performances away from the Air Force Academy. Auditions for the Corps will be held immediately following BCT.

If you’re Cadet has ever played any musical instrument, even if it was a few years ago and they stopped, the Corps can use them! Reading music is the Corps’ biggest desire. The brass section consists of trumpet, F mellophone (French horn), baritone (trombone), euphonium (tuba) and bugles. The drum line includes snares, tenors, bass drums, and cymbals. Woodwind/string players are also welcome as the transition to a brass or percussion instrument can be fairly quick. Everyone may audition/interview and will be given instruction.

If your Cadet is interested in the Corps, ensure they fill out the Drum and Bugle Corps form on their Admissions Portal and if they have one of the instruments above, bring it with them to the Air Force Academy.

Questions: Drum and Bugle Director, Scott Crump, at drum.bugle@usafa.edu.

The Center for Character and Leadership Development (CCLD)



The Air Force 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.

The Mission of the Center for Character and Leadership Development is “To serve the Air Force Academy advancing character & leadership development in preparation for service to the nation.” Additionally, our vision is to “To be the center of excellence for the advancement of character & leadership development.”

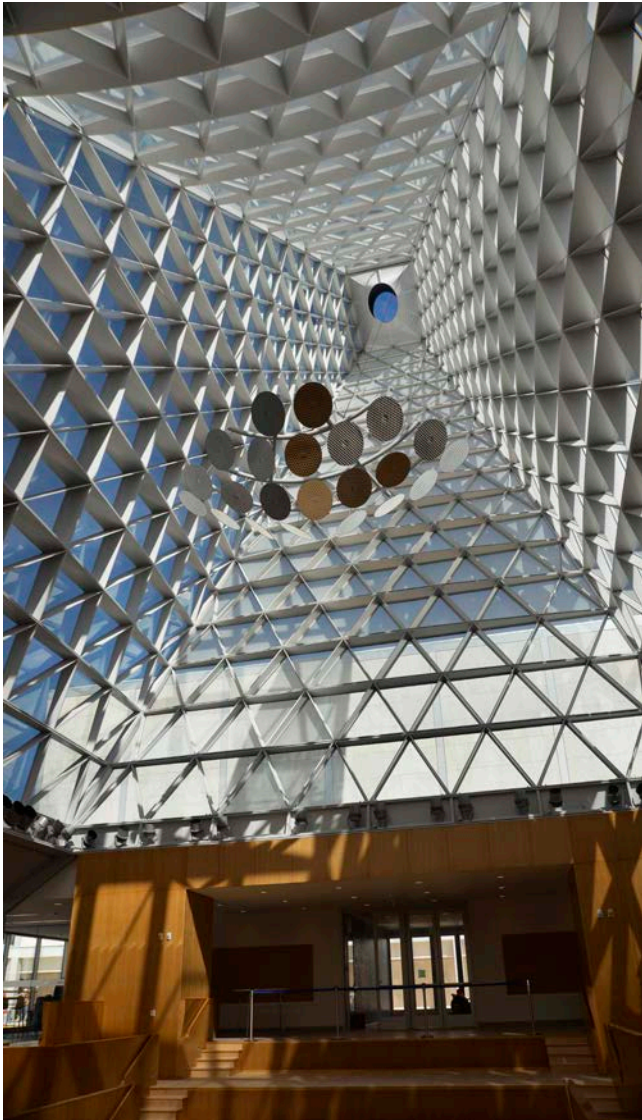
Link: <https://www.usafa.edu/character/>.

Developing leaders of character is a mission for all permanent party members at the Air Force Academy, whether they are coaches, professors, staff, commanders, military trainers, or aviation instructors, at a minimum, by serving as role models for our cadets.

Two key documents—*The Leader of Character Conceptual Framework* and *The Officer Development System*—define our methodology for developing our cadets. In addition to defining a “Leader of Character,” as mentioned above, the *Framework* describes the developmental process we use at the Air Force Academy. To summarize, we ask cadets: to “own the process” and take responsibility for their own development; to “engage in purposeful experiences” and take part in the courses, programs, and

activities that contribute to their moral development; and to “practice habits of thoughts and actions” every day over the course of their 47-month experience. *The Officer Development System* further stipulates that each of the four years focuses on key competencies at each stage of development. Specifically, fourth classmen (freshman) focus on being a good follower, third classmen on coaching and mentoring, second classmen on team leadership, and first classmen on leading at the organizational level, in this case, across the Cadet Wing.

CCLD has several lines of effort to accomplish its mission of advancing character and leadership development for the Air Force Academy. A key role is to advise leaders and staff on character and leadership-related issues by participating in the day-to-day governance of operations and curriculum. CCLD members assist the Commandant of Cadets in developing character and honor lessons, creating experiential learning activities such as the Ropes Course and outdoor leadership opportunities, and building healthy relations curriculum. In order to support our staff and faculty, CCLD provides a series of professional development workshops and seminars aimed at developing the permanent party and Airmen who help develop cadets.



Events such as the flagship annual National Character and Leadership Symposium as well as the Profession of Arms Speaker Series provide venues for cadets and permanent party to engage with renowned external speakers on issues of character and leadership. Cadets and staff also have access to senior visiting scholars resident at CCLD, sponsored by the Air Force Academy Foundation. CCLD's publication, *The Journal of Character and Leadership Development*, continues the conversation through three issues annually. CCLD members conduct research and maintain contacts with other service academies and civilian institutions to collect and disseminate best practices in character and leadership development. A key aspect of these efforts is CCLD's prototyping mission, where new research-based techniques and technologies are piloted with small groups and, if successful, fielded to larger groups of cadets.

Many of these events take place at Polaris Hall, the award-winning facility that houses CCLD and its staff. Located adjacent to Arnold Hall, Polaris Hall features a large event venue for 180 attendees, several seminar rooms, office spaces, and the Honor Board Room, where cadets consider individual cases involving the Cadet Honor Code. Polaris Hall and CCLD have a dedicated staff to oversee events, provide audiovisual support, and maintain the safe operation of the building, all aimed at executing world class events in support of the Air Force Academy.

Finally, CCLD is responsible for preparing Air Officers Commanding to lead their assigned cadet squadrons. Volunteer officers from the line of the Air Force attend a one-year Master's Degree at the University of Colorado-

Colorado Springs where they benefit from a faculty collaboration between the CCLD and UCCS in studying leadership, counseling, and instructional techniques to prepare them for command. Additionally, CCLD assists in content development for the Air Force Academy Military Trainer School, an intensive course that prepares senior non-commissioned officers for their work in the cadet squadrons.

In summary, character and leadership development is a crucial, all-encompassing part of your Cadet's Air Force Academy experience. From the time they enter the Air Force Academy until they graduate, cadets can expect to see character and leadership development woven into every aspect of their life with the ultimate goal of imbuing them with the inner desire to develop themselves and others as leaders of character.

Questions: Center for Character and Leadership, USAFA/AC, 2360 Cadet Dr., Ste 5A12, USAF Academy CO 80840, Telephone (719) 333-4904.



Financial Information

See the Air Force Academy Parent Webpage for cadet expense sheets & Financial Info:

Website: www.usafa.edu/parents/cadet-financial-information

Questions: Air Force Academy Financial Service Office, USAFA/FMF, 2304 Cadet Dr., Ste 2200. USAF Academy CO 80840, Telephone (719) 333-6982/6988 or USAF.FM.CadetPay@us.af.mil.

Cadet are no longer required to initially bank with Armed Forces Bank. Per the Appointee Booklet "On your application 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." Found on page 41 of the Appointee Booklet.

Questions: Air Academy Federal Credit Union (AAFCU), Telephone (800) 223.1983 ext. 1458 or (719) 593-8600 ext. 1458, or email us at cadetaccounts@aafcu.com.

Military Pay

Only at the USAFA Preparatory School will prior enlisted retain their respective pay grade. All Cadets are paid at 35% of an O-1 with less than 2 years of service regardless of prior service.

Scholarship and/or Educational Investment Funds

Checks can be turned in for C4Cs after **15 September**. Other classes can be turned in at any time. The checks should be made payable to US Treasury with a memo stating the student's full name and social security number. Mail checks to: HQ USAFA/FMF, 2304 Cadet Drive, Suite 2200, USAF Academy CO 80840-5035. Cadet Pay's phone number is (719) 333-6982/6988 if you have specific questions.



Scholarships

Agencies should issue scholarship proceeds directly to the Cadet or C/C. When a scholarship agency is unable to make payment directly to the Cadet or C/C, the scholarship may be accepted for credit to the Cadet's or C/C'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. Restrictions 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 or C/C disenrolls," etc.

Scholarships silent on restrictions will be treated as non-restrictive and accepted. Once a scholarship is accepted, is it never refunded to the agency granting the scholarship, even if the Cadet or C/C disenrolls from the Academy. Include the Cadet's or C/C's full name and social security number in the memo section of the check or on the back of the check.

Educational 529s/EE bonds

CHECK WITH YOUR STATE FIRST FOR THE 529s as each state is different. Cadet Pay can't accept checks or bonds direct from investment business. Cadets/parents must cash the checks /bonds first and then write a personal check using the instructions as listed above under Scholarships. This can be used for student costs here at the Air Force Academy such as books and laptop.

Please have the check made payable to: "US TREASURY" and then mail the check to:

HQ USAFA/FMF
2304 Cadet Drive, Suite 2200
USAF Academy, CO 80840-5035

Cadet Pay/Advance of Pay

Cadets earn an estimated \$1150 per month in 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. Parents can use scholarships and 529 accounts to pay back the advance loan for eligible items.

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.

Questions: Air Force Academy Financial Service Office, USAFA/FMF, 2304 Cadet Dr., Ste 2200, USAF Academy CO 80840, Telephone (719) 333-6982/6988 or USAF.FM.CadetPay@us.af.mil.

Thrift Savings Plan (TSP)

According to USAFA Instruction 65-101 paragraph 8 - 8.1. Cadets are not eligible to participate in TSP. 37 USC 211 allows members to participate in TSP IAW 5 USC 8440e. In 5 USC 8440e, members of the uniformed services may participate in TSP when "base pay" is payable under 37 USC 204. Cadets receive "base pay" under 37 USC 203 and therefore ineligible to participate in TSP. When Cadets are commissioned they can participate.

Retirement Pay Program for Graduates

As per the Uniformed Services Blended Retirement System FAQ; "The BRS went into effect on January 1, 2018. New Service members, who join the Uniformed Services for the first time on or after January 1, 2018, will be enrolled automatically in BRS. All members who were serving as of December 31, 2017, were grandfathered under the legacy retirement system. No member who was serving on, or prior to, December 31, 2017, will be automatically switched to the BRS. Though they are grandfathered under the legacy retirement system, active component service members who had fewer than 12 years as of December 31, 2017, and National Guard and Reserve service members in a paid status, who had accrued fewer than 4,320 retirement points as of December 31, 2017, may choose to opt into the BRS. The opt-in window for BRS is from January 1, 2018, to December 31, 2018."

How does this apply to Cadets? "Cadets and midshipmen who were attending a service academy as of December 31, 2017, are grandfathered under the legacy retirement system and will have the option to opt into BRS upon commissioning. ROTC cadets and midshipmen have the same option as long as they signed their 'contract' on or prior to **December 31, 2017**. Cadets and midshipmen that are grandfathered under the legacy retirement system, upon commissioning (or being placed in a pay status) in 2018 will have the remainder of calendar year 2018 to choose to opt into BRS (or, if not placed in paid status until December 2018, they will have at least 30 days). Those cadets and midshipmen that are grandfathered under the legacy retirement system who are not commissioned (or placed in an active pay status) until after 2018 will have 30 days to decide whether or not they want to opt into BRS. Each individual service member has a deadline, which is **30 days after their first day of duty following commissioning**. Cadets and midshipmen who enter a service academy, and ROTC cadets and midshipmen who sign their 'contract' on or after January 1, 2018, will automatically be covered by BRS upon commissioning with no option to opt-in."

You can find more information on the Blended Retirement at the below link:

BRS Link: <https://militarypay.defense.gov/BlendedRetirement/>

- Scroll down and select FAQ

For the Class of 2021 Graduates will have the option of the old retirement system (serve 20 years and receive 50% of base pay) or the Blended Retirement System (BRS) which is similar to a 401k program.

Preparatory Students who enlisted prior to 31 Dec 17 will have the option as well. Starting with the Class of 2021 there will be only the BRS system available and automatically updated for the graduates.

Obtaining W-2s and Tax Information

Cadets can go online to MYPAY to download their W-2s for taxes using their Command Access Card.

Cadet Taxes

Most Cadets have few deductions and can file an EZ form. The Air Force Academy has volunteers to help do taxes for free. Taxes preparation is by appointment and is available through HQ USAFA/JA, located in Harmon Hall, telephone (719) 333-3940. If your C4C needs proof of attendance for Parents to claim part of the year, cadets can go online to the Registrar's office and request a Proof of Attendance, <https://www.usafa.edu/academics/registrar/>, and then go to the Registrar's office and pick up the letter in Fairchild Hall. See below for more information on Federal Income Tax.

Federal Income Tax

This section will furnish them with that information from the standpoint of both the Cadet's tax return and parents return for 2020. 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 Air Force Academy are required to file their own income tax returns. As a fourth-class Cadet entering the Air Force Academy in June, they will earn during approximately \$6,900, which the Cadet must report as income from the Air Force.

Upon becoming a Cadet at the Air Force Academy, **they are considered a member of the active military**, and are no longer your dependent for support. Cadets are considered supported by the Air Force or by yourself. (See IRS Publication 17). However, your cadet may have been your dependent for half of the year before they entered the Air Force Academy, and you may possibly claim them as your dependent on your return for that year. In order to claim your Cadet as an income tax exemption you must have contributed more than half of your Cadet's 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 your Cadet can be claimed as a dependent on the tax return of another taxpayer, then the Cadet may not claim themselves as a personal exemption on their tax return. Thus, if a Cadet is claimed on a parents' return, they may not claim themselves as an exemption when they file their own return for that year. After the fourth-class year when parents may no longer claim their Cadet as a dependent on their return, Cadets may claim themselves as an exemption when they file their own tax return.

Compute the value of support contributed by the Cadet's parent or guardian in 2020. Compute the value of support contributed by the Cadet and parents or guardians and others (include support provided by the USAF). Compare parents' or guardians' share of the total with that provided by the Cadet, the Air Force, or others. If the parents' or guardians' share is more than 50 percent of a Cadet's total support, they meet the support test and can take the dependency exemption. In determining how much parents or guardians contributed to a Cadet's 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 a Cadet. If a Cadet lived at home during the first six months of the year then In-Processed into the Air Force Academy, 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 a Cadet attended college, preparatory school, or high school prior to entering the Air Force Academy.

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

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: Legal office, HQ USAFA/JA, 2304 Cadet Dr., USAF Academy, CO 80840, Telephone (719) 333-3940.

Social Security Benefits

Cadets attending the 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 a Cadet is a recipient of Social Security Benefits, the Cadet must notify your local Social Security Office that they have accepted appointment to the Air Force Academy and will be entering.





MEDICAL INFORMATION

Cadet Clinic phone: (719) 333-5081

Hours of operation:

Mon - Fri: 7 am - 7 pm

Weekends/Holidays: noon - 5 pm

TRICARE referral is: (719) 524-2273 (for at home or off base)

Local Medical Emergency

If a Cadet is hurt risking Life or limb, call 911 and the contractor ambulance (Rocky Mountain Ambulance service) to take them to the nearest hospital or Emergency Room in Colorado Springs.

Serious Cadet Illness/Surgery at Air Force Academy: AOCs may authorize Cadets who are on bed rest to be in local area with a parent or legal guardian, or assigned sponsor family. AOCs may allow "pre-surgical" Cadets the same privileges.

At Home Emergencies: Either while waiting for service (if they can) or shortly after, Cadets need to call TRICARE, (719) 524-2273, and request an official referral to the emergency room they went to and let their AOC/AMT know.

Major Surgery at Air Force Academy: AOCs can allow Cadets to stay with Parents who come for their Cadet's surgery to help with recovery. Allows get AOCs approval before planning travel plans.

Medical Care



While assigned to the Air Force Academy as an active student, they are entitled by law (Authority is 10.U.S.C. 1074, 6201-6203; 31 U.S.C. 1535) to the following military medical care:

- | | |
|---------------------------|--|
| 1) Direct outpatient Care | 4) Emergency Care |
| 2) Aeromedical Evacuation | 5) Immunizations |
| 3) Dental Care | 6) Prosthetic Devices
(includes hearing aids) |

Cadets must have approval/authorization to receive care in the civilian community and Urgent Care Clinics. Routine care is not covered. The care and treatment of injuries/diseases that existed prior to departure on leave are not considered emergencies. Whenever Cadets require routine medical care, they can use the nearest US. Military Medical Treatment Facility available (Army, Navy, or Air Force). For assistance in finding a military hospital near your home, call 1 (877) 988-9378 or visit website: <http://www.tricare.osd.mil/>.

Cadets requiring Emergent/Urgent care in the civilian community, have to utilize the local Emergency Room or contact the Cadet Clinic, (719) 333-5180. An On-Call provider is always available through the automated system (719) 524-2273 for after hours and weekend authorizations. After hours Cadets will be directed to our answering service and they will contact the provider on-call. If it's after hours or a Cadet is unsure if they need to see a doctor, call the TRICARE's Nurse Advice Line by calling 1-(800)-TRICARE (874-2273) and choose Option 1, 24 hours per day seven days per week. Failure to receive authorization could result in a Point of Service charge where the Cadet/Cadet Candidate is responsible for the bill. If this occurs the Cadet/Cadet candidate could submit the claim through their parents' medical insurance if they are still a covered beneficiary.

Emergency Situations

For emergency situations (risk of loss of limb, limb, or eyesight), Cadets should go to the nearest emergency room for care (or call an ambulance if the situation supports it). As soon as the medical situation has been stabilized, the Cadet should report the visit to the Cadet/Flight Medicine Clinic (719) 333-5180 and Benefit Support Office (719) 333-5281, for insurance purposes).

The Cadet should identify himself or herself as an active duty member and provide their name, social security number, squadron and their Air Force Academy mailing address.

If a civilian provider/facility is used, direct them to mail all claims to:

TRICARE
West Region Claims
P.O. Box 7064
Camden, SC 29020

Cadets must report the use of civilian care to the Air Force Academy Cadet Clinic, Commercial (719) 333-5183, DSN 333-5183. They must also contact our Benefit Support Office (719) 333-5281 for benefit questions and insurance claim issues. Call the Beneficiary Counseling and Assistance Coordinator (BCAC) at 719-333-5281 to discuss your billing circumstance. If a Cadet paid for medication or hospital bills, keep all receipts and any other documentation that shows proof of payment. A Cadet Clinic provider must see Cadets the next duty day from their return to the Air Force Academy if medical treatment was received while away from the Air Force Academy.

Emergency Dental care: Emergency Dental care in the civilian community to eliminate or prevent undue pain and suffering, Cadets must call the Cadet Dental Clinic, (719) 333-5190, for pre-authorization. Cadets should use the nearest military medical treatment facility for non-emergent dental care.

Contact Lenses

TRICARE Insurance Company does **NOT** cover contact lenses. However, if your Cadet takes their paper prescription or the paperwork that came with the contacts to the clinic, they will load the prescription into the Cadet's medical records and the clinic will then be able to renew the prescription for contacts, but the Cadet will have to purchase them. Even though TRICARE doesn't cover contacts the base Optometry clinic does the renewals for the freshman as a service.

Dental Coverage for Cadets

Each Cadet will get a cleaning each year. Wisdom teeth may cause lost academic time and possible delays in pilot qualification for Cadets. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Air Force Academy will maximize their dental health, prevent lost academic time, minimize any dental conditions affecting pilot qualifications and go a long way toward ensuring a Cadet's success as an Air Force Cadet. Permanent Retainers are allowed at the Air Force Academy to include during BCT.

Civilian Dentist Usage for Routine Care

Cadets receive an annual dental cleaning at the Air Force Academy Dental Clinic. Routine dental treatment as a Cadet (and while on Active Duty) is an entitlement at no cost. A Cadet may use civilian dentist; however, if a Cadet decides to get treatment by a civilian dentist, they must take provide the Air Force Academy dental clinic with treatment information to ensure their military dental record is a true reflection of the Cadet's oral condition and is up to date.

It is the Cadet's responsibility for the cost of the treatment rendered by the civilian dentist. The military WILL NOT reimburse any expenses that are incurred. A Cadet Clinic provider must see Cadets the next duty day from their return to the Air Force Academy if medical treatment was received while away from the Air Force Academy.

Proof of Cadet Health Insurance

The link will provide you with the phone number and information on how Parents can receive proof of medical coverage. Suggest calling the Beneficiary Line highlighted below for urgent requests.

Tricare Healthcare Link: <http://www.tricare.mil/Plans/Eligibility/DEERS/milConnect/Proof.aspx>

Requests for Proof of Insurance Certificates: Requests for certificates may be made in writing, via fax, or by phone.

The "Proof of Insurance" feature on MilConnect lets Cadets generate, save, and print an Eligibility Letter that provides proof of current health care coverage under TRICARE.

Log in to MilConnect at: <https://milconnect.dmdc.osd.mil/milconnect/>

Click on "Health Care"

From the dropdown menu, select "Proof of Insurance"

Check the box or boxes for yourself and all family members

Click the light blue "Generate" button

The letter will only reflect current TRICARE eligibility for all family members selected.

Written Request: You can mail or fax a written request to the DMDC Support Office. Include the following information on your request:

Sponsor's name and Social Security number

Name of all family members to be included on the letter

Name and address of the person the request should be sent to

Signature of the requestor

Fax the request to 1-800-336-4416 (Primary) or 1-502-335-9980 (Alternate), or mail it to the Defense

Manpower Data Center at the following address:

DMDC Support Office
400 Gigling Road
Seaside, CA 93955

You can call the Beneficiary Counseling and Assistance Coordinator (BCAC) Glenda Phillips at (719) 333-5281 or email: Glenda.b.phillips.civ@mail.mil the DSO Beneficiary Line directly at 1-800-538-9552 to request or check the status of their certificate. The DSO will review each request. Certificates can take up to three weeks to process. However, if Cadets request is urgent, they can request that processing be expedited and your certificate can be faxed directly to a particular number.

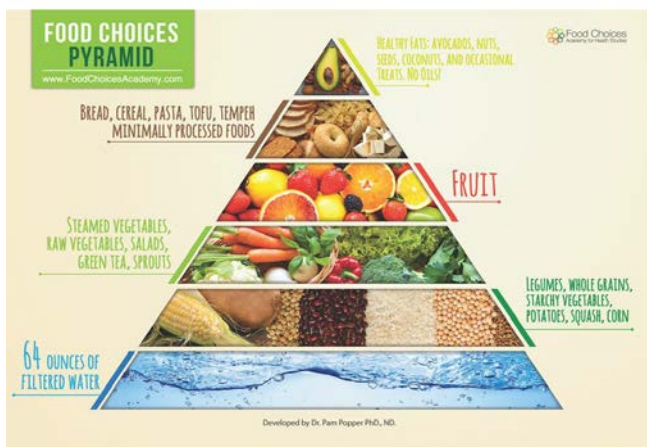
Each year there are lots of questions regarding medical coverage. The main question being: should I maintain my Cadet on my family health insurance plan once they are at the Air Force Academy? The other being, what happens when a Cadet gets sick away from the Air Force Academy while traveling or is home on break?

Parents/guardians are encouraged to maintain health insurance coverage for their son/daughter in the event that they are disenrolled from the Air Force Academy or develop catastrophic illnesses (e.g. liver transplant, potential heart transplant...). On average 40 Cadets are medically disqualified and the Air Force has no financial obligation once the Cadet is disenrolled from the Air Force Academy (medically or otherwise). Your son/daughter may qualify for Veterans Administration (VA) outpatient/inpatient care which they will determine.

If you need additional information about your Cadet's medical coverage, please contact the Benefit Support Office. We look forward to caring for your son/daughter at the 10th Medical Group.

Questions: Beneficiary Counseling and Assistance Coordinator (Glenda Phillips), 719-333-5281

Diet and Food Packages



The Cadet Dining Facility, Mitchell Hall, provides a diet tailored to the strenuous BCT conditioning program. Cadet's well-being are monitored by a registered dietitian, and nutrition counseling is readily available.

Each day, three well-balanced meals will be the Cadet dining facility. Nutrition screening and counseling is provided to Cadet's 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 a Cadet anticipates dietary problems due to religious reasons, Cadets are advised to call the Cadet Chaplains Office and dietary questions or concerns call the Cadet Dining Facility.

Questions: Cadet Chaplains Office, Telephone (719) 333-2636; Cadet Dining Facility, Telephone (719) 333-3663.

Marriage and Paternity/ Maternity Certification

Each Cadet certifies upon In-Processing that they are not married and have no children. If a cadet does marry or becomes a parent as a Cadet,

they will be subject to disenrollment. In addition, if they marry or become a parent as a Cadet and it is not made known to Air Force authorities until after graduation, they may be subject to disciplinary administrative action as an officer.

Cadet Vehicles

Maintaining and operating a privately owned vehicle (POV) are significant Air Force Academy privileges. A Cadet is maintaining a vehicle if he or she is the primary user of the vehicle, has possession, is making payments on or insuring the vehicle, even if the vehicle is registered to a parent, guardian or sponsor. The chain of command may curtail, suspend, or limit a Cadet's use of a POV for administrative or disciplinary reasons.

Maintaining a POV: C1Cs and eligible C2Cs may maintain a single POV at the Air Force Academy or elsewhere. Joint tenancy (ownership) is not allowed (e.g., party vans or club vehicles). C3Cs or C4Cs will not maintain a vehicle at the Air Force Academy, but may maintain a vehicle at their Home of Record provided it does not cause financial hardships or interfere with their ability to perform duties as a Cadet. Cadets who are not eligible to maintain a vehicle will not have another Cadet maintain a vehicle for them. EXCEPTION: Group AOCs or higher may approve additional ownership on a case by case basis, for C1Cs and eligible C2Cs (e.g. the Cadet Car Club).

Eligibility Criteria for Second-class Cadets (C2Cs) for a vehicle: C2Cs must achieve a minimum 2.3 cumulative Military Performance Average (MPA), Grade Point Average (GPA) and Physical Education Average (PEA) to be eligible to maintain a POV at Air Force Academy. AOCs may grant exceptions to this requirement on a case-by-case basis provided the Cadet is not on probation and is making progress toward meeting the minimum MPA, GPA, and PEA. AOCs may restrict use of POVs any time cumulative averages drop below 2.3 during the second-class year.

Vehicle Registration Process: Cadet vehicles must be registered to include affixing decals within 5 duty days of being on the Air Force Academy and submit the following documentation to his or her AOC/AMT.

1. Military ID card.
2. AFCW Form 42, signed by the AOC or AMT.
3. Current state registration certificate (not vehicle's title certificate).

Temporary Registration: Cadet vehicles with a temporary state registration will still receive a Cadet registration tag upon registering their vehicles. Cadets will update their state registration information in database by informing their AOC/AMT on/or before temporary state registration expiration date.

Proof of insurance: Cadets owning or maintaining motor vehicles must be properly insured. Minimum insurance requirements for registration in the state of Colorado are: bodily injury/liability—each person, \$25,000; bodily injury/liability—each accident, \$50,000; property damage liability, \$15,000 per occurrence. Proof of insurance verified prior to registration, and maintained in vehicle at all times while vehicle is owned/operated. Cadets who own, maintain, or operate vehicles covered by parents' insurance should verify coverage. Certain states permit "military service" clauses in parents' policy, which may terminate coverage on insured individual once they enter military service.

Proof of Maintaining (if required) vehicle: If a Cadet is “maintaining” a vehicle and is not considered the “owner” or listed on title, a notarized letter from the owner or a power of attorney is required to register the vehicle.

Rental Vehicles: Cadets may operate commercial rental vehicles during authorized passes and/or break

Borrowed Vehicles: Cadets will not rent or loan vehicles to other Cadets with the intent of making a profit. Cadets who lend vehicles will ensure the borrower is authorized to drive and is familiar with the vehicle's condition, has a valid driver's license and is covered under the owner's insurance. The owner of the vehicle is responsible for ensuring that upon return, the vehicle is parked in an authorized location. Cadets who borrow cars must follow all applicable information specified in this instruction.

Cadet Candidate Car Information

Cadet Candidates (C/C) Vehicles: C/Cs are authorized vehicles while at the Prep School. Ensure C/C has the following: 1) copy of their driver's license, 2) authorization to own or maintain the vehicle, 3) copy of registration in their name or a Special Power of Attorney for a vehicle that allows Cadet Candidate to operate the vehicle, and the Prep School POV authorization form.

Proof of Insurance for C/Cs: C/Cs owning and maintaining motor vehicles must be properly insured. Minimum insurance requirements for registration in the state of Colorado are: bodily injury/liability—each person, \$25,000; bodily injury/liability each accident, \$50,000; property damage liability, \$15,000 per occurrence. Proof of insurance verified prior to registration, and maintained in the vehicle at all times while vehicle is owned/operated. CCs who own, maintain, or operate vehicles covered by parents insurance should verify coverage. Certain states permit “military service” clauses in parent's policy, which may terminate coverage on insured individual once they enter military service. If under parent's policy, CCs must provide a letter from the insurance company stating proof of coverage.

C/C Parking: C/C owned/maintained vehicles will be parked in the Milazzo parking lot on the east side of the campus only. Vehicles parked outside of this designated location will be ticketed and/or towed and privileges may be restricted.

ATM Machines

There are ATMs for both the Armed Forces Bank and Air Academy Federal Credit Union within the Cadet Area in Sijan and Vandenberg Halls. Teller Machines are also in the Community Center area for the Cadet Candidates.

Emergency Contact Form POC

Your Cadet filled out a form on In-Processing Day, but if you have any questions you can call the Cadet Personnel office.

Questions: Cadet Personnel, USAFA/A1A, 2360 Vandenberg Dr., Ste 3C24, USAF Academy CO 80840, Telephone (719) 333-3244.

Updating Cadet and Parent Personal Information

Only Cadets can update their personal information. Cadet and parent personal information can be updated by a visit from the Cadet to the Office of the Registrar's Customer Service Desk in Fairchild Hall. Additionally, the Cadet Database System provides an avenue by which Cadets can update certain portions of their personal information. These include: parents privacy act information (academic & medical) and disclosure waivers, graduation name pronunciations (at the appropriate time).

Personal Property Insurance

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

Personal Property Shipment

Shipment of Cadet Household Goods: Cadets/Graduates must contact the JPPSO office at (719) 333-2766. Below is the weight allowed by each category:

- 350 lbs - International students/Cadets
- 10,000 lbs - Unmarried 2nd Lt
- 12,000 lbs - Married 2nd Lt (spouse on orders)

Questions: Household Shipment Office, JPPSO, USAF Academy CO 80840, Telephone (719) 333-2766.

News Releases

Newspaper News Release (also known as Hometown News releases for local Newspapers): Your Cadet (not parents) can go to the following link and put in a Hometown News Release for their achievements here at the Air Force Academy. The Cadet has to release their Privacy Act Information for the article to be used. Please note that you must have an active duty ID to use this program. It is up to the newspaper to publish or not to publish the news article.

Hometown News Release link: <https://jhns.release.dma.mil/public>

If parents wish to send directly to a local newspaper they can. To be sent to your area newspapers to run AFTER you return. (This is optional, check with your cadet to see if s/he actually want you to do this.) Include a photo and a self-addressed stamped envelope for the return of photo (and hope you get it back).

Info to include about your cadet:

- Cadet's Full Name
- Cadet's Major and Minors
- Cadet's Base Assignment and Future Plans
- Cadet's Ranks (such as Squadron Commander...)
- Cadet's Honors
- Cadet's Extra-curricular Activities

- Cadet's Special Recognition
- Cadet's Special Moments
- Cadet's Squadron Name, parents' names (and maybe grandparents' names) and anything you'd like to add
- Note the date/place of graduation.

Servicemember's Group Life Insurance (SGLI)

Your Cadet will be signed up for the SGLI automatically for \$400,000. If your Cadet wishes to lower the coverage then they will need to stop by Cadet Personnel in Vandenberg Hall. Cadet Personnel Office is located at 2360 Vandenberg Dr., Suite 3C24 (above the "C" store). Please see the below website we use to assist with myths and rumors about SGLI - to include how SGLI works.

SGLI Web Site: <http://www.benefits.va.gov/insurance/sgli.asp>

Questions: Cadet Personnel Office, USAFA/A1A, 2360 Vandenberg Dr., Suite 3C24, USAF Academy CO 80840, Telephone (719) 333-3244.

Cadet Chapel Programs

Worship: The Wing Chaplain's office offers weekly worship opportunities to include, but not limited to, Protestant, Orthodox, Catholic, Jewish, Islamic, and Buddhist faiths. An All Faiths room is available for meditation and prayer. Throughout BCT there are worship opportunities available for all cadets. 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, Latter Day Saints 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 Interreligious Council: Each major faith group has two Cadets on the Cadet Interreligious 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 Air Force 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 Interreligious Council brings Cadets together in interfaith community service as well as increased dialogue and interfaith discussions to continue improving the religious climate at the Air Force Academy.

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, Cadets will see Religious Support Teams (chaplains and chaplain assistants) throughout all their 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 Cadet's mission. Cadets have the right to see their Group Chaplain or any chaplain that meets

their faith concern at any time. Additionally, Cadets can meet with their 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.

Questions: Cadet Chapel office, HQ USAFA/HC, USAFA Academy CO 80840, Telephone (719) 333-2636.

Cadet Mental Health Resources

A variety of organizations are readily accessible for Cadets to get help when they need it. In most instances, Cadets need to initiate contact with the following organizations. In some cases, Cadets will be directed to seek guidance.

Parents can find out more information on Helping Agencies at the Air Force Academy Website link:

<https://www.usafa/helping-agencies/>.

Peak Performance Center

The Peak Performance Center is committed to promoting the dignity, respect, and well-being of each Cadet. The center facilitates the development and inspiration of future leaders by maximizing personal potential and preventing and working through interpersonal conflicts. Cadets who use our center are viewed as vital partners in a growth-oriented, future-focused process intended to enhance their effectiveness in personal and professional endeavors.

The center seeks to remove barriers to optimal academic and behavioral functioning and to enhance professional development across the Cadet Wing through a range of services: clinical counseling services, outreach and educational training, and organizational assistance toward individual and/or institutional enhancement. Counseling is offered for anxiety and fears, assertiveness, depression, eating problems, family problems, grief and loss, relationships, self-image/self-confidence and stress, and substance abuse prevention. The Center also offers biofeedback training for performance enhancement in the area of sports, academics, and combat training.

The Peak Performance Center has been granted full accreditation since September 1991 by the International Association of Counseling Services. The counselors are all master's or doctoral level mental health providers and/or Certified Alcohol and Drug Abuse Counselors.

Questions: Peaks Performance Center: Sijan Hall, Room 2A13, USAF Academy CO 80840, Telephone (719) 333-2107.

Cadet Clinic

The Cadet medical clinic provides health care for Cadets and is located in the cadet area.

Questions: Cadet Medical Clinic, Telephone (719) 333-5180,

Chaplains

The Cadet Chaplain's office provides counseling and spiritual advice to Cadets. Please see previous pages for specifics.

Questions: Cadet Chapel office, HQ USAFA/HC, USAFA Academy CO 80840, Telephone (719) 333-2636.

Airman and Family Readiness Flight - Financial Counseling

Financial counseling is available to cadets by appointment Monday through Thursday during normal duty hours (0730-1630).

Questions: Financial Counseling, Airman and Family Readiness Flight, 10 FSS, USAF Academy CO 80840, Telephone (719) 333-3444.

Sexual Assault Hotline

The Sexual Assault Prevention and Response (SAPR) program provides 24/7 confidential response to all reports of sexual assault (regardless of when they occurred) and promotes assistance and support for victims of sexual assault to promote personal and academic growth. Contact the Sexual Assault Response Coordinator (SARC) for all reports of sexual assault.

Questions: Sexual Assault Prevention and Response Office, SARC USAF Academy CO 80840, Telephone (719) 333-7272.

Student Academic Services:

Student Academic Services provides a variety of assistance, including academic counseling, study strategies and time management, reading enhancement, scholarship programs, writing assistance, and evening tutoring in technical and quantitative subjects.

Questions: Student Academic Services, USAFA/DF, 2354 Fairchild Dr., Ste 1A76, USAFA Academy CO 80840, Telephone (719) 333-9841.

Cadet Sponsor Program

Doolie Day out: (Tentatively scheduled for 1 Aug) Doolie Day Out is a military event that is an integral part of Basic Cadet Training. On DDO, the cadets are assigned to participating host/sponsor families. Host families are registered sponsor families who live within the Greater Colorado Springs area (host families' residences may not exceed 50 miles from the Air Force Academy. Not all host families are Sponsor families. Some may continue through the year to sponsor cadets; a few others only host basic cadets on this one-day event every summer.

Only registered host families with proper credentials and assignment letters (and dash passes) will be permitted to enter the pick-up area on DDO. For most cadets, they will be meeting these host families for the very first time. Most will offer sponsorship, but again not all will sponsor through the year. If the cadet likes the family they can ask them (while spending DDO with them) if they would sponsor you. If they agree, they will need to let the Sponsor Office know by sending a by-name requests via email to cadet.sponsor@usafa.edu. Cadets and sponsor families will be given about two weeks after DDO to contact the Sponsor Office to send us by-name or special requests. This is to ensure we can inform every one of

their official sponsorship one week prior to Parents Weekend. Parents Weekend is the perfect time for parents and sponsors to meet!

The Basic Cadets will be given their cellphones either the night prior or the morning of Doolie Day Out. Basic Cadets will be instructed NOT to use their cell phones while in line in the parking lots to be picked up by their host families, nor in the car with the families. They should use that time to chat with the family. The basic cadets will be reminded to bring their assignment letter for the day before arriving to the parking lots. These assignment letters will be given to the basic cadets the day prior to the event.

Basic Cadets are briefed about being released only to the family they are assigned to for DDO. The DDO host families are instructed to not release cadets to anyone. Cadets cannot have parents/family/friends pick them up from the DDO host family's home. This is strictly prohibited and will result in serious consequences. If the cadet's parents live within 50 miles of the Air Force Academy, they may register (starting in May 2020) to host the cadet on DDO and sponsor them through your 4 years. If they are local and do not desire to register to host/sponsor, the cadet will be assigned to a registered family for DDO only. Only registered families with proper credentials will be allowed into the event area. All Basic Cadets participate in DDO. Recruited athletes are assigned to their coaches on DDO. Cadets not feeling well or fall ill on DDO will remain in the Cadet Area with cadre/BCT personnel and will not be released. Basic Cadets are responsible for informing their parents of their host/sponsor family's names and contact info. The Sponsor Office or the Parent Liaison's Office cannot release sponsor family information to parents of cadets. When contacting the family via phone call, please remember that many people screen their calls and will not answer unknown callers/blocked numbers; we recommend leaving a voicemail when calling to introduce yourselves.

Parents from out-of-state should NOT come to town in hopes of spending DDO with their son/daughter on this day. DDO is very much a part of BCT and not just a regular "day off." The appropriate time for parents to come to town is on Acceptance Day (A-Day) or Parents' Weekend (Labor Day Weekend). Again, basic cadets are responsible for providing their sponsor family's names and contact information to their parents.

Questions: Cadet Sponsor Office, USAFA/CWTM (Cadet Sponsor Office), Fairchild Dr., Ste., 4A24, USAF Academy CO 80840, Telephone (719) 333-2727, Cadet.sponsor@usafa.edu.

Preparatory School Sponsor Family Program

The Preparatory School has a separate Sponsor Family. Cadet Candidates and sponsor families can email: PrepInfo@usafa.edu to request to become a sponsor or to request a specific sponsor.

Questions: Cadet Candidate Sponsor Office, USAFA/PS, 5220 Cedar Dr., Ste 117, USAF Academy CO 80840, Cadet.sponsor@usafa.edu.

Sponsor Families Access to the Air Force Academy

Sponsor Families have access to the base only during visiting hours unless they have a DoD issued Identification (ID). Sponsor families who do not already have an approved government approved ID can get issued a Defense Biometric Identification card (DBIDS) card to be able to pick up their Cadet at any time required by working with the Cadet Sponsor Office, Cadet.sponsor@usafa.edu, (719) 333-2727. This is only for non-military, non-DoD affiliated families. Maximum of 2 DBIDS badges and must be over 28 years old and attend a sponsor training session within 3 years.





Air Force Academy Supporting Foundations

5013c organizations are non-profit entities that directly support the Air Force Academy. The Air Force Academy is currently has seven 501c3 organizations (called Supporting Foundations) including the Air Force Academy Foundation (AFAF), the Association of Graduates (AOG), the Falcon Foundation, ARDI - Academic Excellence Foundation, Friends of the Library, the Air Force Academy Leadership Foundation, and the Air Force Academy Athletic Corporation (AFAAC). Descriptions for several of the Supporting Foundations are below.

The Association of Graduates (AOG)

The AOG is the alumni association for the Air Force Academy. The AOG's website has information about the Air Force Academy and the graduate community: <http://www.usafa.org/>. Parents can become members of the AOG while your son or daughter is a Cadet. Each member, whether a graduate, parent, or friend of the Air Force Academy, helps maintain and expand current programs as well as develop new ones. Call the AOG at (719) 472-0300 if you have any questions. This is a Voluntary option.

Freshman parents can become members by going to the below link as a Club Member. Please note there is a monthly charge to become a member and WEBGUY is not part of the Air Force Academy Cadet Media or Public Affairs office (which is at no cost and can be accessed by internet also), but the AOG does take lots of pictures. Check out the site. WEBGUY is separate than the office of Parent Liaison; however we work closely together. The AOG has Cadet and Family memberships. Please see the link below for more information. Link: <https://www.usafawebguy.com/>

Other class year parents can obtain regular memberships by signing up at the following website. Link: <http://www.usafa.org/Membership>

AOG Chapters: You will find it important to connect with your local graduate chapter, as they have the experience and the Air Force Academy insight necessary to support you and your Cadet through the Air Force Academy experience. As a graduate chapter, they also have the responsibility of supporting the Air Force Academy heritage and, together with all those involved in developing our future leaders, ensuring the

next generation is equipped and ready to join the Long Blue Line. Ways to connect include, but are not limited to:

- Appointee Send-off Parties
- Air Force Falcon Football Game Watch Parties
- Away Game Tailgates
- Founders Day Celebrations

In some cases, when Cadets engage in organized travel for academic, athletic, or recreational purposes, the organizer will reach out to the graduate chapter in the destination area to provide meals, lodging, or opportunities for social functions. Being connected to the graduate chapter will allow you to be part of these types of communications and planning.

Support your local chapter. For more information, visit: www.usafa.org/groups/chapters

Founders Day Celebrations: The Air Force Academy and the Association of Graduates host a celebration of the Air Force Academy's founding every April. Each year, an increasing number of graduate chapters choose to host their own Founders Day celebration to commemorate the founding of the institution we all hold dear. We encourage these gatherings and send representatives of our Senior Staff, when we can, to support the ongoing recognition of the role the Air Force Academy has played in our country since its establishment. For more information on these and other events across the country, visit the AOG website link: www.usafa.org/event.

Questions: Association of Graduates (AOG) Store, USAFA/AOG, 3116 Academy Dr. USAF Academy CO 80840, Telephone (719) 472-0300, <https://www.usafa.org/>.

The Air Force Academy Foundation (AFAF)

Each fall parents may receive a call from the Air Force Academy Foundation (AFAF) or a third party company for the Foundation and are asked to become Sabre Society level donors to the AFAF Fund. Over the last three years, parents have contributed more than \$2.5 million to the AFAF Fund. The AFAF Fund is an annual, unrestricted fund that enables the AFAF and the AOG to fulfill their missions in support of the Air Force Academy. The primary purpose of the AFAF Fund is to provide private, unrestricted funds in support of a variety of Cadet and graduate programs, capital projects and key Air Force Academy priorities as identified by the Superintendent. Throughout the year, a variety of methods are used to raise these funds.

Parent and Family Giving: *Making the Cadet Experience Exceptional* Congratulations! It's an honor to have a son, daughter or relative serving as a Cadet at the Air Force Academy. It's that pride in family and devotion to service that prompts many to ask: *"What can I do to help support my Cadet and the Air Force Academy along the way?"* The Parent & Family Giving program was established by the AFAF to help you play a transformative role in the success of your Cadet through active volunteerism and philanthropy. Serving you through our office on the grounds of the Air Force Academy, we have an inside view of administrative priorities, campus activities and the day-to-day lives of the Cadets.

Get Involved. Stay Engaged! The Parent & Family Giving program can help you connect with other Air Force Academy parents, get involved in Air Force Academy events and act as an ambassador for the Air Force Academy and Cadets.

Target Your Interests. Giving by parents and families has always played an important role in enhancing the margin of excellence at the Air Force Academy. When you give to the Parents and Family Fund, you are able to support several Air Force Academy initiatives, including:

- Excellence Fund (athletics)
- Fund for Character and Leadership Programs
- Dean's Fund (academics)

- Commandant's Fund (Cadet activities)
- Superintendent's Discretionary Fund

Connect with Parent & Family Giving today: www.usafa.org/pfg. (719) 472-2056.

RANDO FUND: The RANDO Fund is named in honor of C1C Dennis P. Rando, one of several Cadets in the 1990s who perished before graduating. When an honor guard of his classmates had to pay travel expenses to his memorial service from their own pockets, a group of Massachusetts parents founded the RANDO Fund. Since 1997, the RANDO Fund has raised private support to provide the means for Cadets travel to represent the Air Force Academy at services of their fallen comrades. In 2012 the AFAF assumed the collection and management of such gifts, with no charge to the RANDO Fund mission. This fund is also used for Cadets in need of financially for other reasons.

To make a tax deductible donation to the RANDO Fund, you may choose one of two ways to donate. For a donation using a credit card, go to the AFAF's RANDO Fund link: <https://giving.usafa.org/give/rando>. You may also send a check made payable to the AFAF with "RANDO Fund" printed on the check memo line to the address below.

Note: Please be sure to include a note indicating the RANDO Fund as the intended recipient of your donation, along with your or your organization's name and address. This will enable the Foundation to send a letter of acknowledgement and ensure that your donation goes to the RANDO Fund.

Questions: Air Force Academy Foundation, 3116 Academy Dr., Ste 200, USAF Academy CO 80840, Telephone (719) 472-0300, <https://www.usafa.org/>.

The Air Force Academy Athletic Corporation (AFAAC)

AF assists the Air Force Academy in development, funding, operation, and management of its athletic program that is in direct support of the Air Force Academy Athletic Department's mission to build future Air Force leaders of character by providing a realistic leadership experience in a mentally and physically challenging environment. We do this by raising funds through admission ticket, concession item, and apparel sales, licensing trademarks, commercial. Sponsorships and partnerships, and traditional fundraising activities.

Questions: AFAAC, 2168 Field House Dr., USAF Academy CO 80840, (719) 333-4545, <https://goairforcefalcons.com/sports/2018/6/21/ot-afa-athletic-corporation-html.aspx>

ARDI - Academic Excellence Foundation

ARDI - Academic Excellence Foundation (formerly the Air Force Academy Research and Development Institute) provides the institution endowed chairs, teaching positions usually filled by senior professors visiting from other schools and paid for by an endowment — an invested donation.

Questions: ARDI - The Academic Excellence Foundation, 1490 Garden of the Gods Rd, Colorado Springs, CO 80907, (719) 599-1370, <http://www.ardifoundation.org/>.

Friends of the Library

The Friends of the Air Force Academy Library was incorporated in February 1987 as a 501 (c)(3) organization. The principal aim of The Friends is to enhance the quality of the McDermott Library as an educational, research, scientific, and cultural institution. Ultimately, The Friends help the Library grow in stature, thereby strengthening the Air Force Academy's performance of its mission.

Initially formed under the guidance of three former Superintendents of the Air Force Academy, The Friends continue to rely on the leadership of former Air Force Academy senior staff members to meet our goals. The Directors of The Friends include former Superintendents and a number of distinguished Air Force officers and community leaders. Three advisors represent the Air Force Academy Faculty, the Association of Graduates, and the Director of the Air Force Academy Library.

From the beginning, The Friends worked with the Clark Special Collections Branch to acquire and preserve unique original historical collections of personal papers including records, diaries and photographs that are of special significance to the mission and history of the Air Force and the Air Force Academy. The Friends have also received gifts of rare books and artwork, memorabilia, films and electronic media dealing with aeronautical and airpower themes.

Questions: Friends of the Air Force Academy Library, P.O. Box 188, USAF Academy CO 80840, <http://www.usafalibrary.com/>.

The Falcon Foundation

The Falcon Foundation purpose is to provide scholarships to College or Preparatory Schools for motivated young people seeking admission to the Air Force Academy and a career in the Air Force or Space Force.

The Falcon Foundation recognized that many deserving young people, with outstanding potential for an Air Force Academy education and a desire for an Air Force career, needed additional academic preparation prior to cadet appointment. The competition for an Air Force Academy appointment is intense and those who have not had the best educational opportunities may need to prepare more thoroughly to compete for admission. The Falcon Foundation endeavors to meet this need within its means through its sustaining program of annual scholarship grants.

Information concerning the Foundation and its scholarship program appears in the USAFA Catalog and can be viewed at: www.falconfoundation.org.

Questions: The Falcon Foundation, 3116 Academy Dr., Ste 200, USAF Academy CO 80840, (719) 333-4096,

IMPORTANT PHONE NUMBERS

Please refer all phone calls to the appropriate office.
Area Code is (719)

Admissions Office (USAFA/RR)	(800) 443-9266
Airman & Family Readiness Flight	333-3444/3445
Arnold Hall	333-2710
Aero Club.....	333-4423/4542
Aeronautics (USAFA/DFAN)	333-4010
Air Academy Federal Credit Union	593-8600
Air Force Academy Foundation (AFAF)	472-0300
Armed Forces Bank	472-1090
Arts & Craft Center (10 FSS)	333-4579
Association of Graduates (AOG)	472-0300
Astronautics (USAFA/DFAS)	333-4110
Athletic Ticket Office & information Center (in the Field House)	(800) 666-8723
Auto Shop (10 FSS)	333-4752
Barber Shop Cadet (Sijan Hall).....	333-4625
Beauty/Barber Shop Cadet (Vandenberg Hall).....	333-4563
Behavioral Science & Leadership	333-2514
Biology (USAFA/DFB)	333-2720
Bowling Center (10 FSS).....	333-4709
Cadet Book Store (Vandenberg Hall)	472-6100
Cadet Chapel Tourism & Events	333-4515
Cadet Clinic (in cadet area)	
Cadet Medicine Clinic	333-5080
Immunization Clinic	333-5080
Flight Medicine	333-5080
Optometry Clinic	333-5189
Cadet Refills	333-5198
Patient Records.....	333-5187

Dental Clinic (in the Cadet area)	333-5192
Dental Oral Surgery (main hospital)	333-5076
Dermatology Clinic (main hospital)	333-5291
Cadet Drum & Bugle Corp.....	333-0436
Cadet Class Rings (through the AOG)	472-0300
Cadet Class Rings (through Jostens).....	303-699-9199
Cadet Command Center/Cadet Wing Operations Center (Emergencies only)	333-2910
Cadet Entertainment (in Arnold Hall).....	333-4497
Cadet Gift Shop (at the Visitor Center).....	333-3921
Cadet Gift Shop (at the Field House)	333-2484
Cadet Issue (OCP Boots/Uniforms)	333-3218
Cadet Media	333-4644
Cadet Outdoor Recreation.....	333-4602
Cadet Pay	333-6994
Cadet Pay & Scholarship Check	333-6982
Travel Reimbursement Questions	333-4298
Cadet Personnel.....	333-3244
Cadet Post Office	472-1198
Cadet Sponsor Program Office	333-2727
Petals and Blooms	472-8589
Cadet Wing Media.....	333-4644
Cadet Staff Group 1	333-4390
Cadet Staff Group 2	333-4572
Cadet Staff Group 3	333-4312
Cadet Staff Group 4	333-4681
Cadet Scheduling.....	333-9216
Cadet Transcripts	333-2106
Cadet Chapel Information	333-2636

Chaplains Office.....	333-2636
Chemistry (USAFA/DFC).....	333-2960
Civil Air Patrol.....	333-0602
Civil & Environmental Engineering (USAFA/DFCE)	333-3150
Colorado Springs Chamber of Commerce.....	635-1551
Computer Science (USAFA/DFCS).....	333-3590
Computing Services (computers)	333-3994
Dining Facility (at the Prep School)	333-9831
Economics & Geography (USAFA/DFEG)	333-3562
Electrical & Computer Engineering (USAFA/DFEC).....	333-3590
Engineering Mechanics (USAFA/DFEM)	333-3190
English & Fine Arts (USAFA/DFENG).....	333-2531
Equestrian Center.....	333-2109
Falcon Club (Officer & Enlisted Club).....	472-8639
Falcon Foundation	333-4553/8192
FAMCAMP Campground	333-4977
Farish Campground	333-4096
Framing & Engraving Shop (10 FSS).....	687-9098
Foreign Language (USAFA/DFE)	333-4579
Golf Course Reservations (10 FSS)	333-3820
HAPS Lounge (in Arnold Hall).....	333-2606
History (USAFA/DFH)	333-3908
Intramural Program.....	333-3230
JPPSO (shipping household goods).....	333-2766
KAFA 97.9 Radio Station	333-5232
Language Learning Center	333-3007
Laser Eye Clinic	333-3007

Law (USAF/DFL)	333-2103
Law Enforcement Desk (non-emergency)	333-2000
Library	333-3680
Life Touch photos	800-426-9533 x 128 or 241
Lodging "Rampart Lodge"	472-1940
Mathematical Science (USAF/DFMS)	333-4470
Mental Health Center (main hospital)	333-5177
Mitchell Hall (Cadet Dining Facility)	333-4989
Orthopedics	333-5041/5042
Outdoor Recreation/Supply (Vandenberg Hall)	333-4602
Parent Liaison	877-268-3383/333-3828
Pass & Registration (at the South Gate)	333-0443
Peak Performance Center (Cadet Air Force Academy Counseling)	333-2107
Physical Education Department	333-2798
Philosophy	333-4070
Physics (USAF/DFP)	333-3510
Picnic Areas	333-4753
Pikes Perk (10 FSS coffee shop in Arnold Hall)	472-7930
Political Science (USAF/DFPS)	333-2270
Preparatory School (Air Force Academy)	333-2583
Registrar's Office	333-3970
Security Clearance Office	333-8999/9036
Sexual Assault Hotline	333-727
Ticket & Tours "Colorado R & R Travel" ITT	333-7367/7816
Travel (Official)- SATO Travel	855-794-4923



Graduation - General Information

Graduation for the Air Force Academy's Senior Class takes place in Falcon Stadium in May, culminating with an exciting demonstration from the Air Force Thunderbirds in the skies over Falcon Stadium. This Capstone event will launch new lieutenants into careers of service to their nation and mark the significant achievement that is your Cadet's journey through the Air Force Academy!

MOST IMPORTANT PAGE - Parent grad week information link:

<https://www.usafa.edu/about/traditions/graduation/>

1. **Parking:** You will park in the Cadet area Parking near the parade field and there will be shuttles to get you around for Graduation activities. Once that is filled parking will be in overflow parking (grass) farther away. For the Graduation ceremony you will park at the stadium (normally on grass).
2. **Limit on vehicles:** There are no limits to vehicles, but remember parking gets full and vehicles may be searched. Ensure you have driver's license (or other ID) for everyone over 18 years of age, rental car agreement (if rental) and proof of insurance. Some guests find it easier to rent a van to make it easier for their guests.
3. **Graduation Ceremony Tickets:** Tickets are free. Cadets receive 20 tickets initially and working with Squadron, Group and then Cadet Wing if more tickets are needed. We have never had a cadet not get enough tickets. **You must have a ticket to get into the stadium for Graduation.** Many parents make hotel reservations a year out. If there is weather cancellation then the ceremony will be moved indoors with very limited seating. See the Graduation Website for more information:

<https://www.usafa.edu/about/traditions/graduation/>. If there is inclement weather tickets will be significantly reduced. Your Cadet will be briefed if necessary.

4. **Dress for events (not Graduation ceremony):** You will be sent information on the appropriate dress for the different Grad Week events or you can find them listed on the Air Force Academy Graduation website. Dress comfortably and appropriately. Plan on bringing layers of clothing and plan for cold, hot, rain, and snow as temperatures in Colorado Springs can and do fluctuate drastically from day to day and even hour to hour. Casual clothes (polo shirts/slacks) are okay for most things. A nice dress/suit for the Baccalaureate service. Business casual for the Graduation Reception and your best dress/suit for the Commissioning Ceremonies are recommended. Good, broken-in walking shoes, hats with brims, and sunscreen are a must. Check the website for updates to dress for events.
5. **Help Your Cadet Move Out of Dorm:** Make sure that your cadet is packed and ready to sign out right after graduation. Cadets can't start too soon on this. Some people had cadets bring some stuff to the hotel every night.
6. **Schedule/Agenda/Booklet Suggestion:** Give family/friends a schedule/agenda and tell them to do what they want to do, be there early, and that they are responsible for getting themselves to each event. Remind them that the Grad days are ALL and ONLY about the cadet.

Provide an agenda/packet of info/letter to include dress codes for each event, the significance behind some of the events, and seating arrangements for the group. Also include a note from the Air Force Academy website asking for your cooperation in "insuring your guests wear appropriate attire" while at the Air Force Academy. Send this to your guests ahead of time so they can plan accordingly.

Things to include in your info packet:

- Maps of Colorado Springs, Air Force Academy Grounds, Cadet Area, Stadium
- Directions to venues with phone numbers
- Phone numbers of everyone in your party
- Link to Air Force Academy graduation website/schedule and brochure

7. **SECURITY**

- **BASE ENTRY:** Throughout Grad Week, guests may enter the base via the North Gate by showing a driver's license or a military ID. Standard base visitor hours are daily from 5:30 a.m. to 10 p.m. All vehicles entering the base are subject to inspection/search by security personnel and you may be asked to show proof of insurance, a valid vehicle registration and a rental car agreement. Guests should refrain from bringing large bags, coolers, backpacks or other items that will require additional scrutiny or searches from security personnel. Both gates are open for visitors/guests.
 - **Non-U.S. Citizens:** Non-U.S. Citizens must be vetted before they come to the Air Force Academy otherwise they will be stuck at the gate for a long time. Please provide a copy of the phot page of their passport to your cadet so it can be vetted. Once vetted they will be placed on a vetted list to gain access for graduation week.
 - **REAL ID Law:** It is easier if you are in compliance with the REAL ID law; however, if anyone over age 18 doesn't have one they can use a passport, passport card. Suggest bringing a birth certificate to show with their driver's License if they have no other Identification.
- **PARKING:** Parking for events of Graduation Week is in the Cadet Field House, Parade Field and Cadet Parking Lots. The day before Graduation are the main events and shuttle buses will run from

these parking areas to locations throughout the Cadet area. All parking for the Graduation Ceremony is at Falcon Stadium.

- **CADET AREA ACCESS:** Guests must be escorted by a cadet or an Air Force Academy staff with a Cadet Area Badge while in the Cadet Area, particularly on the Terrazzo or in any of the academic or dormitory buildings. Guests should not bring large bags or backpacks into the Cadet Area; bags will be searched at the bus stops and at the parades, potentially delaying your arrival at your destination.
- **EVENTS IN SECURE AREAS OF THE BASE:** For Graduation Week events taking place outside of the immediate Cadet Area or after visitor hours, all non-DOD guests must be escorted through the entry control point by a DOD ID cardholder. These events include any held at The Carlton House (e.g., the Superintendent's Family Reception or Commissioning Ceremonies). We recommend cadets meet their non-DOD guests either off base or at the Field House in order to carpool and/or caravan to their destination. DOD ID cardholders, including civilian, military cadets and base contractors, can vouch for non-DOD affiliated people in the car which they are traveling and one additional vehicle. Plan to arrive early for Grad Week activities in order to give yourself sufficient time to get through security to your event location.
- **HANDICAPPED INFORMATION:** The Air Force Academy does not issue handicapped or special parking passes, so please bring your own handicapped placard in order to access the Cadet Area handicapped lot (immediately north of Stillman Parade Field) and handicapped parking at the stadium on Graduation day. Handicapped shuttles will operate throughout the Cadet Area for the main graduation activities (day before grad).
 - **Handicap Placard:** Highly suggest you get a car handicap placard for your handicapped guests. It is a lot of walking and some of the parking at the stadium is on the grass. The handicap parking at the stadium is close and there will be golf carts or a shuttle to drop handicap guests off. It will make all of your lives so much easier. There aren't very many handicap vans to get the wheelchair on so if you don't park in the handicap there will be a big wait until a van to where you are parked. There will be golf carts on the Terrazzo, but they sometimes run out of battery charge toward the end of activities on the day before Graduation due to high volume usage.
 - Please note that the Air Force Academy DOES NOT provide wheelchairs, but you can rent them in the local area. Please go to the Official Air Force Academy website for a list of companies that provide this service at <https://www.usafa.edu/visitors/tourists-first-timers/>
 - **Graduation Ceremony Seating:** For the Graduation Ceremony your cadet will be asked if any of their guests are handicap. Tell them to be specific on how many handicap guests they have. There are handrails at the stadium, but it the steps are steep. Suggest guests with handicapped guests get there early due to wheelchairs, walkers etc...._Keep checking Graduation website for updates.
 - **Parking:** Parking will be challenging the entire time. There are only so many handicap parking spots.
- **Limited Mobility/Handicap Advice from parents:** Reoccurring theme: Assign someone to take care of this person. Some people have hired an attendant from their parent's nursing home to care take during the week - and the person loved being included and getting a chance to travel. Others have assigned a specific family member to do the job. You may be able to hire a local person through Comfort Keepers to tend to them during graduation.
 - Things to remember:

- Move slowly because of thinner oxygen levels
- Consider renting an oxygen tank (info available on graduation website)
- Bring your person's state-issued Handicap parking pass (even bring the license plate if you can't find the pass!)
- Plan for bathroom breaks and ARRIVE EARLY!
- Handicap shuttles are available on all days except Graduation. There will be golf carts to shuttle handicapped guest and there should be a drop-off near the stadium that morning.
- Permitted/Prohibited Items for Graduation Parade/Ceremony: Below are the permitted and prohibited items list for BOTH the Parade (on Wed) and stadium (on Thurs). Please publicize as widely as possible to minimize surprises on the days of, and please update the website (changed from last year). Feel free to format as desired to get max attention. Thanks!
 - PERMITTED Items
 - Food is permitted, but must be displayed in a transparent 1-gallon zip lock bag. Note: Only (1) one-gallon transparent zip lock bag per person
 - Sunscreen is permitted, but is restricted to a 6 ounce tube or less. **(Sorry, no glass, metal or hard plastic)**
 - Factory-sealed transparent soft plastic water bottles, 24 oz. or less is the only beverage permitted. Note: Exceptions will be made for medical conditions and infants.
 - PROHIBITED Items
 - Illegal substances: Note - Marijuana is an illegal substance on Federal property
 - Weapons: Firearms, knives, box cutters, scissors, **weapons of any kind as determined by law enforcement.**
 - Alcohol, glass containers, bottles/cans, aerosol sprays, hard sided (or Nalgene) plastic bottles
 - No hand bags larger than (12" x 12" x 12"). No hard-sided containers, or coolers
 - No backpacks to include bota bags, wine-skins, and camelbacks
 - Note: Infant diaper bags/carrier packs permitted if infant is present
 - Laser pointers, fireworks, or any item deemed unsafe by security personnel
 - Any unapproved banners/signs (No signs larger than 18" x 24")
 - PETS: (Other than ADA Compliant Service Animals)
 - No sticks, bats, poles, umbrellas, footballs, frisbees, or inflatable balls
 - Artificial noisemakers of any kind
 - Baby seats or large strollers (Collapsible strollers are permitted)
 - Any item that cannot be readily inspected
 - No flash photography
 - No Smoking or Tobacco of any kind (Includes electronic cigarettes)
 - No seatbacks wider than 19 inches (no excessive pockets or protruding arm rests)
 - NOTE: There is no available storage of prohibited items. Please take back to your vehicle or place in trash receptacle.
- GENERAL BASE DRIVING INFO: Please make sure to follow all posted speed limits when driving on the base. Note that seatbelts must be worn by all vehicle occupants at all times when driving on the Air Force Academy. Drivers may not use hand-held cellular phones

while the vehicle is in motion. If you need to make or take a call, please use a hands-free device or pull to the side of the road. Also, be aware that radar detectors are not permitted on base. Finally, keep in mind that wildlife such as deer, elk and wild turkeys can be a hazard while driving on the Air Force Academy. Please be alert for them and drive carefully. Remember, they have the right-of-way!

- North gate: Exit 156 from I-25/Southgate Exit 150 from I-25
 - Hours of Operation 5:30 a.m. to 10:00 p.m.
 - Air Force Academy Visitor's Center (by Cadet Chapel)
 - 9:00 a.m. to 5:00 p.m. daily
 - <http://www.usafa.af.mil/Leadership/Public-Affairs/Visitor-Center/>
- **FORCE PROTECTION CONDITIONS:** If Force Protection Conditions change due to world events or events closer to home, some scheduled events may change or require additional security precautions for the safety of all our guests. Any event changes will be widely publicized in local media, on our Graduation Website and throughout the base.
 - **EMERGENCIES:** If you have a medical, fire or police emergency, please call 911 immediately. There are several major medical facilities in Colorado Springs to handle medical situations: Memorial Hospital Central, (719) 365-5000, Memorial Hospital North, (719) 364-5000, Penrose-St. Francis, (719) 776-5000, and St. Francis Medical Center, (719) 571-1000. On base, you may contact Air Force Academy Security Forces at (719) 333-2000 or 333-4100.
 - **Graduation Ceremony:**
 - Be Early! Cannot be stressed enough! Early means 2-3 hours before the event to insure you arrive on time, traffic on I-25 plus the 100s of cars all trying to get to the same place at the same time can cause delays. Everyone must pass through security and often times parking will be a good distance away from the venue. Take advantage of shuttles. *Bringing snacks and water in the car for waiting times (before or after) is a great idea. Only factory sealed water bottles will be allowed in the parade field and stadium for the Graduation Parade and Graduation.*
 - **Dress for Graduation:** Dress comfortably; Nice but comfortable. Check the weather. This event will generate the most photo ops so choose your outfit carefully! Of course, AF attire always looks good! You'll be in the football stadium for about 3.5 hours; sunglasses, sunscreen and hats are recommended; umbrellas for shade are HIGHLY DISCOURAGED and may get you into a fist fight if you're blocking a parent's view! There are places you can stand for shade (under the stadium risers for example); however, you won't be able to see the ceremony from there. The ceremony is being telecast indoors at Arnold Hall (on Air Force Academy grounds) should you need to watch if from there rather than at the stadium.
8. **Sabres:** Seniors can purchase up to 3 sabres from Cadet Issue. Contact (719) 333-3218. Other sources are from the AOG to compare sources. Sabre Cases can be purchased from Bob Wells (719) 495-2093 (no endorsement from the Air Force Academy. Added by requests from parents.

9. **Activities after Graduation Ceremony:** After the graduation there are no more events scheduled.

Suggestions by Previous Graduating Parents

- Check the Air Force Academy website often for updates

- Decorate cars with large magnet boards and/or car paint (if driving and if this is okay with your cadet)
- Stock up on water and some essentials on arrival
- Consider a commissioning gift for people who will commission your cadet, as well as gifts for sponsor family, AOC, and any special cadet friends or roomies.
- **Gift Bags:** Many people enjoy giving gift bags to family and friends traveling with them for graduation. A great idea is a Goodie bag that they can bring to the graduation ceremony. Ideas for bag contents are things such as sunscreen, breakfast snacks, pom-poms, hand sanitizer, Chapstick, Kleenex, beads in your Cadet's class color, squadron lapel pins, and water bottles. Please check the Graduation website for any restrictions on liquids or other items as well as bag policy.
- **REMEMBER TO BRING WITH YOU:**
 - Anything mailed from the Air Force Academy (e.g. tickets, passes, letters)
 - Credit cards, AOG card, health cards, travel cards and MONEY!
 - Driver's licenses, ID cards, and/or Passports (NOTE: Some states' licenses do not meet DOD regulations and those people will need a passport.)
 - Prescription meds, headache remedies, etc. (in your carryon)
 - Charger for cellphones, cameras, camcorders, laptops
 - Memory cards for cameras/camcorders
 - Some office supplies (scotch tape, scissors, glue, pens, etc.)
 - Clothes! Toiletries and hats and Gifts, goodie bags, decorations
- **Sitting with your Cadet's Squadron can be challenging:** You will be sitting with the families of your Cadet's squadron in specified locations during the graduation ceremony. Many people have experienced rude behavior from a few who screamed and yelled when their cadet's names were announced, barring others from hearing their cadets' names and making the "graduation" photoshoot one of an unknown person's hands, buttocks, and posters blocking the view of the stage and any video recording is just one long horn-blast or scream.
- **PHOTOS, PHOTOS, PHOTOS:** Take lots of pictures of your cadet, with his/her friends, with family, of the Air Force Academy, the big screen at the stadium, you get the picture (pun intended). The Graduation Parade is ideal for picture taking. Be sure to get a picture of them at this time in their parade uniform (after Graduation the white hat may be gone). BEFORE the graduation parade, or on the day of the Award Ceremonies, get a picture of your cadet by the class crest. The class crest will be taken down immediately following the ceremony and the next Class' crest will go up!
- Bring or purchase extra water bottles at the venue to give to your graduate after the ceremony. They will not have any water provided to them during the ceremony and they are parched!!!
- *The most important thing to remember is to enjoy this once in a lifetime event in your child's life and savor each moment. Coordinate each activity with your graduate and follow their lead and respect their wishes. After all, this is all about them.*

The Academy Graduation Planning Timeline Checklist

Involve your Cadet with all of your plans, from the beginning, for the time you and your group of family and friends are in Colorado Springs.

12 Months Before

- Reserve hotel rooms/rentals homes (note cancellation policies in case of date changes, it happens!)
- The Base ITT office can always book discounted hotel rentals for the following hotels: Choice Hotels, Drury Inn, Fairfield Inn, and Best Western. Call (719) 333-7367 to book. They can also assist with car rentals.

6-12 Months Before

- Determine the size of guest list
- Get a spiral notebook (or create an electronic file) to keep notes, musings, clippings, post-it notes, etc. in one place (Google Docs is great for sharing information)
- Checklist of to-do items, contacts, travel, schedule, maps & directions
- Housing contact info, suggestions, restaurants/banquets/catering, expenses
- Guest info and travel plans
- Keep a special place for all correspondence from the Air Force Academy
- Prepare "Save the Date" letters or magnets to mail to invitees
- Mark the dates on calendars and planners
- Make preliminary budget
- Make plane reservations
- Start planning post reception/party
- Reserve hotel rooms/send deposits (if not done already)
- Reserve restaurant(s) for your group
- Draw up names and addresses for Graduation Announcements
- Begin compiling names and addresses of guests who are coming
- Start looking for Travel Deals
- Order anything special you might want for your cadet such as a flag flown over the Capital, the class painting, sabre, a/o gun, etc. Keep a list of what you have ordered, from whom and how to contact later, cost, and when to expect it.
- Begin looking for things to go into the goodie bags

4 Months Before

- Order announcements and invitations (get extras). The framed announcement with spot for a grad photo is very nice. CB Graduation Announcements (www.cbgrad.com). Ensure you give family and friends plenty of time to make travel arrangements.
- Order pictures (REMEMBER ENOUGH FOR GRADUATION NOTICES) (get extras)

- Order Graduation DVD for yourself and anyone who may want them (grandparents)

2 Months Before

- Address invitations and announcements
- Finalize all details with hotel, reception hall, caterers
- Finalize travel details
- Order graduation cake (if needed)
- Arrange (or assist with) accommodations for out-of-town guests
- Send out tentative schedule, clothing suggestions (from the Air Force Academy graduation website)
- Arrange for wheelchair or babysitting (and oxygen tank rentals) the Air Force Academy doesn't provide these.
- Order t-shirts/caps/gifts/banners/photo buttons
- Order anything special or personalized for your graduate (e.g. grad cigars)
- Think about any gifts for sponsors, AOC, Cadet's friends or roomies
- Order or collect anything for your gift bags for those attending

1 Week Before

- Draw up meal schedule and menu plan; grocery list
- Pack gift bags
- Send out final schedule and reminders
- Contact guests who have not responded
- Go over final details with all involved
- Pack suitcases
- CHECK OVER YOUR CHECK-LIST, TO DO ITEMS AND BRING THE LIST WITH YOU
- Prep news release to be sent to local newspaper upon your return
- Pack your bag of must-have items, such as car passes
- Pull together any cadet/party favors, decorations, graduation gifts, commissioning gifts, cameras/batteries/film or cards, office supplies, and duct tape.
- Make extra copies of passes, airline tickets, agendas, phone number lists, etc.

Graduation Events Advice: Check the Official Air Force Academy Graduation Website often at the following link: <https://www.usafa.edu/about/traditions/graduation/>.

- **Graduation/Superintendent's Reception:** Must be escorted by your cadet. Bring your own camera to take photos. Read the bios on the top brass people from the AIR FORCE ACADEMY website as they will be there to meet and greet.
- **Award Ceremonies:** If your cadet is receiving any awards, there will be an award ceremony(ies) to attend. Dress is business casual and there are receptions following the event(s). The Award Ceremonies take place the day before the Graduation Parade and it is a great time to get photos of your cadet in uniform around the campus.

- **Parade Practice:** Completely optional; usually day before parade. It will allow you to know where to sit the next day and do a dry run of where the Commissioning ceremony will be so that you will know the way and make sure directions are correct.

Graduation Parade: Commissioning parade events start at 7:30 a.m. (actual parade starts at 9:00 a.m.) on Stillman Field. This is not a “required event” but will be worth seeing! Enter through the North Gate and park in visitor parking- there *should* be signs and attendants directing traffic. Carpooling will be best as there are limited parking spaces. Shuttles will be running; see maps at end of document. Dress in layers and bring comfortable shoes.

- Dress code: nice but casual and appropriate for the weather. Remember to bring sunscreen, sunglasses, and hats. Umbrellas for shade are discouraged in the stands.
 - Bring a small towel to wipe down bleachers that may be wet, or bring something to sit on in the grass. Look for the little white flags on the Parade Field which will mark where the squadron Firsties are to stand when they break away from the Cadet Wing in their last parade. Sit in the section about 6-8 rows up so you can have a good look at the Parade and better photos of your cadet.
 - Plan to arrange to meet your cadet after any ceremony, either assign a meeting place or have your cadet come to you! Your mass of look-alike T-shirts, hats, or neon poster boards can be the sighting point for your cadet.
- **Commissioning:** This is the one event where you only need show up about 30 minutes prior to the ceremony but verify this with your cadet as some locations are in the secured cadet area and your cadet must meet you and get you to venue. Ensure you arrive early as you may have to escorted into the secured area.
 - The Air Force Academy Commissioning Ceremony Sequence of Events (Note: Squadrons will use this as a guide when organizing commissioning ceremonies. The ceremony usually takes approximately 60-90 minutes with a 30 minute reception following.)
 - Narrator opens ceremony with a welcome to the families and friends and a brief history of the commissioning ceremony and introduces distinguished visitors
 - National Anthem
 - Invocation (optional)
 - AOC makes comments to graduates and families
 - If a guest speaker is invited, he/she makes remarks
 - Fifty-year Legacy Class Representative makes remarks
 - Narrator calls graduates up on stage in alphabetical order, one at a time, accompanied by their commissioning officer
 - Once oath is administered, the narrator invites whoever the cadet has chosen to pin on their new rank to join them on stage
 - As the cadet leaves the stage, the Legacy Class Representative presents the graduate with a gift. This continues until all cadets have been administered the oath.

- Toasts and light refreshments are offered.
- Cadets are reminded to remove 2nd Lt Rank until after graduation ceremony

- **Graduation**

- Night before: Send out live link to any family or friends who are not in attendance and want to watch. Ask someone to record it (if you didn't already order the DVD).
- Pack a tailgate dinner or snacks to enjoy while waiting for Graduation traffic to clear. Use your cellphone to contact others in your group on where to park so you'll be in the same vicinity.
- Your Graduation stadium ticket will tell you which gate to come into the stadium. Please use that gate for entry and try and park as close to the gate as possible to be close to you seating.
- If possible, send someone ahead to the stadium to secure assigned seats as some people will ignore the ticket assignments.
- Rent the stadium seats (\$5 each)
- If you have to leave immediately after Graduation, park as far away from the stadium as you will be allowed, the north side is best. NOTE: No one can leave before the Thunderbirds performance has concluded. Usually about 1:30 pm.
- Allow your cadet time away from family to say good-bye to good friends.

- **After Graduation**

Your Cadet will usually get 60 days off before they go to their first duty station. If they plan to travel, especially abroad, be sure to help them plan their trip early - as soon as January.

Air Force Academy Cadet Squadron Contact

Area Code: (719)



Group 1

CS 1

Mighty Mach One

CQ: 333-4534

AOC: 333-4543

CS 2

Delta Tau Deuce

CQ: 333-4533

AOC: 333-4537

CS 3

Cerberus Three

CQ: 333-4640

AOC: 333-4548

CS 4

Fightin' Fourth

CQ: 333-4612

AOC: 333-4541

CS 5

Wolfpack

CQ: 333-4535

AOC: 333-

4524

CS 6

Raging Bull Six

CQ: 333-4551

AOC: 333-

4532

CS 7

Shadow Seven

CQ: 333-4492

AOC: 333-

4518

CS 8

Eagle Eight

CQ: 333-4491

AOC: 333-

4550



Group 2

CS 11

Reb Eleven

CQ: 333-581

AOC: 333-4539

CS 12

Dirty Dozen

CQ: 333-4448

AOC: 333-4608

CS 13

Bulldawgs

CQ: 333-4757

AOC: 333-4758

CS 14

Cobras

CQ: 333-4759

AOC: 333-4767

CS 15

War Eagles

CQ: 333-4491

AOC: 333-4550

CS 16

Proud Chicken

CQ: 333-4675

AOC: 333-4768

CS 17

Stalag 17

CQ: 333-4501

AOC: 333-4785

CS 18

Knightriders

CQ: 333-4777

AOC: 333-4768





CS 9
Viking Nine
CQ: 333-4491
AOC: 333-4550



CS 19
Wolverines
CQ: 333-4741
AOC: 333-4751



CS 10
Tiger Ten
CQ: 333-4491
AOC: 333-4550



CS 20
Tough Twenty
Trolls
CQ: 333-4491
AOC: 333-4550



3rd Group



4th Group



CS 21
Blackjacks
CQ: 333-4666
AOC: 333-4556



CS 31
Grim Reapers
CQ: 333-3050
AOC: 333-4474



CS 22
Raptors
CQ: 333-4659
AOC: 333-4594



CS 32
Roadrunners
CQ: 333-3052
AOC: 333-4451



CS 23
Branstormers
CQ: 333-4529
AOC: 333-4457



CS 33
Ratz
CQ: 333-4300
AOC: 333-4604



CS 24
Phamtoms
CQ: 333-4447
AOC: 333-4559



CS 34
Loose Hawgs
CQ: 333-4304
AOC: 333-3444



CS 25
Rock Hard Redeye
CQ: 333-4695
AOC: 333-



CS 35
Huge Wild
Weasels
CQ: 333-4311



4798
CS 26
Barons
CQ: 333-6842
AOC: 333-4766



AOC: 333-3406
CS 36
Proud Pink
CQ: 333-4306
AOC: 333-0337



CS 27
Thunderbirds
CQ: 333-4660
AOC: 333-4424



CS 37
Animalistic Sky
Raiders
CQ: 333-0667
AOC: 333-0337



CS 28
Blackbirds
CQ: 333-4748
AOC: 333-4408



CS 38
All Stars
CQ: 333-0668
AOC: 333-0338



CS 29
Black Panthers
CQ: 333-4717
AOC: 333-4488



CS 39
Jedi Knights
CQ: 333-0669
AOC: 333-0339



CS 30
Knights
CQ: 333-4711
AOC: 333-4465



CS 40
Warhawks
CQ: 333-0670
AOC: 333-0340



Helpful Websites

Air Force Academy Parent Weekend Webpage:
<https://www.usafa.edu/about/traditions/parents-weekend/>

Important Date Listing: https://www.usafa.edu/app/uploads/Important_Dates.pdf

Cadet Survivor Guide: 10th Force Support Squadron has a helpful guide on things the unit has to support the Cadets. It is online at the following Link. Look under Cadet Life and look for the Cadet Survival Guide. <https://www.usafasupport.com/Cadet-survival-guide.html>.

Cadet Wing Media: (719) 333-4644, e-mail: cwmedia@usafa.edu; [usafasupport.com/Cadet-media.html](https://www.usafasupport.com/Cadet-media.html)

AFA Athletics website:
<https://goairforcefalcons.com/>

Athletic Coaches (e-mail)
<http://www.goairforcefalcons.com/school-bio/afa-head-coaches.html>

Life Touch photos: <http://lifetouch.com/>

Mitchell Hall Dining Facility: Director: (719) 333-4989
<http://www.usafasupport.com/mitchell-hall.html>

Academic Calendar website:
<https://www.usafa.edu/academics/academic-calendar/>

Curriculum Handbook (which also outlines what summer programs are available for Cadets in what year):
<http://www.usafa.edu/app/uploads/CHB.pdf>

Cadet Clubs (just a listing of clubs and POCs, not a schedule of where they may be):
<https://www.usafa.edu/Cadet-life/clubs/>

Admissions: (parents can help us recruit future Cadets): 1-800-443-9266;
rr_admissions@usafa.edu;
<http://www.academyadmissions.com/>

Sports Schedules:
<http://www.goairforcefalcons.com/calendar/events/>

Arnold Hall Website: <http://www.Air Force Academysupport.com/arnold-hall.html>

Base Cadet Treats (Flower Shop) (719) 472-8589,
petalsnblooms.com

Cadet Outdoor Recreation: (719) 333-4602,
<http://www.usafasupport.com/vandenberg-orc.html>

Common Acronym Listing:
https://www.usafa.edu/app/uploads/Acronym_List.pdf

Gift Cards order phone numbers: Cadet Store (Base Exchange AAFES) (719) 472-1953; 10 FSS (Outdoor Recreation, Starbucks): (719) 472-7930

FLIKR (photos)
https://www.flickr.com/photos/af_academy/albums/

Association of Graduates: (719) 472-0300;
<https://www.usafa.org/AOG>

AIR FORCE ACADEMY FOUNDATION: (719) 472-0300;
<https://www.usafa.org/endowment>

PREP SCHOOL CONTACT

Below is Contact information for Prep School Cadet Candidate (C/C) parent's question

Prep School for questions: Phone: (719) 333-2583

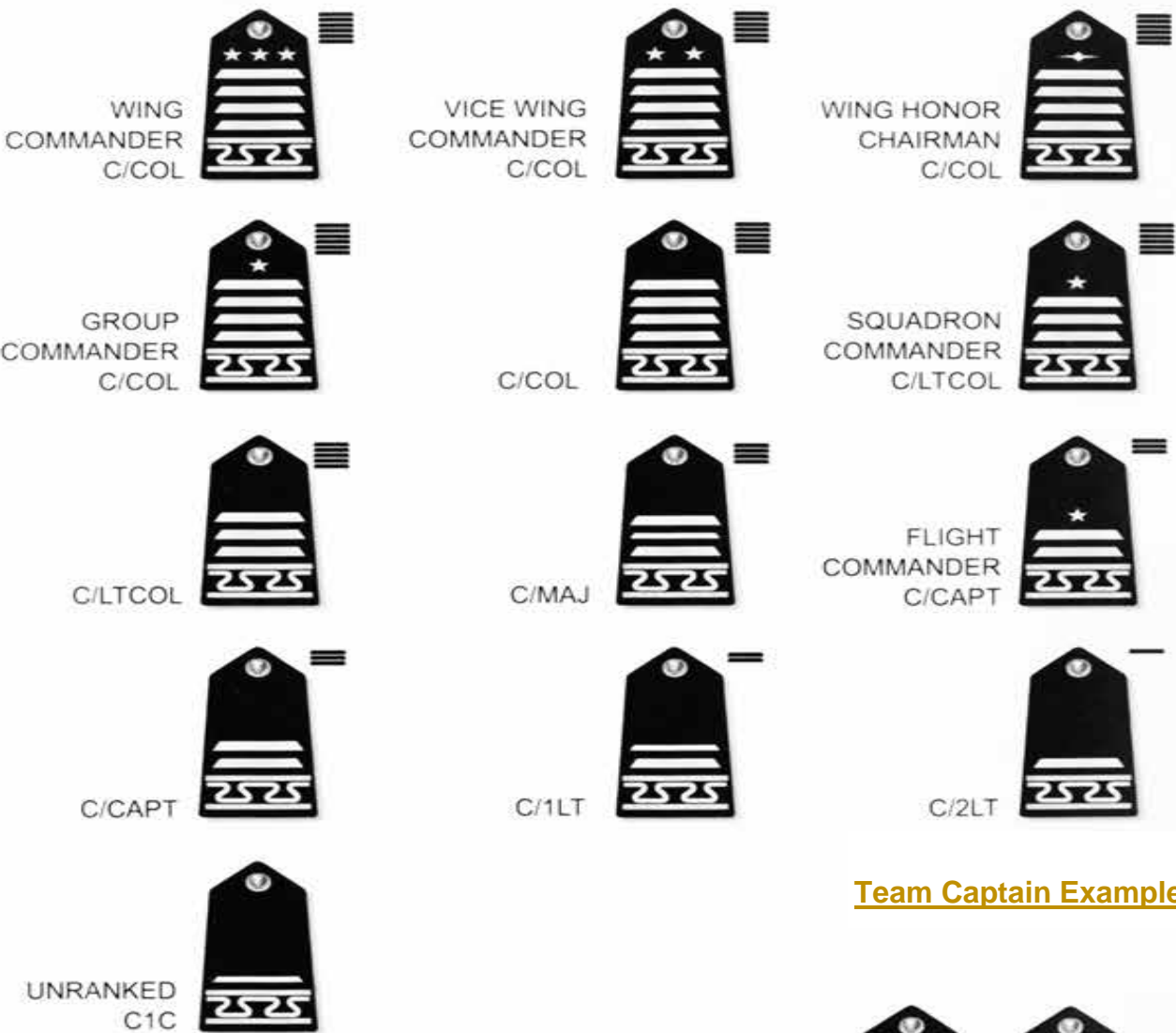
Prep School Sponsor Family Program:
<https://www.Air Force Academy.edu/prep-school/prep-school-sponsor-program/>

INFORMATION email: PrepInfo@usafa.edu; Website: usafa

Prep School FACEBOOK page:
<https://www.facebook.com/search/top/?q=usafa%20prep%20school>

Cadet Rank Insignia

First-Class Cadet



Cadet Honor Committee



Team Captain Examples



Team captain designated by lightning bolt over any insignia.

Second-Class Cadet

WING
COMMAND
CHIEF
C/CMSGT



GROUP
SUPERINTENDENT
C/CMSGT



SQUADRON
SUPERINTENDENT
C/SMSGT



C/SMSGT



FIRST
SERGEANT
C/MSGT



C/MSGT



C/TSGT



UNRANKED
C2C



Third-Class Cadet

C/SSGT



UNRANKED
C3C



Fourth-Class Cadets

C/AMN



Upper Class Cap Insignia

Silver Prop and Wings are worn on the flight cap after the near-completion of Cadets' fourth-class year. Cadets who are direct descendants of members of the Army Air Corps, Women Air Force Service Pilots (WASPs), or Air Force Academy graduates who honorably served are authorized to wear the Gold Prop and Wings.

Air Force Ranks



Airman Basic (E-1)
No rank insignia



Airman
(E-2)



Airman First Class
(E-3)



Senior Airman
(E-4)



Staff Sergeant
(E-5)



Technical Sergeant
(E-6)



Master Sergeant
(E-7)



First Sergeant



Senior Master Sergeant
(E-8)



First Sergeant



Chief Master Sergeant
(E-9)



First Sergeant



Command Chief Master
Sergeant



Chief Master
Sergeant
of the Air Force



Second Lieutenant
(O-1)



First Lieutenant
(O-2)



Captain
(O-3)



Major
(O-4)



Lieutenant Colonel
(O-5)



Colonel
(O-6)



Brigadier General
(O-7)



Major General
(O-8)



Lieutenant General
(O-9)



General
(O-10)



Basic Cadet Training (BCT) Overview

"We will not lie, cheat or steal, nor tolerate among us anyone who does. Furthermore, I resolve to do my duty and live honorably, so help me God."

Basic Cadet Training (BCT) Overview.

Military Commitment: When a Basic Cadet arrives at the Air Force Academy, they will be asked to take the Oath of Office and sign an agreement that the Basic Cadet will fulfill the following obligations listed below:

Complete the course of instruction at the Air Force Academy and serve on active duty as a commissioned military officer at least five years after graduation. Further, after entry on active duty, cadets 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 Undergraduate Pilot Training.



BCT Description: BCT is a 5 1/2-week transition period from civilian to military life. This Indoctrination to the overall Air Force Academy program includes the following elements: Uniform Code of Military Justice (UCMJ), Introduction to Living Honorably in the Profession of Arms (ILHPA), manual of arms, drill, customs and courtesies, introduction to basic Air Force weapons, a field encampment, and other general military subjects. There are two types of students: the primary student (Basic Cadet) and the leadership student (Cadre). This course is a graduation requirement for both Cadre (fulfills program leadership requirement) and Basic Cadets.

BCT Mission: The mission of Basic Cadet Training is to provide the Cadet Wing (CW) with highly disciplined, physically fit and motivated freshman also known as fourth class cadets and develop cadre into role models, instructors, and leaders that educate, train and inspire Basic Cadets for service in the CW.

BCT accomplishes its development objectives through two phases: 1st BCT and 2nd BCT. Basic Cadets must be present in the training environment (i.e., not hospitalized, on emergency leave, etc.) for at least 30 of the 38 days of BCT.

To graduate, each Basic Cadet must attend the requisite number of events and successfully complete all performance and knowledge objectives. Additionally, each Basic Cadet must demonstrate the military aptitude to become a fourth class cadet.

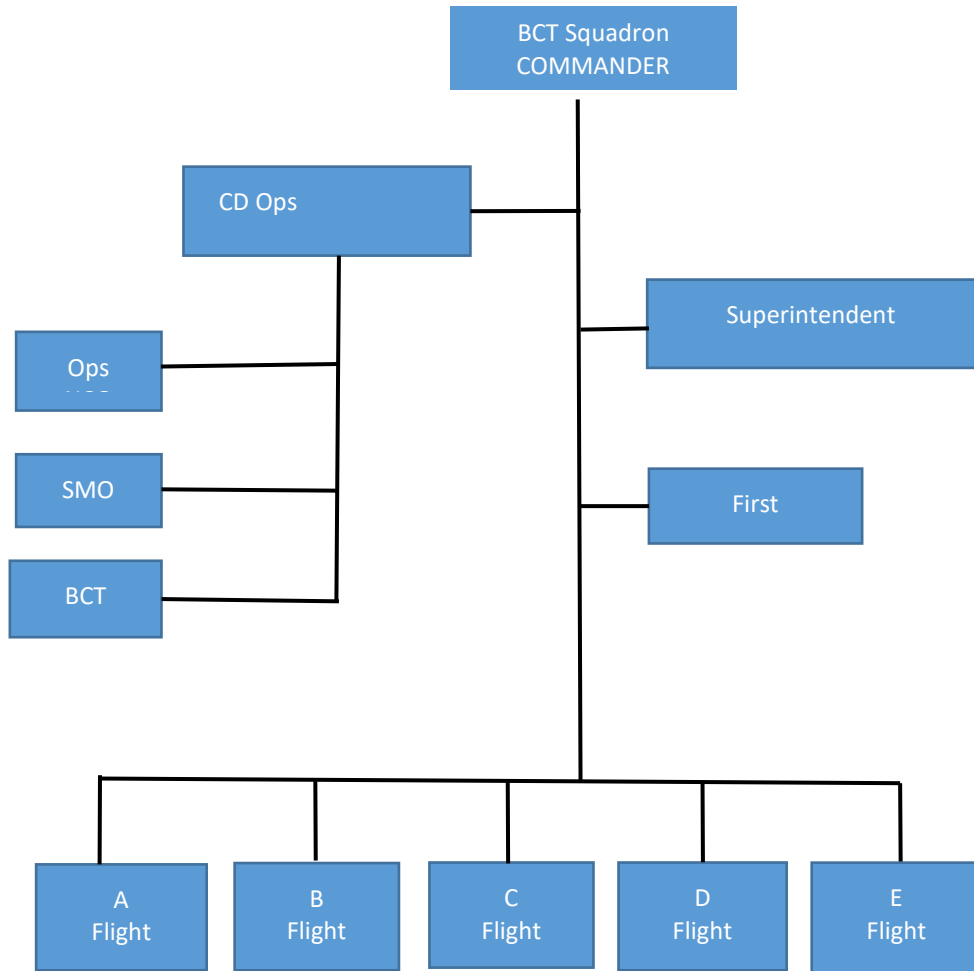
The 1st phase of BCT is comprised of three weeks of training. This training is primarily conducted in the Cadet Area and the objectives mirror USAF Basic Training. Upper class cadets organize, coordinate and execute the processing, training and evaluation of Basic Cadets. Basic Cadets in-process, learn drill and ceremonies, customs and courtesies. They also participate in Physical Readiness Training (PRT) and attend classes in character and honor lessons, Equal Opportunity (EO) and sexual assault prevention.

The 2nd phase of BCT is comprised of three weeks of training. The training is conducted in Jacks Valley Training Complex (JVTC) and includes field training, course orientation and execution. The CW reinforces training requirements previously taught, with extra emphasis on professionalism and teamwork to include a focus on the Warrior Ethos.



During BCT the Cadet Cadre Command Structure consists of the following Positions:

BCT Cadet Squadron (SQ) Organizational Chart



BCT Cadet Squadron position definitions:

Cadet Squadron Commander (SQ/CC): Commands BCT squadron comprised of Flights similar to an Academic Year (AY) squadron consisting of Basic Cadets and associated flight cadre.

Cadet Squadron Director of Operations (SQ/DO): Second-in-command and primary advisor to the SQ/CC. Responsible for day-to-day operations of the squadron and coordinates with the flight commanders.

Cadet Operations Squadron Staff: Responsible for executing Squadron Commander's direction and established policies and directives.

Cadet Superintendent: Squadron Superintendents provide leadership and management in organizing, equipping and training towards accomplishment of group and squadron missions.

Cadet First Sergeant: First Sergeants provide sound advice to commanders on a wide range of topics including discipline, morale, health, welfare, mentoring and professional development of squadron.

Cadet Operations NCOs: Reports to and is responsible to Director of Operations. Maintains and processes all necessary forms in a timely manner.

Cadet Military Guidance Officer/Peer: Serves as a Peak Performance Center (PPC) trained squadron consultant, able to assist Basic Cadets on personal adjustment, acclimation and adaption to the military training environment.

Cadet Squadron Medical Officer (SMO): Responsible for ensuring Basic Cadets receive appropriate medical care, squadron personnel use appropriate Risk Management.

Cadet Flight Commander: Responsible for the management, training, and proficiency of assigned flight personnel as well as the morale, welfare and evaluation of Basic Cadets under his/her supervision.

Cadet Assistant Flight Commander: Assists Flight/CC and assumes responsibilities in his/her absence.

Cadet Element Leaders: Reports to and is responsible to Flight Commander. Responsible for the morale, welfare, training and proficiency of all assigned Basic Cadets.



Physical Training Participation: Basic Cadets must participate and/or be medically projected as available to participate in at least 67% of all scheduled physically rigorous activities. Partial participation, based on specific injury, is awarded at the discretion of the event OIC.

Jacks Valley Training Courses (JVTC)

Assigned cadre will provide professional orientation training and assessment using JVTC courses completion criteria. Cadre use the Air Force Academy approved lesson plans emphasizing safe and

proper procedures and techniques. Mandatory BCT graduation requirements include successfully completing the Obstacle, Assault, Confidence and Leadership Reaction courses. Self-Aid Buddy Care and Chemical, Biological, Radiological and Nuclear Defense are conducted in-line with USAF requirements.

Assault Course: Teaches rifle fighting and pugil-stick techniques and competition in controlled scenarios through demonstration-performance method via the use of obstacles/ stations.



Combat Arms Training and Maintenance (CATM): Trains Basic Cadets on the nomenclature, assembly/ disassembly and safe operation of the Colt M-4 rifle and provides Basic Cadet with an opportunity to fire the M-4.

Confidence Course Flight: Develops and assesses Basic Cadets' self-confidence, physical dexterity, teamwork and cohesion by guiding them through obstacles, varying in height and complexity, as individuals and in teams.

Leadership Reaction Course (LRC): Provides Cadets with experiences in functional leadership, effective followership, group and individual problem solving, and group dynamics by working through numerous exercise scenarios.

Obstacle Course: Requires Basic Cadets to negotiate physically challenging obstacles to assess their physical fitness, agility, confidence and awareness of personal capabilities.



Chemical, Biological, Radiological, Nuclear (CBRN): Trains, orients and assesses Basic Cadets on fundamental CBRN and Unexploded Ordnance (UXO) skills and assists with getting basics prepared for gas training.

Self-Aid Buddy Care (SABC): Trains Basic Cadets on the principles of SABC and assesses their ability to satisfactorily demonstrate injury recognition, response, treatment and transportation through a variety of situations.

Physical Training: The Air Force Academy requires cadets to be physically fit. Basic Cadets arrive in various states of physical fitness and have to adapt to altitude and climate changes. Athletic intramural competitions are conducted to develop physical fitness, sportsmanship, teamwork, cohesion, skill, stamina and the competitive spirit.

Similar to the intramural season during the academic year, Basic Cadets will represent their squadrons in various sports and will compete against other BCT Operations Squadrons. All squadron sports are co-ed. Varsity Sports teams will consist of recruited athletes and walk-ons. This offers a safer and more competitive environment for those Basics Cadets desiring to compete at the intercollegiate level.

Field Day: BCT intramurals culminates with Field Day. All Basic Cadets must participate in at least one Field Day sports event.

Basic Training Daily Routine

1st BCT Daily Routine: During 1st BCT, cadets have a busy schedule of military training such as learning how to take orders, set up their rooms and march as a flight. Basic Cadets are awakened at 4:30 a.m. to begin their day. During the day Basics take Academic placements tests, get issued items and military training until Taps and lights out at 9:30 p.m.

2nd BCT Daily Routine: During 2nd BCT, cadets have a busy schedule of military training in a "deployed" location. They live in a tent city and are awakened by 5:15 a.m. Basic Cadets do different military training to include weapons training, obstacle courses and team building exercises until Taps and lights out at 9:30 p.m.

Personal Time: Basic Cadets will use Personal Time for personal hygiene, to study, read and/or write letters, clean their dormitory room, seek necessary medical attention if needed, and/or prepare for the next day.

Aptitude Standards: Basic Cadets must demonstrate satisfactory aptitude throughout BCT and in conjunction with the cadet chain of command, squadron Air Officer Commanders (AOCs) are responsible for subjectively assessing future potential. Aptitude is not graded during the first three days of BCT and AOCs make the final determination as to whether or not a Basic Cadet has earned a failing weekly grade. Below is what is taken into account for these recommendations.

Inspections Types during BCT:

Types of Inspections

AM Inspections (AMI): All Basic Cadets must pass a minimum of two AM inspections. Failing three or more areas or receiving an auto-failure constitutes a room failure.

Saturday AM Inspection (SAMI): Basic Cadets who fail this inspection are counseled on failed area(s) the day the inspection is completed and acknowledge the failure. Basic Cadets are reevaluated on the failed areas and referred to the Sq/CC for further counseling and aptitude review for subsequent failures.

Written Evaluations: All Basic Cadets must score 80% or above on the standardized tests of foundational Air Force knowledge (e.g., chain-of-command, standards & discipline, customs & courtesies).

Drill: Basic Cadets are evaluated on individual drill movements in groups of four or less. Substandard performance requires remedial drill training and reevaluation.

Military Bearing and Adaptability: Basic Cadets must have military bearing and must conduct themselves in a manner that respects the chain-of-command as well as military order and discipline.

Medical Information

The Air Force Academy has a medical clinic on the base in the cadet area to meet the needs of the Basic Cadets during and after BCT. Only certified medical personnel should diagnose a medical condition.

Mandatory Drug Testing Procedures: Basic Cadets must go through mandatory drug testing.

Weight Management: If a cadet exceeds or falls below healthy weight standards, actions will be taken to help the cadet get within standards. Basic Cadets who are recruited for an intercollegiate (IC) sport and are identified by their coaches as needing to maintain weight for weight- class sport may also be referred to nutritionist.

All medication in a Basic Cadet's possession will be examined by an Air Force medical officer and will be taken away without replacement unless it is ESSENTIAL for continued treatment during BCT. Medical care is available throughout BCT and medications are prescribed on an as-needed basis.

Basic Cadets are issued an additional pair of uniform military spectacles at In-Processing based on the prescription information that was submitted from their eye doctor. The military spectacles given must be worn at all times during basic training. Contact lens wear is FORBIDDEN throughout the duration of BCT to include in-processing day. Appointees can print a spectacle and contact lens prescription form from their application Admissions Portal which must be filled out by their eye doctor and uploaded on their Admissions Portal if they require vision correction. **The form must be completed and returned no later than May 15th.** If Appointees wears eyeglasses or has worn eyeglasses in the past two years even if they do not regularly wear them, the Appointee must bring a pair with them to the Air Force Academy and have them with them on In-Processing Day (I-Day). Appointees will be issued an additional pair of uniform military spectacles on I-Day based on the prescription information that was submitted from their eye doctor. **The military spectacles given must be worn at all times during basic training.** **Appointees will need to purchase and bring a plain black eyeglass strap** to secure the

frames. Contact lenses may be worn only after BCT is complete, please note contact lenses are not covered under Tricare and will be a Cadet's cost.

Questions: Optometry, 10 AMDS/SGPFE, 4102 Academy Dr., USAF Academy, CO 80840, Telephone (719) 333-5189, Option 4.

Basic Training Squadrons

There are normally eight BCT Squadrons depending on how many new officers the Air Force requires.

Each basic cadet is assigned to a squadron, A through H. The names and colors are listed below. Within each squadron cadets are divided into four flights (a, b, c, d). The BCT squadrons are temporary, existing only for the six weeks of basic training.

Below are charts reflecting BCT squadron breakouts and the breakdown of squadrons for the Academic Year.

BCT Squadrons

A	Aggressors	Light Blue
B	Barbarians	Orange
C	Cobras	Purple
D	Demons	Green
E	Executioners	Navy
F	Flying Tigers	Red
G	Guts	Maroon
H	Hellcats	Yellow

Breakdown for the Academic Year

Academic Year Squadron: After BCT, the basic cadets will enter their academic year squadron. The Cadet Wing (i.e., all cadets at the Air Force Academy) are divided into 40 squadrons of approximately 110 cadets, with 25-30 from each class. The cadet squadron (CS) is the basic unit in which cadets live and operate.

Basic to Academic Squadron Conversions

A	Aggressors		Flight	a	b	c	d	e
Light Blue			Academic SQ	1	2	3	4	5
B	Aggressors		Flight	a	b	c	d	e
Orange			Academic SQ	6	7	8	9	10
C	Aggressors		Flight	a	b	c	d	e
Purple			Academic SQ	11	12	13	14	15
D	Aggressors		Flight	a	b	c	d	e
Green			Academic SQ	16	17	18	19	20
E	Aggressors		Flight	a	b	c	d	e
Navy			Academic SQ	21	22	23	24	25
F	Aggressors		Flight	a	b	c	d	e
Red			Academic SQ	26	27	28	29	30
G	Aggressors		Flight	a	b	c	d	e
Maroon			Academic SQ	31	32	33	34	35
H	Aggressors		Flight	a	b	c	d	e
Yellow			Academic SQ	36	37	38	39	40

Cadet Return delays (weather etc.): If an Appointee experiences a delay, or difficulties during traveling to Colorado Springs or to the Appointee's destination for staying overnight, they should call the Colorado Springs (COS) Regional Command Post at (719) 333-2633 (manned 24/7) and ask to be connected to the In-Processing Director. If they requested government travel, contact Travel at (888) 445-5559 ext. 724 for help in coordinating travel during delays or difficulties. If they are staying with a Bed & Breakfast host and cannot reach them, please contact the AOG first at (719) 472-0300; if unsuccessful, call the COS Regional Command Post at the number above.

In-Processing Day (I-Day): Please show up at the specified time for Appointees (not earlier unless specifically told to by the In-Processing Director (being sick for example), Appointees will get a quick brief and then they will be separated from family and friends and begin official In-Processing. There is a small parents' Information Fair right where you will drop Appointees off at the Field House. After that you can check out the Visitor's Center, or other available Air Force Academy sites - such as the Heritage Trail at Doolittle Hall. Please park at the Field House as there will be shuttles to get guests to the Academic area. The Air Force Academy Senior Leaders will be hosting a panel for freshman (C4Cs) parents in the afternoon in Arnold Hall. This where you can learn more about the Air Force Academy. Also, the Colorado Parents Club will host a Parent Breakfast/Picnic at Doolittle Hall for all of the Freshman parents right after you drop off your Appointee. Meet other parents, destress and fill out a postcard and the club will mail it for you.

Reporting to I-Day: Appointees should arrive at the Field House 15 minutes prior to their assigned reporting time. Reporting times will be posted on the Admissions Portal **two weeks prior to I-Day**. Appointees should also bring all required items as specified the instructions on the Admissions Portal. 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. Enter the Air Force Academy from the North Gate, continue straight and follow the signs to the Field House.

Ensure Appointees eats a good breakfast prior to arriving at the Air Force Academy in-processing area. If they are staying at a hotel, they must obtain their own transportation (i.e., commercial taxi) at **their own expense (reimbursed on your travel voucher)** to the drop off location. The primary commercial taxi company that has pre-approved access onto the Air Force Academy is the zTrip of Colorado Springs, (719) 766-4567. If you have any questions, or problems getting transportation to the Field House, 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.

Sick Appointee during I-Day (or night before): If an Appointee is sick during In-Processing (or the night before), please contact the In-Processing Director at the Colorado Springs Regional Command Post at (719) 333-2633 as soon as possible so medical attention can be provided and get the Appointee back into in-processing quickly so they don't miss too much time. The Director may want the Appointee to in-process earlier than their show time to get the appointee medical help if needed.

Communicating with Your Cadet during Basic Cadet Training (BCT): BCT consists of two parts - 1st BCT, which is conducted in the Cadet Area, and 2nd BCT, conducted in Jacks Valley. Mail is the only way to communicate with your Basic Cadet during this time. Mail those letters and cards often. Some Parents have send-off parties and have preaddressed cards and envelopes ready to go for friends and family. Ensure the cards don't arrive before the Appointee or the post office will return them. Cadets won't be allowed phone calls and the letters from family and friends mean so much to them. Suggest you put your Cadet's BCT squadron letter after their name to help get the mail to your Basic faster and numbering the letter/postcards (i.e., 1, 2, 3,) to ensure your Basic doesn't think they are missing mail. **No Packages will be accepted during BCT. Do NOT mail any boxes. Also the Cadet Post Office request NO packages be sent by parents in the months of August and January since Cadets are ordering textbooks for classes.**

Encourage them to hang in there. It gets better, and once the BCT is over they will get laptops and have e-mail and their cell phones full time. Cadets will have time to write letters during BCT and are

encouraged to do so by their trainers. Remember when your Basic writes you, their spirit may be down, but it could be just that they had a rough day. Keep encouraging them and know when you read a letter they could be just having a bad day. If you have concerns you can call the Air Force Academy Parent Liaison.

Travel Reimbursement: Please review the Appointee guide for travel information. Ensure Appointees keep all receipts as they will need them to fill out a travel voucher to get reimbursed.

During In-Processing Appointees will complete a DD Form 1351-2, Travel Voucher, claiming the authorized expenses incurred for their travel. A complete travel itinerary is required, so please ensure they keep track of all dates involved. Appointees do not need to track intermediate stops in their itinerary unless they remain overnight or change travel modes (airline, commercial vehicle, private vehicle, etc.).

Individuals entering a Service Academy are authorized allowances for the travel performed, not to exceed allowances for the official distance between the home and school; the person certifies the place from which travel began, to the Service Academy. This location is shown in the orders directing their travel to the Air Force Academy.

Swearing In Ceremony. On Friday (26 Jun 20, 8:30 - 9:00 am - time tentative) at Stillman Field (parade field) there will be a formal Class of 2024 Swearing-In Ceremony which is open to guests and normally takes 30 - 40 minutes. Please park at the Field House and walk across the street and up the hill for the parade field. There is a paved trail for wheelchairs. No backpacks please, but diaper bags are allowed. Small signs are allowed, but remember you will be blocking other guests sitting on the stands.

You will be surprised by the change in your Basic Cadet in only one day. They will have haircuts and be wearing uniforms. Normal standing for the BCT flights start with Squadron A on the far left and A, B, C etc... until you get to H Squadron on the far right of the parade field.

Basic Cadet Training (BCT) Begins: BCT is a 5 1/2-week transition period from civilian to military life. Indoctrination of the overall Air Force Academy program: Uniform Code of Military Justice (UCMJ), Introduction to Living Honorably in the Profession of Arms (ILHPA), manual of arms, drill, customs and courtesies, introduction to basic Air Force weapons, a field encampment, and other general military subjects. There are two types of students: the primary student (Basic Cadet) and the leadership student (Cadre).

1st Phase of BCT: Comprised of three weeks of training. This training is primarily conducted in the Cadet Area and the objectives mirror Air Force Basic Training. Upper class Cadets organize, coordinate, and execute the processing, training and evaluation of Basic Cadets. Basic Cadets In-Process, learn drill and ceremonies, customs and courtesies; participate in Physical Readiness Training (PRT), and attend classes in character and honor lessons, Equal Opportunity (EO) and sexual assault prevention.

Field Day: (Date to be Determined) Basic Cadets compete in athletics events as squadrons such as Tug of War. BCT intramurals culminates with Field Day. All Basic Cadets must participate in at least one Field Day sports event. Parents who are close can come and watch.

Pikes Peak Rodeo: Basic Cadets are allowed to enjoy the rodeo. The Pikes Peak or Bust Rodeo is held in July and lets the Basic Cadets take time out of their busy summer schedule to attend and a chance to relax and enjoy one of the area's oldest western heritage traditions. No Parent Contact.

Sponsor Family. All new Appointees will be given a sponsor family based on sponsor volunteers. You don't need to contact anyone unless Appointees wants a particular family they are requesting. This is a really good program. It is a home away from home where your Cadet can get away from the campus and chill. Many sponsor families keep their Cadets for their whole four (five years for Prep Schoolers) and become lifelong friends. Many are active duty or retired military and they can help your Cadet settle in and answer questions they may have. This is great for Cadets with no military background. The families volunteer to help your Cadet and all the costs incurred are paid for by the sponsor families so try and remember them when you can.

If you have a friend/family in the local area who wishes Appointees, then both the Appointee & the sponsor family must request each other through the Cadet Sponsor office. Sponsor families must live within a 50-mile radius of the Air Force Academy. If a sponsor family is in the process of relocating to the area, they must provide a permanent address before the Cadet Sponsor office can proceed with the application.

Doolie Day Out (DDO): Tentatively scheduled for 1 Aug 20, Doolie Day Out is a military event that is an integral part of Basic Cadet Training. On DDO, the cadets are assigned to participating host/sponsor families. Host families are registered sponsor families who live within the Greater Colorado Springs area (host families' residences may not exceed 50 miles from the Air Force Academy. Not all host families are Sponsor families. Some may continue through the year to sponsor cadets; a few others only host basic cadets on this one-day event every summer.

Only registered host families with proper credentials and assignment letters (and dash passes) will be permitted to enter the pick-up area on DDO. For most cadets, they will be meeting these host families for the very first time. Most will offer sponsorship, but again not all will sponsor through the year. If the cadet likes the family they can ask them (while spending DDO with them) if they would sponsor you. If they agree, they will need to let the Sponsor Office know by sending a by-name requests via email to cadet.sponsor@usafa.edu. Cadets and sponsor families will be given about two weeks after DDO to contact the Sponsor Office to send us by-name or special requests. This is to ensure we can inform every one of their official sponsorship one week prior to Parents Weekend. Parents Weekend is the perfect time for parents and sponsors to meet!

The Basic Cadets will be given their cellphones either the night prior or the morning of Doolie Day Out. Basic Cadets will be instructed NOT to use their cell phones while in line in the parking lots to be picked up by their host families, nor in the car with the families. They should use that time to chat with the family. The basic cadets will be reminded to bring their assignment letter for the day before arriving to the parking lots. These assignment letters will be given to the basic cadets the day prior to the event.

Basic Cadets are briefed about being released only to the family they are assigned to for DDO. The DDO host families are instructed to not release cadets to anyone. Cadets cannot have parents/family/friends pick them up from the DDO host family's home. This is strictly prohibited and will result in serious consequences. If the cadet's parents live within 50 miles of the Air Force Academy, they may register (starting in May 2020) to host the cadet on DDO and sponsor them through your 4 years. If they are local and do not desire to register to host/sponsor, the cadet will be assigned to a registered family for DDO only. Only registered families with proper credentials will be allowed into the event area. All Basic Cadets participate in DDO. Recruited athletes are assigned to their coaches on DDO. Cadets not feeling well or fall ill on DDO will remain in the Cadet Area with

cadre/BCT personnel and will not be released. Basic Cadets are responsible for informing their parents of their host/sponsor family's names and contact info. The Sponsor Office or the Parent Liaison's Office cannot release sponsor family information to parents of cadets. When contacting the family via phone call, please remember that many people screen their calls and will not answer unknown callers/blocked numbers; we recommend leaving a voicemail when calling to introduce yourselves.

Parents from out-of-state should NOT come to town in hopes of spending DDO with their son/daughter on this day. Doolie Day Out is very much a part of BCT and not just a regular "day off". The appropriate time for parents to come to town is on Acceptance Day (A Day) or Parents' Weekend (always Labor Day Weekend). Parents Weekend is the perfect time to meet their son/daughter's sponsor families if they so desire. As mentioned above, the basic cadets will be the ones to provide their sponsor family's names and contact information to their parents.

Jacks Valley: Jacks Valley is the location of the second part of BCT. The cadets are sent on "Deployment" to a tent city where they learn combat skills, train on the obstacle course, confidence course, assault course and participate in team building exercises. This is a rewarding but difficult part of BCT.

Family Emergencies. If your family has an emergency and your cadet is in BCT at the time, call the Air Force Academy Parent Liaison, 1-(877) 268-3383 or (719) 333-3828, or e-mail: USAFA.ParentLiaison@usafa.edu and they will try answer or forward the issue to BCT leadership as needed. After BCT, you can call your cadet's AOC or AMT directly

Acceptance Day Parade. Held in August right before classes begin. At this parade, they are "Accepted" into the Cadet Wing and they become fourth-class Cadets. The Legacy Class is invited to view the parade and present Contrails to each Outstanding Basic. This parade is open to the public. Cadet families who choose to attend are able to view the parade and pin-on ceremonies, and spend approximately two hours and have lunch with their Cadet. This is unique parade as it is a wedge formation and the BCT squadrons will march and join the rest of the cadet wing. You won't see another parade like this until the Graduation Parade when the seniors leave the Cadet Wing in a wedge formation.

To help you find your Cadet, the squadrons are organized from your left to your right. Cadets squadrons 1-10 followed by squadrons 11-20. To the right of the center are Cadet squadron(s) 21-39, followed by 31-40. If you are close, you can spend 1 or 2 hours with your Cadet after the parade. This is a parade officially accepting the C4Cs into the Cadet Wing. Cadets must stay on base to eat. Some parents bring a picnic lunch or there is Subway, Bund-D, or Dominos Pizza in Arnold Hall. On other parts of the base there is to eat is the Falcon Club, Golf Course, Bowling Alley, and Burger King with your Cadet escort. You can also eat at Mitchell Hall (Cadet Dining facility) for a small fee from 11 - 1pm. Pay attention to the time. Ensure you leave enough time for your Cadet to walk you out of the secure area (if necessary) and get back to their appointed duty location.

March to and from Jacks Valley: 4th Degree Cadets (Freshman): Normally, guests are able to watch and cheer on cadets marching to/from Jacks Valley. However, for the class of 2024, due to the COVID pandemic, guests will not be allowed to do so.

On most years, the viewing area location is normally Clune Arena (Field House) for both marching there and marching back to Cadet area. The March times are sent out through the local parent clubs when times are finalized. Please note that there will be road closures affecting access to Clune Arena some come early if you can so you aren't stuck in traffic and miss the march. Parents are only allowed

to view from the sides of the road in the Eastern most parking lot of Clune Arena. Note: The Mountains are always West. Signs are welcome! You will watch your Basic march in squadron formation yelling "Jodie's" which are military marching songs. You will be able to see how excited the Basics are as they are almost done with Basic Training when they march back to the Academic area! Quite the milestone.

Please note the North Gate opens at 5:30 am to 10:00 pm for visitors. Normally there will be plenty of time for parents to get in place since the road closes only as the formation gets closer to Clune Arena. Parents with military IDs are requested to show no earlier than 8:00 am in order to keep congestion down at North Gate and to give Air Force Academy staff time to get to work. The Air Force Academy Parent Liaison will send out more specific instructions to the local parent clubs as we get closer and post on the 2024 class Parent Spirit Committee FACEBOOK page.

2nd Phase of BCT - Jacks Valley: The 2nd phase of BCT is comprised of three weeks of training. The training is conducted in Jacks Valley Training Complex (JVTC) and includes field training, course orientation and execution. The Cadet Wing (CW) reinforces training requirements previously taught, with extra emphasis on professionalism and teamwork to include a focus on the Warrior Ethos. Assigned cadre will provide professional orientation training and assessment using JVTC courses completion criteria. Cadre use Air Force Academy-approved lesson plans emphasizing safe and proper procedures and techniques. Mandatory BCT graduation requirements include successfully completing the Obstacle, Assault, Confidence, and Leadership Reaction courses. Self-Aid Buddy Care and Chemical, Biological, Radiological and Nuclear Defense are conducted in-line with USAF requirements.

Medical

Immunizations: Required Immunizations can be found in the 2024 Appointee Guide. Check with your cadet or see the Appointee Guide on the Official Air Force Academy Parent website: <https://www.usafa.edu/parents/>. **Ensure Appointee hand carries copy of shot records to In-Processing.**

Questions: 10 MDOS/SGOM, 4102 Academy Dr., USAF Academy, CO 80840, Telephone (719) 333-5080.

Dental:

It is our desire to ensure that dental concerns do not interfere with Appointees 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 Air Force Academy staff expects that Appointees to arrive at the Air Force Academy with no potentially disqualifying dental conditions. Examples of dental conditions that may prevent them 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 Air Force Academy admission. All orthodontic treatment must be completed, devices removed, and retainers (if indicated) in place prior to entering the Air Force Academy. Permanent retainers **DO NOT** have to be removed. Don't forget to remind Appointees to bring their retainers with them to the Air Force Academy.

Wisdom teeth may cause lost academic time and possible delays in pilot qualification for Cadets. It is highly encouraged for Appointees 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 Air Force Academy will maximize their dental health, prevent lost academic time, minimize any dental conditions affecting pilot qualifications and go a long way toward ensuring Appointees success as an Air Force Cadet. If your civilian dentist has recommended your son or daughter have their wisdom teeth removed, we strongly suggest you follow their advice. However, it would be best to have at least 8 weeks of healing between surgery and when Appointees arrives at the Air Force Academy.

Upon arrival at the Air Force Academy, your Appointee will undergo myriad of in-processing actions including a dental screening. There is no need to bring their dental records or X-rays from their civilian dentist. Active Duty to include cadets get an annual cleaning.

Medications: All medication in your Appointee's 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 BCT, 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. Appointees must hand carry all 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 your Appointee has suffered an orthopedic injury or has been treated for an orthopedic injury or deformity in the last year, he or she is **REQUIRED** to bring a current X-ray from their 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 your Appointee is a current active duty member, and if their outgoing base provides them with a hard copy of their medical records, they will hand-carry the hard copy medical records to the Air Force Academy and turn them in during the medical portion of In-Processing.

If your Appointee is a current military dependent, his or her medical record must remain at the last base where they treatment was received. They do not need to bring a copy of medical records.

If your Appointee is a civilian, they do not need to bring a copy of medical records.

Continuation of Medical Insurance Coverage: We highly recommend parents contact their insurance carrier. Appointees may legally remain on their health insurance policy while they are a Cadet. During their time at the Air Force Academy, Cadets have medical coverage under TRICARE. However, if they leave the Air Force Academy for any reason, to include disenrollment for a medical condition, the Air Force will no longer be financially responsible for any medical expenses they may incur once their identification card expires. After graduation, there will no longer be a need to have separate medical insurance coverage all new lieutenants will be fully covered by TriCare. If your cadet sees a medical doctor (non-emergency) while at home then your insurance will be primary and TriCare will be secondary insurances. On base TriCare representative can be reached at (719) 333-5281.

Water: Ensure your Appointee drinks lots of water before coming to Colorado Springs. The high altitude can be very hard on people who aren't used to it! Water will help keep your Basic Cadet hydrated and hopefully prevent the headaches due to altitude sickness.

Physical Fitness

Ensure your Appointee is in good physical conditioning. Please see Appointee Guide for exercises to do to get ready for Cadet Basic Training.

Swimming Ability: Most Air Force 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 Air Force Academy.

Overall Fitness: Remember, a Basic Cadet's physical fitness level at entry will be an important factor in determining their 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 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.

Preparatory School Cadet Uniforms for C4Cs

Normally Preparatory School Graduates who are accepted into the Air Force Academy can bring their OCPs, boots, and leather shoes but they will also be issued all new uniforms and items. With the Class of 2024 the Preparatory Graduates may have the old uniforms. With the exception of the OCPs, Cadet uniform items are completely different from those issued at the Prep School.

Air Force Academy Preparatory School (Prep School) Mission

To motivate, prepare, and evaluate selected candidates in an educational, military, moral, and physical environment to perform successfully and enhance diversity at the Air Force Academy.

Your Preparatory School's Chain of Command

Phone: (719) 333-7737

Commander-in Chief	Commandant
Secretary of Defense	Vice Commandant
Secretary of the Air Force	Director of Operations
USAF Chief of Staff	Military Training Officer
Air Force Academy Superintendent	Academy Military Trainer
Commander, Air Force Academy Prep School	Your Cadet Candidate



Cadet Candidate Squadron Staff

Title	Rank	Insignia
CC	C/C Maj	3 diamonds
Director of Ops	C/C Capt	2 diamonds
First Sergeant	C/C MSgt	3 circles
Flight CC	C/C 1Lt	1 diamond
Element Leader	C/C TSgt	2 circles
Stan/Eval Officer	C/C 1Lt	1 diamond
D&C NCO	C/C SSgt	1 diamond

Cadet Candidate Rank Structure Group Staff

CC: Commander
 Stan/Eval = Standards & Evaluation
 D&C = Drill & Ceremonies

Performance Ropes

Commander's List
 Vice Commander's List
 Dean's List
 Military Excellence
 Athletic Excellence
 Chaplains

Gold Rope
 Navy Blue/Silver Rope
 Silver Rope
 Navy Blue
 Black Rope
 White Rope



Preparatory School In-Processing and Basic Military Training (BMT):

Cadet Candidates (C/Cs) In-Process in the Preparatory School...Life at the Prep School begins with an 18-day indoctrination into the military known as Basic Military Training. BMT is designed to transition Prep School appointees into the profession of arms. Basic C/Cs are exposed to the Air Force (AF) lifestyle, discipline, and the importance of teamwork. Basics who successfully complete BMT promote to Cadet Candidate status and begin the academic year.

Basic C/Cs are exposed to the following curriculum through the military training program: Air Force Core Values and the Air Force Academy Honor Code, Organization & heritage of the AF, military customs and courtesies, physical training, military history, drill & ceremonies, proper uniform wear, dress and appearance, & room inspections. All Basic C/Cs are held to the same standards as representatives of the Air Force - our goal is to prepare them to become leaders at the Air Force Academy & later, in their roles as AF officers. Due to the Preparatory School located on the secure part of the base, only Parents with military ID can attend the BMT Graduation parade.

Prep School Privilege Program: C/Cs are subject to a Phased Privileges Program. Passes for off-base travel and other privileges such as civilian clothing, vehicle privileges, and use of electronic devices (gaming, TV, music) are earned through individual and group performances.

Parent Access to C/Cs: The Air Force Academy visiting hours are from 5:30 am - 10:00 pm so parents can access the base as needed. Ensure you coordinate with your C/C to find the right time to visit.

Prep School Civilian Clothes Policy: C/C are not authorized to wear civilian clothing for the first few months at the Prep School. Later in the academic year, C/Cs who earn privileges through performance

are authorized to wear civilian clothing. CC Director of Ops First Sergeant Honor Officer Stan/Eval Officer D&C Officer.

Acronyms/terms Commonly Used at the Prep School

ACQ: Academic Call to Quarter
AFI: Air Force Instruction
BMT: Basic Military Training
CAMIS: Cadet Administrative/Management Info System
CCRI: Cadet Candidate Room Inspection
CC: Commander
C/C: Cadet Candidate
COC: Chain of Command
CQ: Charge of Quarters
DO: Director of Operations
FMD: First Military Duty
FSS: Force Support Squadron
HQ: Headquarters (Building 5220)
MTO: Military Training officer
PLC: Prep School Character Department
PLD: Prep School Academic Department
PLI: Preparatory School Instruction
PLT: Prep School Military Training
PT: Physical Training
PTU: Physical Training Uniform
TAPS: End of Day/Lights Out
UOD: Uniform of the Day

Prep School Academics: The Prep School's academic program is tailored to prepare Cadet Candidates (C/Cs) for the rigorous curriculum they will face, with the ultimate goal of becoming a Cadet at the United States Air Force Academy.

The Prep School academic curriculum is delivered over four academic quarters in a 10-month program, and is designed to lay the groundwork for success in required Air Force Academy classes, with a focus on English, Math (College Algebra, Trigonometry, Calculus, & Applications in science and Engineering) and Science (Chemistry). All C1Cs take four classes per quarter—two math, one science, and one English.

Opportunities exist in the spring quarters for high-performing C/Cs to take advanced courses in Physics, English and Math at the Air Force Academy alongside fourth-class Cadets. C/Cs who qualify for slots in these limited honors-level courses have the opportunity to earn transcript credit at the Air Force Academy while attending the Prep School.

Typical Cadet Candidate's Day

The academic year begins in August and ends in May. During this time you will have a busy schedule of classes, study periods, military training, and athletic participation. You will follow a schedule of calls with some evening military activities and additional training on select weekends. Most of your time will be devoted to studying in your room or in the library. While many cadet candidates find there is not enough time during the day to complete all their assignments and fulfill all their responsibilities, all come to appreciate that time management and prioritization are two skills key to succeeding in this environment. Cadet Candidates who devote academic time during the weekend find that they can managed the workload much easier. It is important to budget your time so you can keep up with all of your assignments and training requirements.

Room Arrangements: Cadet Candidates share 2-person rooms and every dorm room has a twin-size bed, wall locker, and desk for each occupant. There is a proper location for everything you are allowed to have in your room, and you will be expected to keep your room in perfect order. Scheduled and random room and uniform inspections reinforce “attention to detail” to ensure you are meeting standards. 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.

Privately Owned Vehicles (POVs)

Cadet Candidates may own/possess POVs while attending the Preparatory School, but will have to dispose of the vehicle prior to arriving for Basic Cadet Training at the Air Force Academy, if offered an appointment to the Air Force Academy, because Fourth-class Cadets are not authorized vehicles.

- **General Information:** Maintaining and operating a POV are significant Preparatory School privileges. A Cadet Candidate is maintaining a vehicle if he or she is the primary user of the vehicle, has possession, and is making payments on or insuring the vehicle (at USAFA or within a 150-mile radius) even if the vehicle is registered to a parent, guardian or sponsor. The privilege of operating a vehicle will be determined by the military training Phase Program. The chain of command may curtail, suspend, or limit a Cadet Candidates use of a POV for administrative or disciplinary reasons.

- **Requirements:** Submit the following documentation to your Motor Transport Officer/Academy Military Trainer.
 - Copy of Valid Driver’s License
 - Air Force Prep School POV Authorization Form
 - Current state registration certificate (not vehicle’s title certificate)
 - Proof of Insurance

Cadet Candidates owning and maintaining motor vehicles must be properly insured. Minimum insurance requirements for registration in the state of Colorado are: bodily injury/liability—each person, \$25,000; bodily injury/liability each accident, \$50,000; property damage liability, \$15,000 per occurrence. Proof of insurance must be verified prior to registration and maintained in the vehicle at all times while vehicle is owned/operated. Cadet Candidates who own, maintain, or operate vehicles covered by their parent’s insurance should verify coverage. Certain states permit “military service” clauses in a parent’s policy, which may terminate coverage on an insured individual once they enter military service. If under a parent’s policy, Cadet Candidates must provide a letter from the insurance company stating proof of coverage.

Weekends & Leave

Weekends: Two weekends per month are typically devoted to military training. Training is from Friday afternoon through early Saturday afternoon and activities include room and uniform inspections, parades, marching practice, military briefings, guest speakers, and/or professional military education and training. You will be permitted to leave the Preparatory School campus on non-training weekends (Friday evening, Saturday, Sunday) based on the Phase Privileges you have earned with your performance. Authorizations and liberties gradually increased as you “phase up” with sustained performance.

Leave: All C/Cs earn 2.5 days of leave (paid time off) each month. Prior service C/Cs may also carry forward a leave balance into the Prep School year. Leave is then used during the following holiday leave periods: approximately two weeks at Christmas, and approximately one week during the spring. Prep School Staff will provide specific dates, times and directions for signing out for leave and signing in from leave. **Cadet Candidates must pay their own transportation costs during these breaks.** Details regarding leave policies will be provided as appropriate.

Academics

The academic program is rigorous and specifically designed to transition students from a high-school academic environment to the world-class collegiate academic program at the Air Force Academy. The success of the Preparatory School's academic curriculum has been borne out over the years with a graduation rate from the Air Force Academy that very nearly matches the graduation rate of those appointed directly to the Air Force Academy. To graduate from the Preparatory School and earn an appointment to the Air Force Academy, cadet candidates must meet historically established academic standards.

Appointment Recommendation Criteria: Maintain a minimum 2.42 Cumulative Grade Point Average; and maintain a minimum 2.0 Subject Area Cumulative Grade Point Average in English, math, and science.

The Preparatory School divides the academic year into four quarters, each approximately nine weeks long, to assess C/C's performance. An integrated course in basic study skills is required in the first quarter to learn time management and study techniques that will facilitate the transition to the demanding requirements of college academics. The rest of the curriculum is designed to lay the groundwork for success in courses required at the Air Force Academy, with a focus on Math, Science, and English. Each quarter you will take a minimum of 4 classes: 2 Math courses, 1 Science course, and 1 English course.

Math: A robust mathematics sequence, providing intense instruction in a spectrum of topics including college algebra, trigonometry, calculus, and applications in science and engineering.

Science: Chemistry is used to teach all students fundamentals in scientific reasoning and problem-solving skills.

English: The primary focus is to develop solid writing skills through a composition program that incorporates literature and character-focused readings. An optional course in Reading is also available for students to increase vocabulary, comprehension, and reading speed.

The Preparatory School is a purposefully non-accredited to enable student tracking and flexible course placement over the entire academic year. Tracking is an essential part of the academic program, by which students are placed in the classes that best fit their skill level to ensure a strong foundation in various course content. Fundamental tracks are available throughout the year in math and chemistry, while advanced courses are available in all three subject areas. Advanced opportunities available in the spring are physics at the Preparatory School, as well as freshman-level English, chemistry, and math courses at the Air Force Academy. In very rare circumstances, students may be eligible to take other advanced courses depending on availability and approval of other departments at USAFA. These advanced opportunities provide high performing C/C with an opportunity to earn college credit and begin their Air Force Academy transcript prior to enrollment in the Undergraduate program.

Athletics

Physical Education: Physical Education is part of the core curriculum at the Preparatory School and contributes to the development of the institutional outcome of Warrior Ethos. The curriculum consists of a physical development curriculum delivered in the first quarter and the third quarter as well a swimming curriculum for aquatically-challenged cadet candidates. In addition, cadet candidates complete mandatory rigorous fitness training which is tailored around the Physical Fitness Test (PFT) and Aerobic Fitness Test (AFT).

Fitness Testing: To help your child judge their fitness level prior to arriving we've provided the average and maximum PFT and AFT scores (below). Each fitness test is given to C/Cs once a quarter. Arriving for BMT in shape to achieve at least the average scores shown below will better allow you to complete the physical requirements of BMT. 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 BMT and then again during a second time during the BMT program. Please check the 2021 C/C See Appointee Handbook for specifics on physical requirements and overall fitness.

Competitive Athletics

Football: The football team is one of five uniformed sports currently at the Air Force Academy Preparatory School. Our schedule consists of 6 to 8 games competing against primarily Junior College competition. While we have approximately 55 recruited athletes in our program, we encourage and invite all prior enlisted and direct entry Cadet Candidates to walk-on and earn a position on our team. In years past, walk-ons have emerged to make critical contributions to our team.

If a C/C is truly interested in playing in our program, ensure they take advantage of all opportunities to train and workout before they arrive. During tryouts, we will look for players to fill any position, including kickers and punters. In order to try out as a walk-on, a C/C will need to bring your own cleats and specialty equipment (braces, etc.). For more information, feel free to contact the head coach at (719) 333-7153.

Men's Basketball: The men's basketball team is one of five uniformed sports currently at the Air Force Academy Preparatory School. Our schedule consists of up to 30 games competing against primarily Junior College, NCAA, and NAIA level competition; moreover, we will also schedule competitions against military base and elite Club/Prep teams and colleges. In addition to having several intercollegiate recruited athletes in our program, we encourage and invite all prior enlisted and direct entry C/Cs to walk-on to earn a position on our team. In our history many walk-ons have gone on to have successful Division I careers with the Air Force Academy Falcons. They have also had a tremendous impact on the Air Force Academy intramural and club championship teams by bringing the competitive knowledge, training experience, and time management skills needed to be successful within a collegiate team atmosphere.

For the 2020-2021 season, we will hold a tryout during BMT for any males planning to attempt to walk-on to our program who have competed at the college, high school, club, or military base levels. If you are truly interested in playing in a collegiate program please take advantage of all opportunities to train and compete before you arrive. For more information on men's basketball team please contact the head coach at (719) 333-6340.

Women's Basketball: The women's basketball team is one of five uniformed sports currently at the Air Force Academy Preparatory School. Our schedule consists of up to 20 games competing against primarily

Junior College, NCAA and NAIA level competition; moreover, we will also schedule competitions against military base and elite Club/Prep teams and colleges. In addition to having several intercollegiate recruited athletes in our program, we encourage and invite all prior enlisted and direct entry C/Cs to walk-on to earn a position on our team. In our history, though it is not the norm, many walk-ons have gone on to have successful Division I careers with the Air Force Academy Falcons. They have also had a tremendous impact on the Air Force Academy intramural and club championship teams by bringing the competitive knowledge, training experience, and time management skills needed to be successful within a collegiate team atmosphere.

In the 2020-2021 season, we are looking to fill our roster with five or more athletes who have competed at the college, high school, club or military base levels. If you are truly interested in playing in a collegiate program please take advantage of all opportunities to train and compete before you arrive. For more information on to the women's basketball team please contact the head coach at (719) 333-9921.

Wrestling: The wrestling team is one of five uniformed sports currently at the Air Force Academy Preparatory School. Our schedule consists of up to 13-15 tournaments competing against primarily Junior College, NCAA and NAIA level competition. Our program is designed for open tournaments due to lower team numbers making it more difficult to participate in dual meets. In addition to having several intercollegiate recruited athletes in our program, we encourage and invite all prior enlisted and direct entry cadet candidates to walk-on to earn a spot on our team. In our history it is not the norm, but walk-ons have gone on to have successful Division I careers with the Air Force Academy Falcons; or, have highly impacted the Air Force Academy intramural and club championship teams by bringing the competitive knowledge, training experience and time management skills needed to be successful within a collegiate team atmosphere.

In the 2020-2021 season, we are looking to fill our roster with athletes who have competed at the college, high school, club or military base levels. If you are truly interested in competing in a collegiate program please take advantage of all opportunities to train and compete before you arrive. For more information on to the wrestling team please contact the head coach at (719) 333-6281.

Soccer (Men and Women): The men and women's soccer program is one of five uniformed sports currently at the Air Force Academy Preparatory School. The schedule consists of approximately 20 games primarily competing against local collegiate men's club teams. While we have about eight men and women that are recruited athletes in our program, we encourage and invite all prior enlisted and direct entry cadet candidates to walk-on to earn a position on our team. In years past, walk-ons have emerged to make critical contributions to our team.

If a C/C is truly interested in playing in our program, ensure they take advantage of all opportunities to train and workout before they arrive. Upon arrival, there will be tryouts that may range from one day to all of BMT. During tryouts, we will look for players to fill any position. C/Cs will need to bring your own cleats and shin pads. For more information, feel free to contact the Preparatory School athletic director at (719) 333-2574.

Character

Developing outstanding character is a crucial part of an Air Force Academy education. At its foundation are the Air Force Academy Preparatory School Honor Code and our three Air Force core values of Integrity First, Service Before Self, and Excellence In All We Do. Our core values form the centerpiece of a Cadet Candidate'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 and 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.

Honor Program

- **Honor Program Intent:** Support the overall Prep School mission by providing honor education and character/leadership development opportunities to Cadet Candidates and staff.
- **The Bottom Line:** All C/Cs live by the Air Force Academy Honor Code while they attend the Preparatory School. It is the responsibility of each C/C to learn the minimum standards and adhere to them, but the ideal is to LIVE HONORABLY.
- **Preparatory School Honor Code and Oath:** “We will not lie, steal, or cheat, nor tolerate among us anyone who does. Furthermore, I resolve to do my duty, and to live honorably, (so help me God).”
 - The Air Force Academy Preparatory School Honor Code is identical to that of Air Force Academy.
 - When C/Cs take the Honor Oath, the words “so help me God” are optional to respect all faiths or non-faith.

Honor Education for Cadet Candidates

Basic Military Training: Prior to taking the Honor Oath, C/Cs learn about the Honor Code and its elements. In total, BMT Honor training requires approximately 10 hours of interactive classroom time. Honor Lessons are conducted with the help of many Air Force Academy Preparatory School staff members across all mission elements, who fill 75+ teaching slots.

- Introduction to the Honor Code: Given by USAFAPS Character, Leadership, Culture and Climate staff
- Honor Lesson 1: Lying and the principle of Honesty
- Honor Lesson 2: Stealing and the principle of Respect
- Honor Lesson 3: Cheating and the principle of Fairness
- Honor Lesson 4: Toleration and the principles of Support and Accountability
- Honor Exam: Evaluates retention of BMT Honor lessons and ensures each Cadet Candidate is ready to take the Oath.

Academic Year Training: All training is programmed into the military training plan. Honor/Character lessons are typically conducted once or twice per month during training time (~1 hour), or on Air Force Academy Preparatory School Training Days.

- Recurring Topics. These topics typically surface every year, as C/C begin to deal with challenges associated with academics and dorm life (eg. proper academic documentation, National Character and Leadership Symposium).
- As-Needed Topics. These topics change from year to year, based on the current issues and challenges, or are one-time opportunities. C/C Character Officers help determine topics and needs for the current class.

The Honor System/Process: The system is the means by which C/Cs are held accountable for living by the Honor Code. If an honor violation is suspected, it is addressed using the following process:

- **Informal Clarification:** a non-threatening “clarification” conversation between initiator and C/C in question.
- **Formal Clarification:** a second conversation with Character Directors staff and the C/C Group Character Officer.
- **Investigation:** an uninvolved staff member seeks facts, gathers statements, and recommends way forward.
- **Group Honor Board:** uninvolved staff members and honor officers review the facts/testimony and staff votes. Sanctions for violations: Character Director recommends sanctions, and Commander approves. *On average*, rehabilitation is 6 weeks.

Act and Intent: These two elements must be present for an honor violation to exist. Act is the outer *behavior* (or failure to act); intent is the *mindset* regarding the act. An honor violation is confirmed in one of two ways: 1) The Cadet Candidate admits; 2) A Group Honor Board reviews evidence and a majority vote determines whether or not the Cadet Candidate committed a violation.

Character and leadership development will be a crucial, all-encompassing part of your Preparatory School experience. For the duration of your Preparatory School year, 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.

Preparatory Exemplar Dinner: In January each Prep School Class of C/Cs selects a past leader of character whose life and career epitomize integrity, service, excellence, and the character traits they wish to exemplify. The Exemplar Program formally celebrates the individual chosen by the class, and memorializes the class’ affiliation as they journey to becoming leaders of character. Plaques are placed on permanent display in the Exemplar Hall showcased in the dining facility.

Prep School local area: When not on official leave, C/Cs are required to remain within a 150-mile radius of the Air Force Academy. Official leave periods, during which C/Cs can travel outside that radius (Thanksgiving, Winter, and Spring Break). Additional leave time that would cause a C/C to miss academic or other military duties is only granted in exceptional circumstances.

Parents Weekend: Questions regarding Parents’ Weekend can be emailed to PrepInfo@usafa.edu or by calling (719) 333-PREP (7737) during normal duty hours, Monday - Friday (7:30 a.m. to 4:30 p.m. MDT).

Cadet Candidate Sponsor Program: The Air Force Academy Preparatory School C/C Sponsor Program encourages active duty, retired and reserve officers, senior noncommissioned officers, USAFA alumni, and Department of Defense (DoD) civilians to become mentors to C/Cs. Through this personal involvement, C/C interact with individuals who counsel and advise them on military life and the positive aspects of a military career. The program gives first priority to personnel associated with the military, but may accept non-DoD affiliated members if requested by the C/C.

The Sponsor Program exposes C/C to the military lifestyle and positive adult role models, while providing them with a home away from home. It is also essential to the professional and social development. Sponsors should develop an individual, yet professional, relationship with their and C/C.

Cadet Candidates and sponsors may make by-name requests for their sponsor and Air Force Academy Preparatory School will attempt to honor the requests. C/C should inform their requested sponsors to contact the Air Force Academy Preparatory School to request the registration packet; otherwise, they will not be matched and the use of common interest criteria will be used to match C/C with sponsors.

Leave after Prep School Graduation before Cadet In-Processing: The Air Force Preparatory School Graduates are put on excess leave status (no-pay status), (directs (those with no prior mil experience)) and go home or wherever they choose till I-Day at the Air Force Academy. If they were a prior they still go on leave till I-Day but if they have leave days then they would get paid during that time. Regardless of status, all Air Force Academy Preparatory School students go home/leave till I-Day at the Air Force Academy.

Questions: Cadet Candidate Sponsor Office, USAFA/PS, 5220 Cedar Dr., Ste 117, USAF Academy CO 80840, Cadet.sponsor@usafa.edu.



Husky Club

The Association of Graduates (AOG) has a Club for club for Prep School Families. You can follow your Cadet Candidate through their Prep School journey from Basic Military Training through Graduation. You can join WebGuy by going to <https://usafawebguy.com/>.

Husky Club Members receive full access to **WebGuy**, dedicated Prep Portal with blogs and photo galleries, free downloads of videos/high resolution photos and 15% shopping discount at the AOG Gift Shop. **WebGuy** coverage includes BMT, Birthday dinners, Parents' Weekend, Prep School Athletics, Parades, Spire, Military training events/ceremonies, and Graduation.

Air Force Academy Preparatory School

Frequently Asked Questions

Parents can find general FAQs for the Preparatory School at <https://www.usafa.edu/prep-school/prep-school-faqs/>

Medical Frequently Asked Questions

My child is enrolled as a Cadet Candidate at the Air Force Academy Preparatory School. 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 duration of their time at the Preparatory School to ensure they are covered in the event they are disenrolled or they decide to separate based on their own desires.

How does my child enroll for healthcare while at the Air Force Academy Preparatory School?

Once Cadet Candidates in-process, they will be enrolled in TRICARE Prime. TRICARE Prime is similar to a civilian HMO. In this program Cadet Candidates 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 Air Force Academy Preparatory School?

Primary care is received by calling the clinic and making an appointment to see their PCM. If a C/C 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 the current military health insurer, 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 Air Force Academy Preparatory School and they need emergency care?

If a C/C 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. Some military installation medical facilities possess their own emergency care, but it is highly recommended you verify this before traveling to the nearest military installation for emergency care. If the C/C 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 C/C is responsible for the bill. If this occurs the C/C 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 Preparatory School before they graduate and receive their appointment?

If the C/C disenrolls, 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 I child doesn't have their wisdom teeth removed before they get to the Preparatory School, does that disqualify them?

No. If your child is planning to have a career in aviation then it would be in their best interest to consider having their wisdom teeth removed before arriving at the Prep School. If your civilian dentist has recommended your child have their wisdom teeth removed, we strongly suggest you follow their advice. We recommend, removing wisdom teeth 8 weeks prior to arriving at the Preparatory School.

You stated the 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.

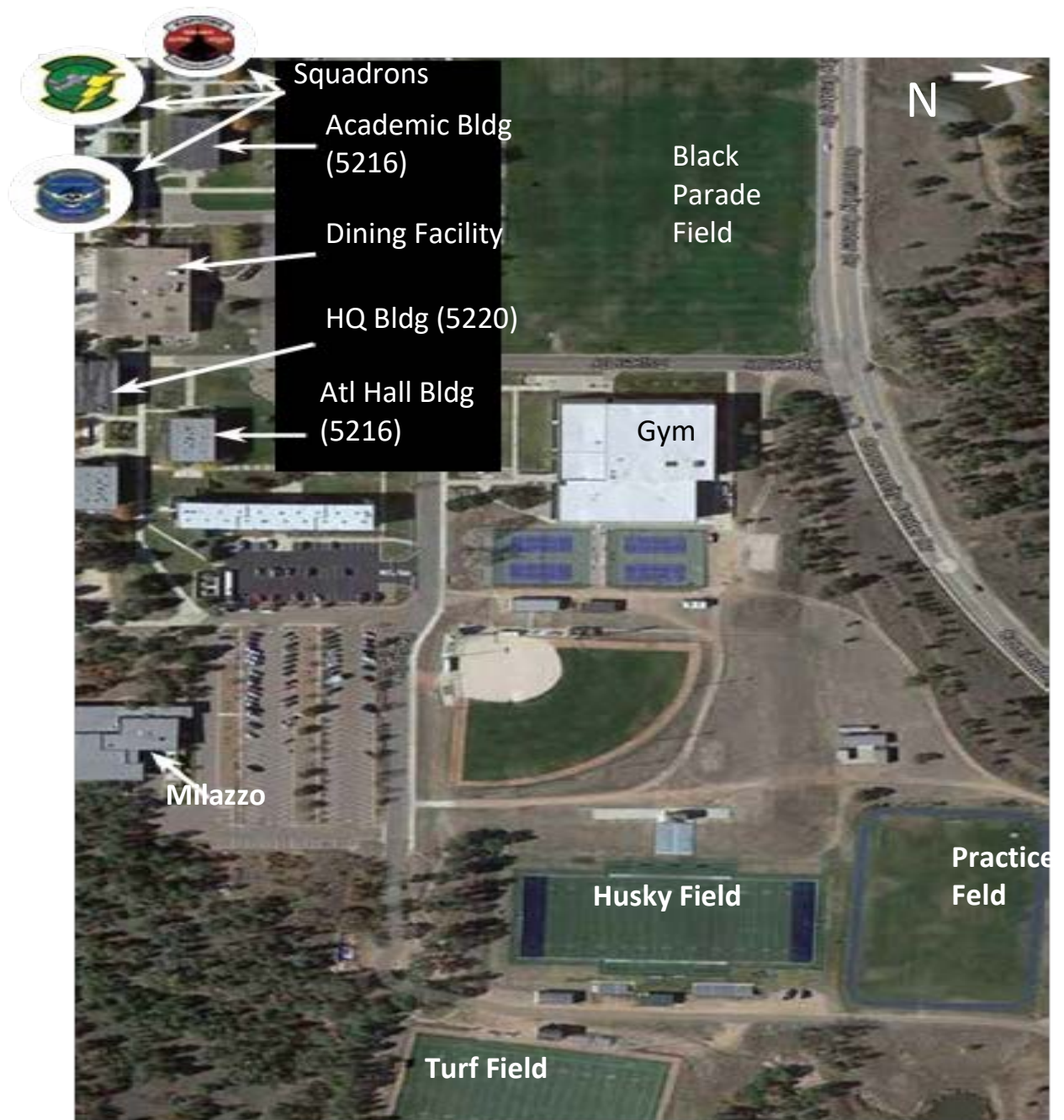
Does my child need to bring their civilian dental records?

No. You do not need to bring your child's records. Once they arrive we will be initiating a permanent military dental record which will be maintained at the Dental Clinic.

After my child arrives at the Preparatory School can they still get treatment at my civilian dentist on breaks?

Yes, they may. However, routine dental treatment as a C/C is an entitlement and there is no cost for this dental benefit. If your child decides to get treatment by your civilian dentist, we will need to document any treatment they receive at your dentist's office to assure their military dental record is a true reflection of their oral condition and is up to date. Your child must bring a copy of the treatment they received so it can be incorporated into their military dental treatment record. Keep in mind that you/your child 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.

Air Force Academy Preparatory School Map



The seal of the United States Air Force is positioned in the upper left corner. It features a bald eagle with wings spread, perched on a shield with a star and stripes. The words "UNITED STATES" are arched above the eagle, and "AIR FORCE" is arched below it. The entire seal is set against a blue background with a subtle, wavy texture.

UNITED STATES

I am an American Airman.
I am a Warrior.
I have answered my Nation's call.

I am an American Airman.
My mission is to Fly, Fight, and Win.
I am faithful to a Proud Heritage,
A Tradition of Honor,
And a Legacy of Valor.

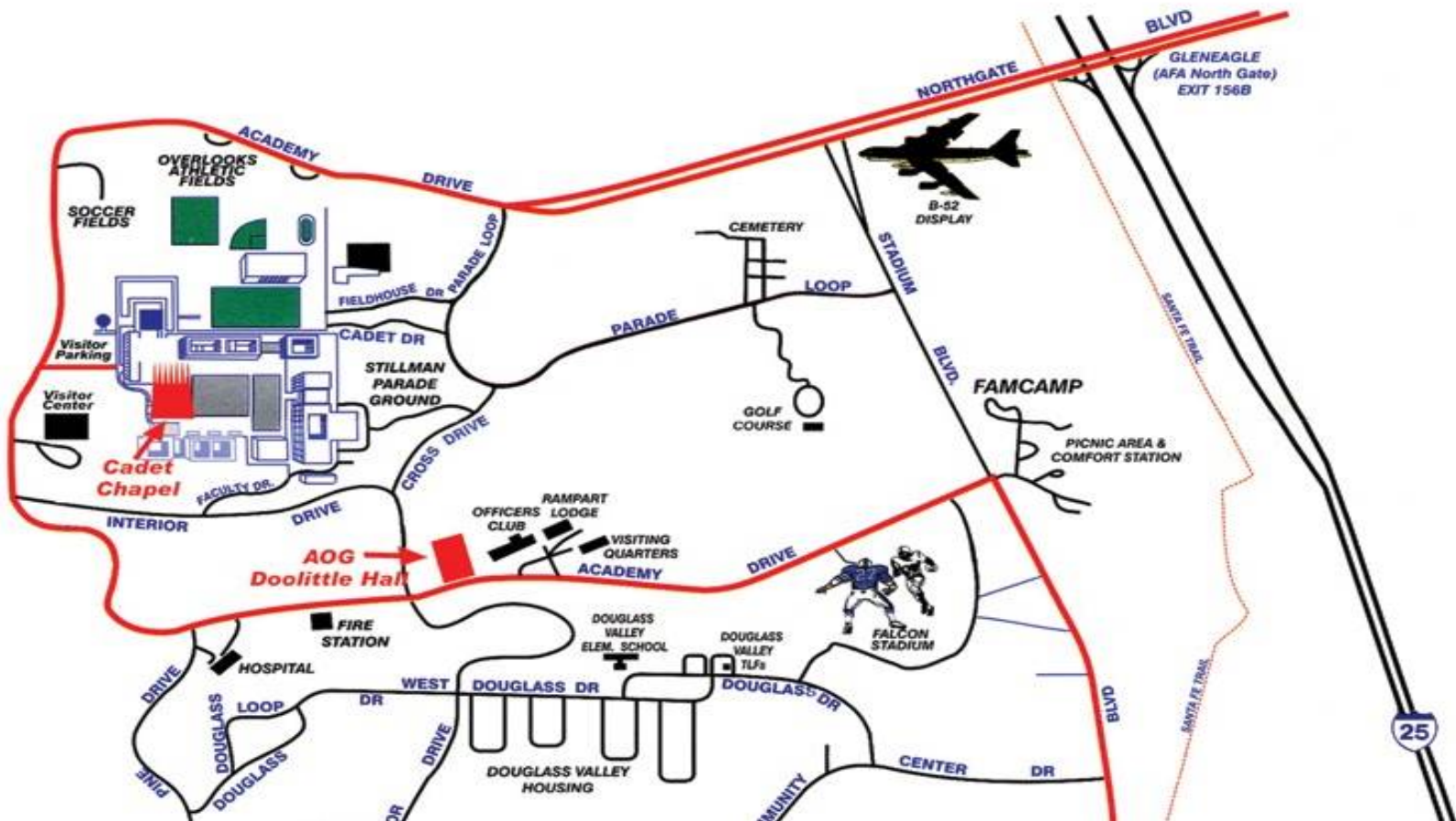
I am an American Airman.
Guardian of Freedom and Justice,
My Nation's Sword and Shield,
Its Sentry and Avenger.
I defend my Country with my Life.

I am an American Airman.
Wingman, Leader, Warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

NOTES

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

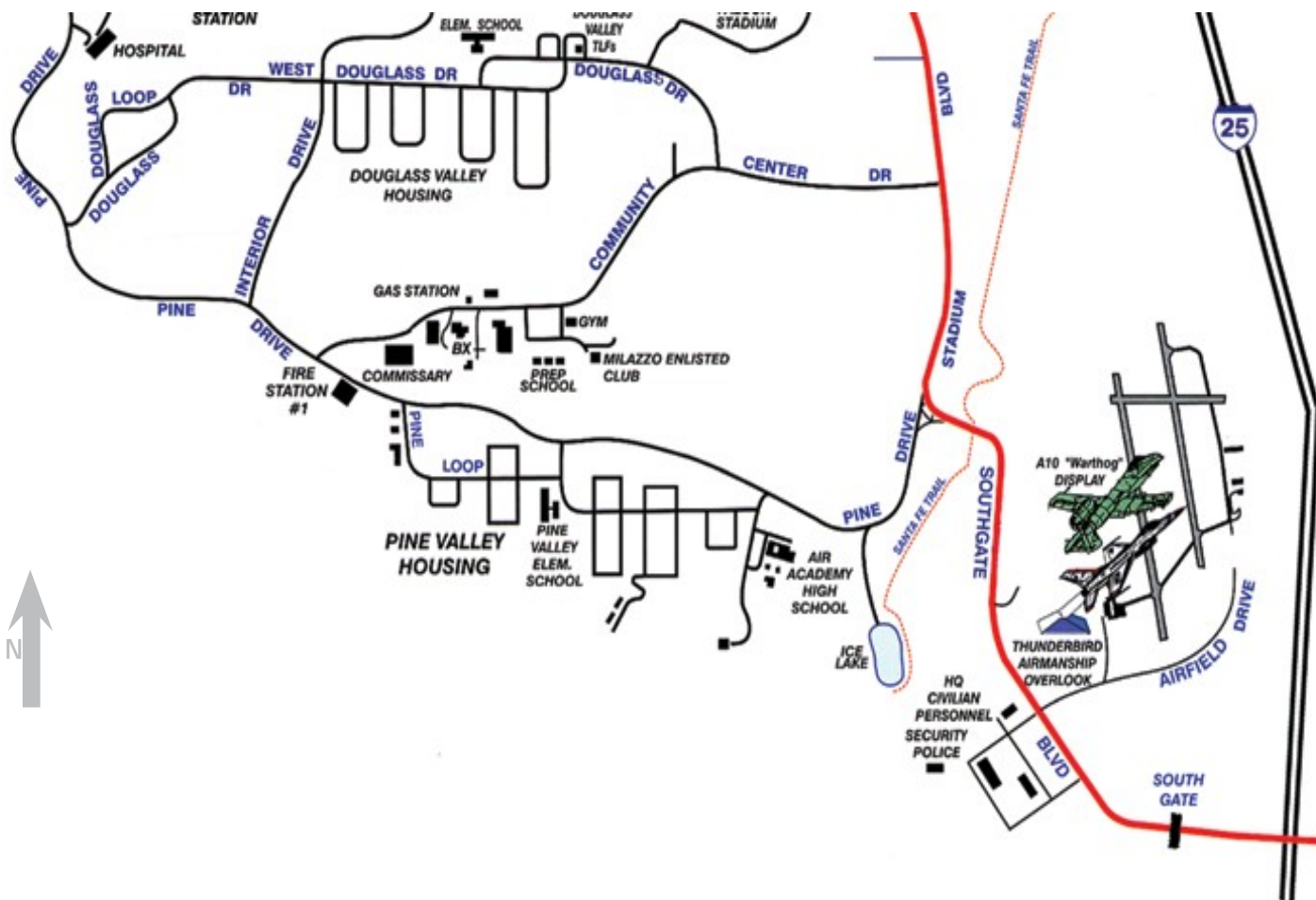




Air Force Academy Map

Open to the public:

Visitor Center
Arnold Hall
Field House
Chapel





ANNEX A

A Guide to Difficult Conversations with Your Cadet



A Guide to Difficult Conversations with Your Cadet

Congratulations Parents or Guardians!

You are the proud parent of a United States Air Force Academy Cadet Candidate. It wasn't easy to get to this point. You stood by, you cheered on your child through all the sporting events, and helped them study for hours and now look at them!

*"It takes a village to raise a child."
-African Proverb*



My name is Second Lieutenant Gina Arrabito, a brand new U.S. Air Force Officer and a graduate from the United States Air Force Academy (USAFA) Class of 2019. I'm here to help you talk to your Cadet Candidate about USAFA. You're probably thinking how is this 22 year old going to help you have a difficult conversation with your child about drinking, bullying, sexual assault, and much more? Especially someone with no children of her own? But don't put this down just yet. I'm about to give you helpful information and advice I wish I received before coming to USAFA, and maybe help your child be more successful than they could have been just figuring it out on their own. You know it takes a village to raise your children and my village didn't know much about the military; let alone the Air Force Academy, but they were always there to support me. My village was there to listen to me when I struggled academically and physically to meet the standards and when I was restricted to base for not performing to the same caliber as my peers. They were there for the tears over hard leadership lessons and through the growing pains of young adulthood that happened during these crucial four years at school.

So here's what I'm going to do; I'm going to give you several insights to the stressors your child can face at USAFA, all of those moments Cadets don't know they're going to face but always do, so that your village can be better prepared for the challenges that come up.

Alright, here's how this is going to work. I'm going to break down good talking points for you to have when it's time for you to talk to your Cadet Candidate about their upcoming journey. This isn't mandatory, but if you do feel like following along and having these difficult conversations then please email us at USAFA.CWP.TASKERS@USAFA.EDU with your name, address, and any other feedback you have for us and we'll send you a token of our appreciation.

Okay, before we get started, here are a few ground rules:



Ground Rules

1. Talk to your child about USAFA first. Make sure this is the path they want to take and that no one is pushing them to do this. USAFA is hard enough as it is and Cadets who are here for the wrong reasons usually don't do as well as those who are.
2. Your child may not listen to you about all these topics and that's totally cool. If you know that you're not the best person to have this talk with then don't be ashamed to pass this on to another mentor your child has; a teacher, coach, family friend, or older sibling etc. As long as we can help your Cadet succeed, it shouldn't matter who's doing the talking.
3. Listen more and talk less. This doesn't have to be a lecture, and maybe your child wants to open up to you about stuff going on right now or questions. Now would be the perfect time to be open minded and accepting of whatever they might say. You don't want to shut them out and potentially keep them from coming to you when USAFA gets hard. If you can't listen to them now, maybe when they are struggling at school they won't feel like they can talk to you and that could leave them lost.
4. How you go about this material is totally up to you! Take breaks as needed, break it up into mini-talks or knock it out all at once. You know what will work best with your child. Some of this material may begin difficult discussions and a break may be in order.

Are you ready?!? I'm ready! So shake it out, take a breath, and let's begin with an easy topic....



Topic #1- Your child is joining the Military

A little scary right? You don't have to hide it right now, it is. Your Cadet Candidate is joining the profession of arms. At a basic level that means when diplomacy fails, the military is often called in to perform various missions. This may result in violence and loss of life, and that means that your child might be putting their life at risk. It might be difficult to think about, but this is the first thing you need to make sure your child understands. During the Cadet Candidate process, the Air Force will offer your child a life insurance policy. Why? Because unpredictable things may happen in the military and a lot of times we are put in dangerous situations. As scary as this sounds, at USAFA we lost three Cadets in three years due to the dangers that come with this lifestyle.

Accidents can happen at any time, both on- and off-duty.

I don't know your child, but I know if they want to come to USAFA they share one major quality with me: The intense desire to serve others and to help them at whatever the cost. Without even knowing them, your child already feels the three **Air Force Core Values** in their heart:

1. **Integrity First** (holding true to moral values, even when no one is watching)
2. **Service Before Self** (putting the Air Force first, even at a cost to your personal life)
3. **Excellence In All We Do** (strive to always perform your best)

Your Cadet Candidate may feel these things, but not fully know what it means just yet.

- In four years, your Cadet Candidate is going to be a Commissioned Officer in the United States Air Force. That means he/she will outrank all enlisted members of the military
- This means we need to hold your Cadet to a higher standard, in order to protect him/her and those who work for them
- Your Cadet Candidate needs to uphold the standards and customs of the military to make the mission run smoothly, that includes not having inappropriate relationships with enlisted military members, wearing the uniform correctly, keeping political opinions to oneself and using sound judgment on social media
- Your child is in the military - both in and out of uniform. They are no longer representing just themselves - they represent the United States

USAFABegins to teach all of these rules by upholding the military standards, but also through combined experiences such as:

- Six weeks of physically and mentally challenging Basic Cadet Training. This means having no cell phone, limited contact with family and friends, getting yelled at, and being put into stressful situations
- Teaching professional relationships by making freshman year (Doolie year) a time when your child can't be friends with or date the upperclassmen and where they are always in uniform
- Marching several times a week to lunch as a Cadet Wing
- Going through survival training where they will learn evasion skills and how to kill for food
- Learning Airmanship such as flying, skydiving, space operations, and the RPA program
- Going through uniform and room inspections regularly
- Taking on leadership roles within the Cadet Wing, on a sports team, or in an academic setting

Topic #2- A Multicultural/Multinational Academy

Let's talk about the composition of USAFA. We fully welcome having unique individuals here because it helps us become a more cohesive unit, but that might be new for some Cadet Candidates. What I mean is: Okay, before we get started, here are a few ground rules:



- Some of us came from homes and towns where everyone looked like us, so it'll be strange being in a diverse setting
- Although we are trying our best to be as diverse as possible, minorities still only make up a small percentage of each USAFA graduating class
- Some people, especially those of minority groups, may feel outnumbered and like they have to hide parts of who they are to fit in. This is not the case. We want everyone to feel comfortable and fit in as who they are, which is why we have support groups such as the Affinity Clubs - The Schulte Assembly, Pacific Rim Club, Korean American Relations Society, Hispanic Heritage Club, Spectrum Club, Way of Life Club, Native American Heritage Club and the Secular Cadet Alliance. They are all available to anyone and everyone looking for a community within USAFA
- If your Cadet Candidate feels like their needs aren't being met to find that community, they can speak with their commanders and find new opportunities for diversity outside of USAFA



Topic #3- A Culture of Dignity and Respect

So now you know what your Cadet Candidate is signing up for and it's not just the free education. But what does that mean? It means in order to make this well-oiled machine run smoothly, we need to make sure everyone feels as comfortable as possible. The Air Force prides itself on being innovative and constantly improving, and what makes that happen is the people who choose to be in the Air Force! Here's what I learned at USAFA:

1. **We are all different**
2. **Different people bring unique ideas and experiences to the table**
3. **Our differences make us successful**

The only way this works is if the working and living environment is accepting of all people and USAFA strives to make that happen. We want everyone to feel comfortable coming forward and sharing these experiences so that we remain the strong, innovative and creative Air Force that we currently are. At the end of the day, no matter how different we are, we are brothers and sisters in the profession of arms and we will be involved with each other's military careers even when we least expect it.

Don't mistake stressful situations and yelling for a culture that doesn't have dignity and respect. In the military training setting, it is necessary to train Cadets in a respectful environment that includes yelling. It's important to know that in times of war, stress comes from various sources and this conditioning helps us train like we fight and fight like we train.

In order to reinforce this, check out General Silveria's (the current USAFA Superintendent) speech on racism from 2018. He articulates how the United States Air Force Academy feels about creating a culture of dignity and respect.

<https://www.youtube.com/watch?v=WfjZ1otkS3o>

Topic #4- Hazing and Bullying

We all know where this is going now, right? Hazing and bullying doesn't allow us to accomplish our mission as a service academy or as an Air Force. I know as parents you have taught your child to be accepting and to treat others the way you want to be treated, so good on you but now is a good moment to review that talk you probably haven't had since kindergarten. When it comes to hazing and bullying here's what you need to know to keep your Cadet Candidate safe and aware:

- Hazing and bullying is not accepted at USAFA under any circumstances and is punishable by the UCMJ (Uniform Code of Military Justice) and can ruin your Cadet's chances of being eligible for commissioning under any circumstances
- Every Cadet has an obligation to step in and stop any form of bullying or hazing
- Bullying can take on many forms such as singling out someone because they are perceived as different or weak and online targeting. None of this will ever be tolerated at USAFA, and if they think it's an anonymous website/app, think again. Your Cadet Candidate can be tracked down
- Hazing is not a tradition at USAFA. Traditions include spirit missions and going to football games as a unit, but hazing of any kind is unacceptable. Hazing makes finishing the mission impossible because Cadets are uncomfortable in their environment and therefore not productive to their best ability
- It is important to note that hazing and training are two very different actions. While training has intent and an end goal, hazing ostracizes and humiliates newcomers. Training is what will prepare us for tomorrow's fight, not hazing.

Overall, at the end of the day, we know your children are well behaved and would never act this way, they want to go into the military and they want to help others! So please emphasize that by stepping up and speaking out against hazing and bullying we are looking out for the morale and well-being of our fellow Cadets.

Topic #5- Drugs and Alcohol

Okay, time to bring it back to the D.A.R.E. Program. Don't do drugs kids, okay? It's not that simple anymore. Drugs and alcohol, as I'm sure you've heard, have been problems in the military before and USAFA has found itself a part of that problem. It's always sad to see a fellow Cadet kicked out for something totally avoidable. So let's start with drugs, it's a little bit more straight-forward.

- **Using illegal drugs or abusing prescription drugs in the military is not allowed. And no, living in Colorado doesn't make marijuana legal for military members because it is still illegal on the federal level**
- **Remind your Cadet to read the labels (especially in Colorado) because products like Hemp Oil still aren't allowed, even if it's just some ingredient in something like soap**
- **USAFA is very serious about drugs and Cadets get kicked out very quickly for drug use. They even do surprise urinalysis tests at 5 a.m. or after holiday breaks (they once tested 1,000 Cadets right after Thanksgiving break)**
- **In the military, drug abuse is never acceptable. As a future Officer, how can we possibly enforce the rules if we are breaking them too? We can't, so we need to hold future Officers to an even higher standard and never do anything to lose control over emotions, actions or environment**

Now onto alcohol. Cadets who are of legal drinking age are allowed to drink and there are many military training opportunities to learn safe drinking habits as well as a bar, HAP's Place, by the Cadet Area to help promote healthy drinking and avoid drunk driving. But maybe you're that parent that let them drink underage (don't worry we won't judge) and now it's time to change that message. This part can get a little tricky. So here's why we are cautious about drinking - alcohol use and abuse is commonly found in sexual assault situations. That's completely unacceptable, so now it's time to sit and talk with your Cadet Candidate on healthy drinking habits so that they don't end up in that statistic.

- **It's okay for your Cadet Candidate to drink when they are of legal drinking age (21) as long as they don't abuse it and stay in control of their environment, actions and emotions**
- **Cadets who are impaired on duty will be charged under the Uniform Code Military Justice. This also includes Cadets who are too hungover to do their duties (i.e. taking a day-off school because of a bad hangover), DUIs and alcohol related incidents**
- **Providing alcohol to minors is illegal and both, the of age Cadet and underage Cadet will face consequences**
- **Underage drinking is never allowed, and possession of a fake ID will get your child in two types of trouble - Honor and Alcohol probation**

Drugs and Alcohol-Continued

Okay let's backtrack... what's probation??? Probation is the term for any sort of remediation period a Cadet might be on after breaking rules or falling behind in any part of USAFA instead of getting kicked out - it's a second chance. There are five different types that we'll go into later, but for now I'll tell you about Alcohol Probation and why your Cadet, whether they are of legal drinking age or younger, would not want to end up on it. Being caught drinking underage, drunk on duty, drinking in the dorms, getting injured or destroying private or government property while drunk will result in alcohol probation:

- Upperclassmen will be stripped of the right to leave USAFA, wear civilian clothes, and stripped of leadership positions if their commander does not feel they are fit to lead
- Four degrees (Freshmen) will be restricted to base and may suffer further consequences
- All Cadets will be required to attend ADAPT (Alcohol and Drug Abuse Prevention and Treatment) program
- This probation will last for a minimum of three months
- In addition to alcohol probation, Cadets found lying about underage drinking, in possession of a fake ID, or unwilling to disclose the full story when caught may also be placed on Honor Probation for six months during or after their six month Alcohol Probation

Sounds pretty awful, right? If we talk to Cadets about this before they are put in a compromising situation, maybe we could help them make better decisions in the moment. I know it seems like a bummer, I mean all my friends at other colleges didn't have to show up to class if they were hungover or even worse they skipped classes to go drinking. But we aren't just a college! We're a military academy with a higher calling to look out for our Airmen and our nation. Let the students at state schools do the binge drinking. While we focus on taking care of ourselves and our people and avoid letting our fellow Cadets end up in compromising situations.

Topic #6- Sexual Assault

Do you recall that alcohol use and abuse can lead to putting ourselves in compromising situations? Sexual assault is one of the biggest compromising and dangerous situations our Airmen could get involved in and it's up to everyone of us to prevent sexual assault. Depending on your family dynamic, this might be the first time you're having a talk with your child about sexual assault. But this is the most important topic you can take from this guide. If you've read the news in the past year or so you may know that the service academies have a sexual assault problem.

So let's work on it now, let's keep your Cadet Candidates safe. Let's start with the basics- whether you are in or out of the military, sexual assault is a crime and violators at USAFA will be held accountable by:

- **Being tried in either a civilian or military court and face jail time**
- **Punished under the Uniform Code of Military Justice, Article 120**
- **Being removed from USAFA**

Remember those core values we talked about earlier? Integrity First, Service Before Self, and Excellence In All We Do? Well sexual assault doesn't fit in anywhere with those values and any Cadet found guilty of assaulting another person, whether or not they are a Cadet, will be quickly removed from USAFA and the Air Force. The truth is, this might not happen to your Cadet Candidate, but it will probably happen to someone they know or an Airman that they are one day in charge of. So as a school of leaders, we need to understand how to handle it.

- Units, friendships, teams etc. are negatively affected by sexual assault cases and the aftermath, it is never just the people involved in the crime. Sexual assault cases are sensitive for all parties involved, especially if they go to a Court Martial. It is expected that rumors will not be spread to "victimize the victim" and that a climate of dignity and respect remain in place for all parties involved
- It is important to understand that consent in any sexual situation requires a verbal "yes" from all parties involved, the absence of a "yes" to include phrases such as "no", "let's go to sleep", "I'm not in the mood", silence, etc. can be considered assault. No matter a Cadet's religious standpoint or sexuality, all Cadets must understand that consent to sex should be clear, voluntary and unambiguous
- Drinking alcohol increases the odds of getting into a sexual assault situation since judgement and motor skills are impaired with all parties involved. Cadets should understand their limits with alcohol consumption and go into all situations with a game plan for safely getting home
- USAFA has multiple means of reporting sexual harassment and assault: LiveSafe app, Sexual Assault Prevention and Response hotline, chain of command, Security Forces, and the Cadet run teal rope program

Sexual assault victims commonly experience the following mental effects:

- Post-traumatic stress disorder (PTSD), including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts
- Depression, including prolonged sadness, feelings of hopelessness, unexplained crying, weight loss or gain, loss of energy or interest in activities previously enjoyed
- Suicidal thoughts or attempts
- Dissociation, including not being able to focus on work or on schoolwork, as well as not feeling present in everyday situations

Topic #7- Mental Health

Good job Mom and Dad! We're having these deep conversations with our Cadet Candidate and it's only slightly awkward. You're doing well and they're listening and you're listening. We're almost done with the deep stuff so hold tight.

It's time to talk about mental health. Many mental health conditions begin to show symptoms in young adulthood. College is hard in general, but we're also including a strenuous military environment. Whether or not it is your Cadet, he/she could possibly know someone who is dealing with depression.

- **Sometimes your Cadet might feel like they're in a hole without a shovel, you can be that lifeline**
 - **Everyone shows different symptoms of depression, but the only way you'll really know if there is a problem is if you communicate! Talk to your children, make sure your children are talking to their friends and mentors and look for changes in personalities and interests. Many symptoms are detectable if we take the time to pay attention to those around us**
- **There are plenty of programs at USAFA to help Cadets take care of their mental health to include the Peak Performance Center (PPC), Mental Health Clinic, Chaplains, and the Cadet run PEER program**
 - **Rumor has it your Cadet can't get a pilot slot if they are depressed. The truth is, if they get help and take care of themselves when they need it they can get a pilot slot. Once a suicide attempt is made, a pilot slot is no longer in the future**
- **You don't know what someone is going through unless you ask, and stress affects us all differently, no one is weak for getting help**
- **During their first year at USAFA, contact with your Cadet can be limited. So it's important to take the time to have in depth conversations**
 - **There are a lot of stigmas with mental health. Many Cadets and Airmen feel it will negatively affect their jobs. This is not true. If your Cadet is saying "they'll just push through" it might be a good idea to reach out to their friends or commander**

Tips for Success at USAFA

Wow, that got heavy! Take a breather and skim the next bit of material. The rest of the pamphlet is solely about Cadet issues that cause stress. Maybe these are things your Cadet Candidate knows already or doesn't feel like learning at the moment.

Whether or not you continue on, just take a minute to be proud of your efforts.



Topic #8- The Honor Code

We can begin with the most well-known issue of honor. Cadets follow a strict honor code; “We will not lie, steal, or cheat nor tolerate among us anyone who does.” That is taken very seriously at USAFA. The Honor program is operated entirely by Cadets to keep the institution’s values intact.

It’s great and all that we have a team of other Cadets working on Cadet issues, but let’s take a step back. We never want to end up on the wrong side of an honor case. Why? Because in four short years we have finished our job interview and will be leading Airmen! Honor is in place to:

- **Create trust among the Cadet Wing**
- **Set the example for how we need to act now and for the rest of our careers**

Temptations to take a shortcut can be seen in many walks of life. Many people have seen the Air Force cheating scandals in the news, whether it is at USAFA or on active duty bases. This is terrible publicity for both the military and the Academy, and makes taxpayers second guess the character of the Officers USAFA produces. So what does probation look like? Being found guilty of an Honor Code violation - lying, stealing, cheating or toleration of a violation results in a very rigorous remediation period if the Cadet is not kicked out for their behavior, including:

- **A six month probation in which the right to leave USAFA, wear civilian clothes, be involved in a sports team or club, and hold a Cadet level job will be taken away**
- **Journals discussing various honor related topics will be due weekly**
- **Meetings with Cadets on the Honor staff, mentors in and out of the military, and the chain of command will take up most free time**
- **Anything else the chain of command deems fit in order to re-mediate dishonorable behavior**

When there is an honor violation the Cadet Wing is aware that they can’t trust their fellow Cadet. That trust needs to be earned back, which may take a while and can follow the Cadet for the rest of their careers as they apply for Cadet Wing positions and can affect their ability to properly mentor other Cadets.

Topic #9- Academics



Did you know your child is getting a Bachelor of Science? No matter the degree, whether it's English, Military and Strategic Studies, Aeronautical Engineering, or Physics, your child has to take a certain amount of science and engineering courses to receive this degree. If you haven't heard it yet, your Cadet Candidate will hear it countless times before they graduate from USAFA - academics are the quickest way to getting kicked out. But that's not always true, professors acknowledge hard work and perseverance. There are plenty of avenues for academic success at USAFA.

- **Extra Instruction (EI) - any professor, even ones that don't teach your Cadet, have an open door policy and are more than willing to help out Cadets, some will even come in to work early or stay late, if that helps a student**
- **Quantitative Reasoning Center (QRC) - is an after-hours tutoring program that offers professors from 5pm-10pm in subjects such as math, physics, chemistry, and engineering**
- **Writing Center - This can be useful for help setting up papers or they'll read an existing paper and edit. This can be a lifesaver resource for that 20 page final paper**
- **As an extra resource, some professors will offer group EI before a graded event**
- **No matter what your child decides to do, whether they need the extra help or are fine on their own, it's always good to get face time with their professors so they know your Cadet as more than just a name. The more professors know your Cadet, the more willing they are to help them out**

Ok, so your child did all of these things and still ends up on Academic Probation, don't stress just yet, this probation is used to force a Cadet to focus on school a little bit more.

- **If halfway through the semester (PROG) or at the end of the semester a Cadet has a GPA lower than a 2.0 or is failing/failed a class they will be put on Academic Probation**
- **Don't worry! They will no longer be on probation once they pass the failed class or get their GPA up to a minimum 2.0 at the middle or end of the semester**
- **While on Academic Probation, Cadets are potentially restricted to base and required to document hours spent at EI, the QRC, writing center, and hours with Cadet tutors**
- **This is recoverable if the Cadet demonstrates a willingness to learn with a hard work ethic and Cadets are reminded that a bad grade is much better than cheating on an assignment**



Topic #10- Athletics

Now that your child has all the tips to being a successful scholar, let's turn our attention to another important aspect of USAFA - Athletics. Athletics at USAFA makes our school extremely unique - from basic training through your Cadet Candidate's military career, physical fitness matters. While at USAFA your Cadet will test their physical fitness in many different ways.

- Physical Fitness Test (PFT) - The PFT is taken once a semester and includes pull-ups, a long jump, sit-ups, push-ups, and a 600m run. It's recommended that your Cadet Candidate starts working on those skills before showing up, the first PFT is taken during Basic Training
- Aerobic Fitness Test (AFT) - This is a mile and a half run that each Cadet does once a year
- Boxing & Combative courses are taken while at USAFA for men & women. Let your Cadet Candidate know that they are entering the profession of arms & that training such as Combatives is a vital component both for them to live up to their role as an officer as well to remain safe both in everyday situations & in service to our country. Combatives is meant to create ability & willingness within each individual to apply force ethically. They will learn how to fight & will participate in controlled fights that may involve strikes to the head & body.
- To meet USAFA graduation requirements, all cadets are required to pass a swimming & water survival classes that involve jumping from the diving towers. These classes prepare cadets operational career field requirements. Don't worry if your cadet is not a strong swimmer, there are different levels of classes to meet them where they are to ultimately help them to be successful.

So say your Cadet does all of these things, but they struggle in one part and end up on Athletic Probation. No worries! Just like Academic Probation, this is meant for him/her to spend extra time improving athletically.

- You can get on Athletic Probation for getting a failing grade in a fitness class or by getting less than a 250/500 on the PFT, or a mix of the two**
- While on Athletic Probation, you will be required to go through a structured/monitored fitness program. This is an after-school, Cadet-run, fitness program that focuses on helping Cadets learn the skills to keeping up their fitness requirements on their own time**
- If your Cadet continues to do poorly in athletics they will face a review board to discuss their physical fitness, it's important to note that as an officer your child will be required to meet Air Force fitness standards throughout their career. The USAFA standards, while more difficult and comprehensive than Air Force standards, help prepare your cadet for the standards they will face in the Air Force.**

Just remember that USAFA is 7,258 feet above sea level. Before showing up for BCT, get ready for an extreme change in altitude, keep up cardio training, drink plenty of water, and rest when needed.

Other Tips for Success

It feels like we covered everything, doesn't it? Don't worry, there isn't much more to talk about. Here are just some of Lieutenant Arrabito's random tips for success:

- USAFA is different from most colleges because its focus is developing leaders of character and warriors. Encourage your Cadet to take those opportunities! Always apply for leadership roles so that they learn what works and doesn't work with their leadership style before commissioning
- Time management is extremely important. At any given day your Cadet is attempting to meet physical, academic and military standards, so block out time for each and don't forget time to decompress
- Don't forget about sleep management too! Sleep is super important to functioning well, and yeah pulling an all-nighter to study for that physics test might seem like a good plan, but it's not. After a certain amount of time your child's brain will stop retaining the information and sleep will actually help them perform better
- There's also Conduct and Aptitude Probation, which are designed to help Cadets who are struggling to adjust to the military lifestyle, unlike Academic, Athletic, Alcohol and Honor probation, this is all squadron dependent to tailor the needs of the struggling Cadet
- Just a reminder, during Basic Training and at many other events throughout USAFA, cell phone use will be prohibited or phones will be taken away all together. Now is a good time to get your Cadet Candidate used to not using their phones
- They're at USAFA! This has been a dream for your Cadet Candidate for such a long time that it's good to remind them that no matter how hard the day is, they are at their dream school and working towards their goals. Stay positive and always look forward to the next milestone, whatever that might be

Your Finished!

So that's everything! You as a parent are prepared to talk to your child about the USAFA you don't see in the commercials or at the football games. Good luck, we know that your child is going to do great, why else would they have gotten that acceptance letter?

It takes a village, and your village just got a little bigger as you help your child navigate the beginning of their Air Force career. Everyone in the Cadet Wing Culture and Climate office would like to thank you for sticking with us through this pamphlet, we know these are difficult conversations about your child's future, but we really do believe that we are helping set your child up for a successful four years at USAFA. Don't forget to email us at USAFA.CWP.Taskers@USAFA.EDU and give us your feedback, we'd love to hear that you think should be added or changed to the material in this pamphlet and we'll send you a token of appreciation.



Good job! We'll see you on In-Processing Day!

Class milestones:

In-Processing Day
Recognition
Ring Dance

Acceptance Day
1000 Days
100's Weekend

GRADUATION!!!

Parent's Weekend
Commitment
Commissioning



ANNEX B

A parent handbook for
Talking with College
Students About Alcohol

a parent handbook for Talking with College Students About Alcohol

Rob Turrisi, Ph.D. Prevention
Research Center
The Pennsylvania State University



a parent handbook for

Talking with College Students About Alcohol

A Compilation of Information from
Parents, Students, and The Scientific Community

Rob Turrisi, Ph.D. Prevention
Research Center
The Pennsylvania State University

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Introduction

The Problem of Alcohol Consumption and Binge Drinking in College-Age Students

A recent survey of USAFA students indicated that more than 58% reported consuming alcohol.

NATIONAL SURVEYS SHOW:

9 out of 10
experiment with alcohol

7 out of 10
drink regularly, and

3 out of 10
will be problem drinkers

By the time males are 18 years old, 1 in 4 of them are considered to be binge-type heavy drinkers (they drink once a week or more and have five drinks at one time).

Alcohol is the most misused and misunderstood drug in our society. Although college-age students are under the legal age for drinking alcohol, it is important to remember that alcohol is the most widely used drug by this age group. (See box at left.)

One of the results of the misuse of alcohol in this age group is binge drinking. Sure, we have all heard about “frat parties” and crazy spring break trips and assume that these are just another part of the college experience. Although part of the college experience, binge drinking has been consistently associated with higher incidences of unplanned sexual activity, sexual and physical assaults, date rape, injuries, trouble with campus and local police, and alcohol-related driving injuries and fatalities. For example, consider this account from a college freshman:

This account from a college student is more common than you may believe. Episodes such as this can be avoided through parents helping their students as they attend college. Time and time again we have heard some parents say, “There is just no use – they will do what they want anyway and

“My friend had a drinking contest with her boyfriend. They each had five shots of Wild Turkey, two beers, and then started a ‘power hour’ or ‘century’ – one shot of beer per minute for 60 minutes. My friend began falling down and looked ill. She laid down to go to sleep and began throwing up for two hours straight. She rolled over and almost choked on her vomit.”

don’t care what we say.” This grossly underestimates the influence that parents can have – **YOU CAN MAKE A DIFFERENCE!**

Families are quite different from one another and we have written this handbook to reach a wide audience. Consequently, there may be some sections of the handbook that you can relate to better than others. This is okay. Not all families are the same and we tried to respect those differences.

By reading this handbook and talking with your son or daughter, you have the opportunity to reduce the likelihood he or she will experience the negative consequences associated with binge drinking.

Improving Communication in General

In this chapter, we discuss general issues about communicating effectively with your son or daughter. In all communication processes there are two important aspects: the style in which the material is presented and the content of the material. You may find that some parts of the chapter apply more to you than other parts.

Beginning A Dialogue

The first step in effectively talking with your student is simply getting the talking started. Such conversations will not necessarily occur in a single sitting, but often will evolve over multiple times.

As a parent you must take active steps to establish the dialogue that is so important to both you and your student. When the time is right, you will want to suggest to your student that you would like to talk with her or him. Don't expect your student to agree. In fact, many students will respond with a negative reaction.

Here are some common negative reactions that students have when parents try to open a dialogue about sensitive topics and a few ways other parents find useful in dealing with them:

FEAR OF HEARING A LECTURE

Many students are open to talking but the last thing they want to hear is a one-way lecture from their parents about right and wrong. *Studies show more drinking goes on in teens who come from homes where parents tend to lecture too much.*

STUDENT OBJECTION:

"I know what you will do if we talk. You'll lecture me like you always do. Then if I argue you will interrupt me."

PARENTAL RESPONSE:

"You're right. This time I won't lecture. I will listen to what you think. I want to change things now that you are heading to college."

ANGER ABOUT NOT BEING TRUSTED

Some students interpret a request to talk as a sign that you do not trust them. *Studies show that when teens feel they can trust their parents and are trusted by them they tend to drink less.* You will need to offer reassurance that you are not suspicious and are doing this to help them, not attack them.

STUDENT OBJECTION:

"What's the matter, don't trust me?"

PARENTAL RESPONSE:

"I trust you. But this is a very important issue and I think we need to pool the information we know to make sure you deal with everything effectively and that you know what to expect and what to do. To do that, we need to talk to each other."

FEAR OF PUNISHMENT

Another common objection focuses on fear of being punished. *Studies show that when teens fear punishment they communicate less often with their parents.* In turn, these teens tend to drink more often and are more likely to experience alcohol-related consequences.

Student Objection:

"Sure, talk with you and you won't let me go out. Forget it."

Parental Response:

"I promise that I won't be that way. I will listen to you. I'll take what you say seriously. I'll be straight with you and you be straight with me."

THE STUDENT THINKS THEY ALREADY KNOW IT ALL

Some students don't want to talk because they think they already know everything there is to know about a topic. Even though students think they know everything, they often do not. Don't let this objection deter you in your pursuit of communication.

Student Objection:

"I've heard it all before. We don't need to talk."

Parental Response:

"You probably already know quite a bit. It would *make me feel* better if we talked it through. Besides, it would help me to better understand how things are different from when I was your age."

ADDITIONAL CONSIDERATIONS

There are other objections that you might get, although these are the major ones. Sometimes you will hear more than one of them from your son or daughter. The central themes in your response should be that of *caring* about the student, wanting to *understand* the student, and wanting to *help* the student, while at the same time *respecting* the student's privacy and desire to be independent. The example parental responses we gave illustrated these themes. They may not work well for your particular son or daughter and you may need to adapt them to his or her particular personality. But if you have open communication channels, you are more likely to help your student. Most of all, be constructive in your responses, not defensive or angry.

Some Communication Pointers

Here Are Some Do's and Don'ts Studies Have Shown Make A Difference in How Students Respond:

LISTEN

Permit the person to speak without interruption. Listen to what he or she says. Sometimes, it is good to paraphrase. "Let me see if I understand you. It sounds like you feel that..." With paraphrasing, you don't agree or disagree, you interpret.

VERBALIZE RESPECT

Whenever you can and it is appropriate to do so, convey respect to the other individual (e.g., "I admire what you have done and how you are coping"). People want to be respected and will be more willing to talk to those who respect them. Tell your son or daughter you are proud of them for being able to handle these tough situations.

CHOOSE A GOOD TIME

Choose an optimal time to bring up and discuss problems. Don't do it when the other person is rushed or has a commitment elsewhere. Wait until you both can have a relaxed, calm discussion. Perhaps you could take your child to lunch or out for some ice cream where you could both sit down to talk and

listen to one another.

COMMUNICATE DIRECTLY

Don't talk about important things while absorbed in another activity, such as reading the newspaper, watching television, or doing the dishes.

TRY TO APPEAL TO COMMON GOALS

Students need to be reminded that you are on their side. Whenever possible, common goals should be emphasized and should serve as the basis for your guidance and recommendations (e.g., You both want them to be healthy and safe).

AVOID COMMUNICATION "STOPPERS"

There are single statements that will close anyone down (e.g., "Anyone who drives drunk is crazy;" "No one in this family would ever consider doing that").

CONFLICT IS NATURAL

Realize that conflict is natural. We are not identical to one another. We all have different beliefs and values, therefore disagreement is a natural thing. We should use conflict as an opportunity for growth and for learning about each other rather than treating it as a negative experience.

AGREE TO DISENGAGE

Agree to temporarily stop if things don't go well. Wait until both individuals can talk in a calm, direct fashion.

USE APPROPRIATE BODY LANGUAGE

How you position yourself as you talk can send important messages about your attitudes or possibly convey something you are not trying to convey.

AVOID DEBATE MODE

Sometimes conversations become structured so that people feel they must "defend" their position. The entire conversation turns to a mini-debate. If you sense the conversation has turned into a debate, try suggesting that you both approach matters from a different angle. Also avoid statements that begin with "you" ("You did this..."). They often make the other person feel attacked.

The Initial Conversation

Most students have heard comments like “kids getting drunk is terrible” from other adults and from the media. You should NOT start your conversation with statements such as this. Keep your comments short and remember that you don’t have to say everything. This is the beginning of a conversation. It probably is best to begin with a statement that conveys open-mindedness and then ask your son or daughter questions and his or her experiences. Talk about your own experiences and opinions about how they have changed over the years. As you tend to open-up, so will your son or daughter. Keep distinctions between facts and opinions: “My opinion is...This opinion is based on facts. This opinion is based on these experiences. This opinion is based on these observations.”

Ask your son or daughter what he or she thinks. Listen while trying to understand, without defensiveness. Suspend critical judgment. Even if your student says what you want to hear (e.g., “I don’t drink now, let alone drink to get drunk”) don’t think that this means you don’t have to talk. Your goal is not just to reassure the student through talking but to help expand your student’s thinking. You want to help him or her deal with the range of experiences that your son or daughter is likely to encounter in college.

Try to think of thought provoking questions that can be asked in a supportive, non-threatening way. For example: Do you know kids who drink a lot? How has it affected them? Have you ever been offered alcohol by someone you knew? (If so) what did you say? (If not) what would you say? What if someone really pushed you? What would you say if they said...Is there another side to this view? Do you see any risks? Do you have any concerns? Ask questions; don’t lecture! This is probably the single most important aspect of communication. People like to talk about themselves and their opinions. People like to explore logic and details.

They do not like to be told what to think!

Be Prepared to Answer Questions About Your Own Behavior

If you truly establish a dialogue with your son or daughter, then he or she will probably ask you questions about your past behavior. Did you drink alcohol when you were a student? If it was okay for you to do, why isn’t it okay for me to do? Did you ever get drunk? You need to be prepared to answer such questions and in ways that the student will not decide that it is permissible to drink.

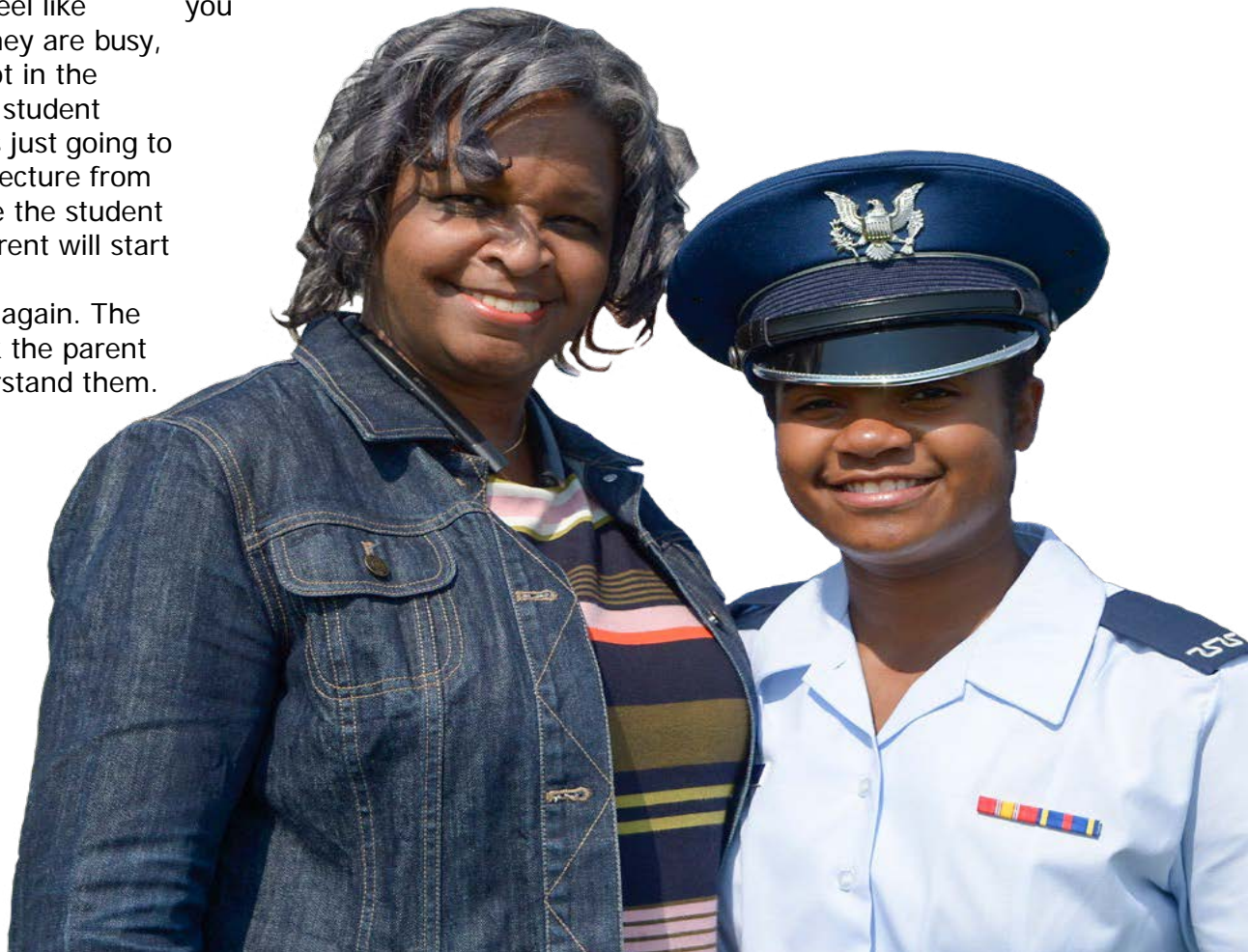
Before initiating a discussion with your son or daughter, you should take some time to think about the kinds of questions he or she is likely to ask you and what your responses will be.

Communication: The Short Response

A number of parents who we have interviewed express frustration at their inability to get their son or daughter to talk at length on any issue. They swear that their son or daughter has a vocabulary comprised mostly of "Okay, Mom," "I don't know," "Whatever," "I'm busy now," when it comes to parental conversation. Some students use these responses when they don't feel like talking because they are busy, tired, or simply not in the mood. Maybe the student thinks he or she is just going to hear yet another lecture from the parent. Maybe the student thinks that the parent will start nagging at him or her, yet again. The student may think the parent just doesn't understand them.

Parents need to respect this and not force communication at a bad time. Let it drop and bring it up later. Try to structure a time to talk when the student is apt to be open to it. Students are often tired at the end of a hard school day or an athletic event, and this may not be the best time to try "Whatever," "I'm busy now," or the student may be preoccupied with something else. Think about your student's schedule and how you

can create a time where you will have his or her undivided attention. Perhaps taking him or her out to a quiet dinner or some other place where a "one-on-one" conversation can be effectively initiated will work. "Sure, okay," "Not



Developing Assertiveness

When your son or daughter begins college it is likely that they will form entirely new social groups. The most influential reason why new students drink is because of social reasons. Friends can influence your son or daughter in two major ways. First, there is active social influence, which occurs when a friend explicitly suggests that your son or daughter engage in some behavior (e.g., "Let's go get drunk"). Second, there is passive influences such as when they think everyone is doing it and that it is an acceptable thing to do. Part of reducing social pressure is not only helping your son or daughter resist active influence attempts but also helping your student to put into perspective the fact that (1) not everyone is necessarily doing it, (2) even if people were, this does not make it right or a good thing to do, and (3) friends may respect your son or daughter for not drinking.

There may be times when your son or daughter may be put in situations where he or she is pressured by one or more peers to perform behaviors she would rather not engage in. For example, he or she may be pressured by someone to have a drink when your son or daughter doesn't want to. Students need to develop skills

to resist such pressure and affirm their own values, beliefs, and attitudes.

COMMON PRESSURE LINES

Students are exposed to a wide range of pressure lines to try to get them experiment with drugs or alcohol. Here are some examples of what they might hear:

Come on, everyone has tried it.

If you won't drink with us, then why are you hanging out with us?

It's all part of growing up and being in college.

We drank once before, so what's the problem now?

You will love it!

You'll have an incredible time if you do.

Come on, take a drink. It will get you in the mood.

Everyone is doing it.

You've been working too hard. You deserve to go party.

You can study tomorrow.

Students need to develop adequate responses to such pressure lines. What they need most are simple but effective "one liners" that will diffuse the pressure without making a big scene or issue about it. It is difficult for parents to provide such responses to the student because parents usually are not aware of the current language that students use with one another. It is probably more useful for parents to tell their students that they will probably be exposed to pressures to drink and for the student to try to think of short yet effective responses to pressure attempts. Often such

simple phrases as "It's just not for me, it's not what I want" or "I don't drink" will work quite effectively. We have evaluated a wide range of possible responses and students clearly prefer simple, straightforward "outs" to the pressure situation. Encourage the student to think about such "one liners" beforehand to be prepared if he or she finds himself or herself in an uncomfortable situation.

Talking About Alcohol

Alcohol is the most misused drug in our society, although most people do not even consider alcohol to be a drug. *It takes only a single episode of intoxication to experience life-changing consequences, accidents, arrests, etc.* We are not so naïve that we think that parents talking with their sons and daughters about alcohol use will put an end to alcohol consumption in college students. However, you should do everything in your power to minimize odds of them being at risk.

PARENTAL RELUCTANCE TO TALK WITH STUDENT ABOUT DRINKING

MYTH	FACT
My son or daughter is not interested in drinking.	Over 90% of students try alcohol outside the home before graduating from high
My son or daughter has learned about the negative effects of alcohol in school.	Although most students do learn about alcohol in their classes on health, we have found that many important issues never got covered.
At this point my son or daughter should know better.	Unfortunately, the reality is that many students at this point in their lives are still uninformed about how powerful a drug alcohol can be.
My son or daughter won't listen at this point.	The results of the American College Health Survey revealed that parents were the number one source that students turned to for important information.

IN YOUR TALKS THERE ARE SEVERAL TOPICS THAT YOU SHOULD BE SURE TO ADDRESS

First, you should talk about how drinking affects the body. Students need to know how drinking on a given occasion will affect them.

Second, you should make clear your own position

concerning your student's drinking, exactly what is okay and what is not.

Third, students drink for a variety of reasons. If you address this directly, then he or she will be better able to think through the choices she/he makes when confronted with "positive" motivations.

Fourth, you need to discuss reasons for **NOT** drinking and the many negative consequences that can result from drinking.

Finally, you need to make clear your willingness to help your son or daughter find constructive alternatives to drinking.

How Alcohol Works in the Body

Alcohol is a drug that is absorbed into the bloodstream from the stomach and the small intestine. It is broken down by the liver and then eliminated from the body. **There are limits to how fast the liver can break down alcohol and this process cannot be sped up.** Until the liver has had time to break down all of the alcohol, the alcohol continues to circulate in the bloodstream, affecting all of the body's organs, including the brain. Nothing can speed this up. Not exercise, drinking coffee, etc. Nothing.

In the media it is suggested that most individuals can have one drink per hour and maintain sobriety. Unfortunately, this is a dangerous rule. For individuals weighing over 200 pounds this might be true, but for most females and males, even ½ drink per hour could lead to intoxication and the bad things that go along with it (fights; accidents).

As alcohol reaches the brain, a person begins to feel drunk. The exact nature of this feeling can vary considerably from individual

to individual and even within the same individual from situation to situation. What is common to all individuals and all situations is that alcohol depresses the brain and slows down major functions such as breathing, heart rate, and thinking. This is one reason why alcohol is so dangerous. If an individual drinks too much alcohol, his or her breathing or heart rate can reach dangerously low levels or even stop.

Physical and Psychological Effects

Alcohol is measured in terms of blood alcohol content. In popular press, you may see reference to terms such as BAC or BAL. A BAC of 0.1 percent means that 1/1000 of the fluid in the blood is alcohol. This may seem very small, but it does not take much to achieve this level. For example, a 150-pound female who consumes 5 drinks in 2 hours will have a BAC near 0.1. A 115-pound female who consumes 4 drinks in 2 hours will have a BAC near 0.1. **At a BAC of 0.1, most students will be very drunk. Their thinking, vision, hearing, reaction time, movement and judgments of speed and distance will be seriously impaired.**

It is likely that the brain will not form new memories even though the person is completely conscious and speaking. This is what is known commonly as a "black-out". The person is awake, but the brain is focusing on other more important tasks such as breathing and keeping the heart and blood going.

Most students **DO NOT** know how drinks influence the blood alcohol level. In fact, they have many misconceptions about how drinking affects BAC. Students tend to think that the impact on BAC of additional drinks is smaller after more drinks have been consumed. This is wrong.

Each additional drink adds the same amount of alcohol to the blood whether or not that drink is the first or fifth drink.

People are notoriously bad at estimating how drunk they are. In cases where they are very drunk, it is indeed obvious. But more often than not, people get to the point where they are impaired but do not realize it. Study after study has demonstrated that people are extremely poor at guessing how sober they are.

Many accidental deaths occur from mixing alcohol with other drugs. Even drugs that you can buy without a prescription, such as aspirin or cold remedies, can change the way alcohol acts on the body.

ALCOHOL <i>(beer, wine, liquor)</i> MIXED WITH:	EFFECTS:
Antibiotics	Extreme drowsiness, decreases effectiveness
Antihistamines	Extreme drowsiness, causes temporary depression
Aspirin	Stomach and intestinal bleeding
High Blood Pressure Medicines	Dangerously lowered blood pressure
Narcotics	Extreme slowing of brain activities, breathing slowed down or stopped
Non-Narcotic Pain Killers	Stomach and intestinal irritation or bleeding
Sedatives & Tranquilizers	Extreme slowing of brain activities, breathing slowed down or stopped, heart slowed or stopped

Some parents allow their sons or daughters to drink a controlled amount on certain occasions, such as holidays and family functions. Still other parents believe it is all right for students to drink small amounts of alcohol, as long as he or she does so in a responsible fashion. **Your own orientation as a parent is a matter of your own values.** However, if you are going to permit your son or daughter to drink alcohol in certain contexts, then you must **be clear** about exactly what these contexts are and what constitutes responsible behavior. **Studies consistently show that when parents permit their sons or daughters to drink they tend to drink more often and heavier outside the home.**

HERE ARE BELIEFS THAT MANY STUDENTS HOLD WHICH ARE NOT TRUE:

- Black coffee will help you become sober
- Exercise will help you become sober
- Eating food will help you become sober
- Taking a cold shower will help you become sober

Fresh air will help you become sober

A quick walk will help you become sober

Going from dark lighting to bright lighting will help you become sober

Drinking milk before drinking will allow you to drink as much as you want

Putting a penny in your mouth will lower your BAC

These myths are important to dispel because students may decide to drive drunk after engaging in such activities, thinking that the activity has “sobered them up.” In fact, the activity only creates a temporary illusion of sobering up and in some instances increases drunkenness.

Reasons Why Students Drink

It is important for parents to recognize that there will be “positive” reasons (at least from the student’s perspective) for why they choose to drink. If parents only choose to focus discussions on the negative aspects of drinking, ignoring the positive aspects, they run the risk of losing credibility in their son’s or daughter’s eyes. Also, you need to help your son or daughter put these “positive” motivations in perspective so that they do not start to drink because of them. Here are some of the major ones that research has shown impact drinking behavior.

ADDS TO A CELEBRATION

Some students believe that drinking is one way to celebrate a special occasion. For example, a friend may suggest to your son or daughter that they have a few beers after finishing an important assignment. It is important that you talk with your son or daughter about alternative ways of celebrating such as: (1) suggesting that your son or daughter go shopping for something special (e.g., clothes, music, sporting goods); (2) suggesting an outing, such as dinner, that would include a few special friends; and/or (3) offering to have friends over for a small dinner party (without alcohol). Encourage your student to tell you about significant things that happen in his or her life and then try to help him or her celebrate positively.

MAKES YOU FEEL SEXIER, ENHANCES SEXUALITY

Some students believe that drinking alcohol adds to sexual experiences, but it is important to warn your son or daughter about the dangers in mixing alcohol and sex. First, because

alcohol impairs judgment, students may do things that they may regret later on, such as have sex with someone that, if sober, they would choose not to, or going further sexually than they are interested. Second, perpetrators of sexual assault use alcohol to render their victims incapacitated and unable to fight back. Alcohol might prevent them from being able to recognize red flag behavior in perpetrators. Finally, there is considerable scientific evidence to indicate that students are much more likely to engage in unprotected intercourse if they have been drinking, thereby increasing the chances of an unintended pregnancy or a sexually transmitted disease, such as AIDS.

LOWERS STRESS

Another reason students give for drinking is that alcohol helps reduce worries. Parents should talk with their sons or daughters to find out about what worries them and help the student directly confront these worries in a realistic fashion. Parents can also point out the need to confront problems directly rather than avoid them and note that the problem does not go

away because you drink (and, in fact, it may become worse).

MAKES IT EASIER TO EXPRESS FEELINGS/LESS INHIBITED

Another reason students give for drinking is that they believe that alcohol helps make it easier to express feelings or talk with people to whom they are attracted. Parents need to be sensitive to how difficult it is for students to communicate in a new environment where they are unlikely to know anybody. Parents should point out that while often releasing inhibitions, alcohol actually could cloud judgments, making students think that they are communicating better when, in fact, they are not. Often times alcohol interferes with communication about what is okay and what is not. We know that sexual assault is almost never a miscommunication but a deliberate choice on the perpetrator’s part.

PEER PRESSURE

Another important reason why students drink is the influence of friends. Your son or daughter may feel pressured to drink. This pressure can be direct, as in the form of someone handing him a beer at a party, or it can be indirect, such as when he or she wants to be part of a group and that group experiments with alcohol. Parents CANNOT choose their student's friends for them. However, parents can help their son or daughter understand the dynamics of peer pressure and stress the importance of being his or her own person. Finally, parents and students can talk about situations that could come up, such as a friend introducing alcohol at a party, so that students can anticipate how to react.

FITTING IN

Often the highlight of the day after drinking are the post-party war stories about who drank the most shots, who blacked-out, and who had the worst hangover. Although some students view these outcomes as badges of honor, our findings suggest that hangovers, black-outs, and heavy drinking are associated with accidents, unsafe sex, arrests, missed work, failed courses, and general

victimization. It is important to understand that the data shows that perpetrators of sexual assault target people who are incapacitated by alcohol.

HELPS MOOD

Many students believe that alcohol will help them get in a better mood. They should know that it is normal to feel sad and stressed at times. They should also find alternate ways to regulate their mood without alcohol or other drugs (e.g., caffeine). Exercise is always a good alternative to help improve one's mood. It is also important to explain to your son or daughter that the "high" from alcohol is accompanied by extreme lows as well.

SOMETHING TO DO

Some students get bored and turn to alcohol as a means of getting excitement out of their lives. To confront this, you can offer alternatives that your son or daughter can pursue. Some examples include getting involved in sports, hobbies, music, dance, games, reading, and school clubs. Students could also become involved in volunteer activities that are associated with causes they really care about, such as protecting the environment or promoting literacy. This is a good way to meet others with similar interests and also to feel good about themselves.

Many students go to parties or have parties as a means of entertainment. Drinking frequently occurs in such settings and it is important that you provide suggestions on how students can enjoy themselves without alcohol.

HERE ARE SOME SUGGESTIONS

1. Try to meet three new people.
2. Try to find individuals who share common interests other than drinking.
3. Try to think about topics for conversation before going to the party to keep the focus of the conversation away from drinking or not drinking.
4. Never drink from a glass that has been out of your sight.

Unfortunately there are some predators who use drugs to facilitate committing sexual assault.

Why Students Do Not Drink

Many students choose not to drink and the reasons they cite for not doing so can form the cornerstone of your conversations about the disadvantages of drinking. Before discussing these, we must interject a word of caution. If you try strong scare tactics with students by inducing a great deal of fear about negative consequences, then your efforts might actually backfire. Research has shown that when faced with highly fear arousing information, some people will often “turn off” to it and not pay as much attention to it. This is because such information and thoughts are anxiety provoking and people are motivated to avoid anxiety. Why think about something when it is unpleasant to do so? In addition, strong scare tactics will often result in a loss of credibility. If you paint a picture based solely on the dire consequences of drinking and a student fails to see such consequences materialize when he, she, or a friend drinks, then the student will infer that you were wrong or you were exaggerating the consequences. Discuss the negative consequences in a matter of fact, honest, and straightforward fashion.

DRINKING IS ILLEGAL

Students generally know that drinking alcohol under the age of 21 is illegal. However, the general perception is that they will not get caught by the authorities and suffer any legal consequences. The fact is there is some truth to this perception. If, as a parent, you try to convey to your student the idea that there is a high probability of being caught when in fact there is not, then you will probably lose credibility. Instead of taking such a position, we have found it useful simply to remind students about the many ways that they may get caught. Drinking at parties often leads to public disturbances and complaints to police, who will arrest all at the scene who are intoxicated.

What happens if authorities catch a student? This varies from community to community and judge to judge. However, there generally will be substantial costs in legal fees. There will be family embarrassment, since many such arrests are routinely reported in newspapers (not as headlines, of course, but in smaller sections labeled “Police Reports”). The student will also probably experience embarrassment, as he or she is publicly associated through the newspapers with getting caught for alcohol consumption.

Note: USAFA has additional guidelines and disciplinary measures regarding illegal drinking.

Prosecution in court may require the parent to take time off from work, thus costing the family money. Our experience has shown that students rarely have thought about even half of the above consequences and that making them more aware of the implications of an arrest may have deterrent value.

DRINKING MAKES YOU SICK OR PASS OUT

Alcohol is an irritant to the lining of the digestive system. If too much is consumed, an individual will vomit and the effects on the system can be felt for days (frequently referred to as a “hangover”). Nobody at a party or a social function likes being around someone who is sick. This is complicated by the fact that the sickness one experiences often happens suddenly and with little warning.

DRINKING CAN LEAD TO PREMATURE DEATH

Excessive alcohol consumption can have serious negative physical effects. Among other things, it causes damage to the liver, kidneys, brain, and cardiovascular system, which are all long term in nature. There are however, countless instances of students that have had fatal accidents or unsafe sex and contracted a sexually transmitted disease following a single night of heavy drinking. Unfortunately, it is also not uncommon for individuals who vomit from heavy drinking to choke to death.

DRINKING MIGHT LEAD TO BEING AN ALCOHOLIC

Most students have negative images of alcoholics and most do not want to become alcoholics. Most students are also convinced that they can control their drinking and will not become alcoholics. Experts distinguish between three types of drinkers: social drinkers, problem drinkers, and alcoholics:

EXAMPLES OF SIGNS THAT MAY BE INDICATIONS OF A DRINKING PROBLEM INCLUDE:

Needing A Drink To Have Fun

Forgetting What Happened While Drinking

Drinking To Feel Better About Oneself

Bragging About Tolerance

Drinking Fast or “Guzzling” Drinks

Drinking In The Morning

Using Alcohol To Help Solve Problems

Sneaking Drinks

Finding Reasons to Continue Drinking

Having Difficulty Stopping

Ability To Socialize Only When Drinking

Some individuals pass through stages from social drinking to problem drinking to alcoholism. For others, the addiction may occur after only a few drinks. Some students are genetically disposed towards alcoholism and can become problem drinkers relatively easily. Many students cannot articulate the differences between a social and problem drinker.

Binge Drinking: Drinking to Get Drunk

Binge drinking refers to individuals who set out to get drunk on a given occasion by drinking five or more drinks in the course of a short period of time (e.g., over the course of two hours). Binge drinking is quite common in both high schools and colleges. Almost 30% of high school students have engaged in binge drinking. Many colleges report rates as high as 60%. There are times when individuals will plan to binge drink (e.g., Let's go out and get hammered!). However, there are numerous occasions where individuals will only plan on having a drink or two, but get carried away by drinking games, parties that get out of hand or someone buys a round of drinks, etc. **Binge drinking has serious risks. Consider these quotes from a sample of college students:**

"I went to a fraternity party off campus. I had at least 12 shots of liquor and two mixed drinks. That night, I went home with this guy I did not know ... The guy and his roommates carried me home. I went to the hospital for alcohol poisoning and rape. I blacked out. I never pressed charges because he used the condom in my wallet."

"I was having a great night. I drank at least 15 beers. Then I blacked out. This is not unusual

for me. Another time, I became violent, smashed bottles and got in tons of trouble."

"A girl I know got so drunk that a friend and I had to carry her for several blocks, trying to keep her from burning us with a cigarette. Since then, she has gotten as drunk every weekend."

"In a crowded party, I accidentally nudged someone. I apologized but the guy hit me anyway, making my mouth bleed."

These accounts sound shocking, but chances are they have happened to your son or daughter or someone he or she knows. These experiences alone should convince you of the potential risks of binge drinking. Binge drinkers are more likely to have been insulted by others, been in a serious argument or quarrel, been pushed, hit or assaulted, had one's property damaged, put themselves in situations where they are more susceptible to sexually transmitted diseases such as HIV, been injured or had life threatening experiences, driven while intoxicated or rode in a car with an intoxicated driver. We also know that perpetrators target individuals that are incapacitated by alcohol. No one deserves to be sexually assaulted no matter how much they drink.

You need to emphasize to your son or daughter how powerful a drug alcohol can be and how quickly binge drinking can lead to dangerous results. By discussing the reasons why students drink, why students choose not to drink, and the basis of good relationships, and by providing your son or daughter with skills on how to resist pressures from others, you will be helping your student develop the foundations that are necessary to reduce the probability of binge drinking.

RESEARCH SUGGESTS THAT INDIVIDUALS TEND TO BINGE DRINK FOR MANY REASONS. SOME OF THESE INCLUDE:

Binge drinkers tend to have generally positive expectations about the types of activities where binge drinking is more likely to take place (e.g., bars, fraternity/sorority parties). Some of the more commonly held beliefs include: I will be able to meet new people, I might meet potential sexual partners, and I will get to hang out with my friends.

Binge drinkers tend to agree with many of the reasons why students drink indicated earlier (e.g., drinking adds to a celebration, improves mood).

Binge drinkers tend to disagree with many of the reasons why some students do not drink indicated earlier (e.g., drinking makes you sick).

Binge drinkers tend to believe that there is nothing else to do, but go get drunk on weekends and associate with others who hold the same belief.

Binge drinkers tend to associate with others who tend to binge drink (e.g., Everyone at my age is doing it, My friends will think I am strange if I do not drink, It can't be that bad if everyone is doing it).



Did You Drink When You Were a Student?

It is highly likely that in the course of your discussions with your son or daughter, you will be asked if you ever drank as a student. The fact is that most parents did drink in their youth, which creates a dilemma. If you answer no, then you are not being honest with your son or daughter. If you answer yes, then you are being hypocritical. At the same time you are telling your son or daughter not to drink, you admit that you did. You are, in an indirect way saying it is permissible to drink because you did it. And if you drank as a student, how can you turn around and punish your son or daughter for drinking? How should you answer questions about your own drinking as a student?

We believe that honesty is important and that you should not lie to your student. Ultimately, this can undermine effective communication. Some parents establish a “ground rule” at the start of their discussion: They will talk about anything but will not answer questions about their own use of drugs or alcohol as a student. The parent tells the student that this rule does not mean that the parent drank alcohol as a teenager nor does it mean that the parent did not. Rather, the parent’s behavior as a student is not relevant to a careful consideration of the issues surrounding the student’s current use of alcohol. This strategy works well in some families but not others.

Students may be convinced that their parents are hiding something and resent the fact that the parent won’t talk about it. How can the parent expect the student to talk about his or her behavior when the parent refuses to talk about the parent’s behavior as a student?

While this strategy may work for some families, it may prove to be ineffective for others. An alternative approach is to admit use, but to state in unambiguous terms that it was a mistake. Use your experiences as an opportunity to discuss some of the negative things that happened. Relate how drinking led to an embarrassing moment or an unpleasant consequence for the parent, making salient the fact that drinking has negative consequences that the parent has personally experienced. Stress that just because the parent behaved foolishly and was lucky enough to escape serious consequences does not mean that the same fortune will befall the student.

Unfortunately, there is no good scientific data about how best to handle this issue and psychologists are divided on what they recommend. You should use your own judgment about what you think will work best given your own past and your knowledge of your son or daughter.

WARNING SIGNS OF A POTENTIAL PROBLEM

Most parents underestimate the drinking activity of their sons or daughters. If you think your son or daughter might have a drinking problem, here are some suggestions for ways in which you can help:

- **Do not turn your back** on the problem.
- **Be calm** when discussing the problem.
- Let your son or daughter know that you are **concerned and are willing to help**.
- **Do not make excuses** or cover up for your son or daughter.
- **Do not take over your student's responsibilities** but provide him or her with the means to take responsibility for himself or herself.
- **Do not argue** with your son or daughter if he or she is drunk.
- If your child stays out late, **stay awake for them when possible**, to show you care and are interested in what they are doing.

RIDING WITH A DRUNK DRIVER

Even if your student never drinks, she/he may be faced with a situation where a decision must be made whether or not to ride with someone who has been drinking. This is just as dangerous as driving drunk. As a rule your son or daughter should not get into a car with someone who has been drinking and should be knowledgeable about effective alternatives (e.g., calling a taxi, asking someone else for a ride home).

You should develop an explicit agreement with your son or daughter that he or she never rides home with someone who has been drinking.

Again, it is almost impossible to judge how drunk or sober someone is once the person has been drinking, so it is best not to ride with someone regardless of the number of drinks that person has had or how sober the person seems to be. The student should be aware that the techniques for "sobering up" (e.g., drinking coffee) do not work (see our earlier discussion) and that they should not rely on these to make a friend a "safe and sober" driver. Make sure your son or daughter always has enough money for a taxi ride or for public transportation. Encourage them to ride with other non-drinking friends or call home.

PREVENTING A FRIEND FROM DRINKING AND DRIVING

Your son or daughter may also be faced with a situation where his or her best friend has been drinking and intends to drive. In these cases, your son or daughter should try to stop his or her friend from driving. Many students are reluctant to do so because they feel that it might prove to be embarrassing or that an argument might ensue, or even a physical confrontation. Our research suggests that less resistance will result if:

- Students do not try to take their friends' keys away
- Students try to arrange for a friend to drive
- Students arrange for their friend to stayover
- Students try to reason with their friend

ALCOHOL AND SEXUAL ASSAULT

Talking to your child about alcohol use is also a good time to have a conversation about sexual assault. Over half of all college sexual assaults involve alcohol and alcohol is the number one drug used to facilitate sexual assault. Perpetrators use alcohol as a weapon to incapacitate potential victims and intentionally target people who have been using alcohol. We often teach our children to avoid strangers in alleys, however 85% of all assaults are committed by someone the victim knows. Talk to your kids about consent. Make sure to emphasize that consent must be asked for and received before sexual activity occurs and consent is not valid if someone is incapacitated by alcohol.

For More Information

If you would like more information about alcohol and drug use in young adults, you can contact the following organizations for many useful materials:

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

NIAAA College Drinking Changing the Culture
www.collegedrinkinglevention.gov

National Council on Alcoholism and Drug Dependence
www.ncadd.org

Alcoholics Anonymous
www.alcoholics-anonymous.org

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

UNITED STATES AIR FORCE ACADEMY RESOURCES & SERVICES

Cadet Chapel

719-333-AMEN (2636)

Mental Health Clinic/Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program 719-333-5177

Peak Performance Center/Substance Abuse Prevention Services (SAPS) Program
719-333-2107

Sexual Assault Response Coordinator
719-333-7272

Violence Prevention Office
719-333-6234

DOD RESOURCES

Alcohol & Drug DoD Safe Help Line
877-995-5247

Notes

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