



POC: Your main POC will be the Freshmen Class Adviser, LT James Vangel

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If you have any questions, do not hesitate to ask.

Copies of all forms can be found at: <http://nrotc.gatech.edu/incoming-freshmen/>

Please inform LT Vangel if you do or do not plan on activating your NROTC scholarship at Georgia Tech. This will help us with our planning purposes for the upcoming semester. If you are unsure or would like to wait to formally deny, that is fine, just please let LT Vangel know. If you were accepted to the GT Pathways Program or are still on a waitlist at GT, let LT Vangel know as soon as possible so we can work with the undergraduate admissions office.

Schedule DODMERB physical: If you haven't already, schedule your DODMERB physical for the earliest date possible. Any required follow-up visits must be taken care of aggressively. This is one of the most important steps to ensure that we are able to get your scholarship activated and start getting you paid when you show up in the fall.

Physical Fitness: All MIDN are required to report to NROTC within height/weight standards of their respective service. Navy Option MIDN are expected to score a Good Low score for the 20-24 age group and Marine Corps Option MIDN are expected to score a 200 on the PFT (a 265 is recommended). These scores are required to activate your scholarship. Please be prepared to excel at the PRT or PFT when you show up in the fall.

- Male Navy Option MIDN minimum standard [2 minute sit up max, 2 minute push-up max, 1.5 mile run]:
 - Curl-ups: 58, Push-ups: 47, 1.5 mile run: 12:00
- Female Navy Option minimum standard [2 minute sit up max, 2 minute push-up max, 1.5 mile run]:
 - Curl-ups: 58, Push-ups: 21, 1.5 mile run: 14:15
- Marine Corps PFT/CFT scoring standards can be found here:
 - https://www.fitness.marines.mil/PFT-CFT_Standards17/
 - Male/Female USMC option PFT consisting of dead hang pull-ups, crunches, and 3 mile-run
- Navy Height/Weight Standards can be found here:
 - <http://www.navy-prt.com/femaleweight.html> (Female)
 - <http://www.navy-prt.com/maleweight.html> (Male)
- Marine Height/Weight Standards can be found here:
 - https://www.fitness.marines.mil/BCP_Standards/



Swim Qualifications: You will also be administered the Navy's swim test during NSI. You are required to be Third Class swim qualified by the end of your freshman year to maintain your scholarship, and must be Second Class qualified prior to earning your commission. We have a robust remedial swimming program and have had great success teaching non-swimmers how to swim. The requirements are as follows:

Third Class Swimmer

- Enter the water from a minimum height of five feet.
- Swim 50 yards using any of the 4 basic survival strokes (crawlstroke, breast stroke, side stroke, elementary back stroke)
- After the 50 yard swim, remain afloat for 5 minutes using the water survival prone float.
- Wearing a shirt and trousers, enter the water feet first, inflate shirt. Remove trousers and inflate them for support. Remain afloat until directed to exit the water.

Second Class Swimmer

- Enter the water from a minimum height of five feet
- Swim 100 yards using the all 4 of the basic survival strokes (crawlstroke, breast stroke, side stroke, elementary backstroke).
- Prone and Back float