

NAVAL ROTC

COLLEGE OF THE HOLY CROSS



College of the Holy Cross
Worcester Polytechnic Institute
Worcester State College





TABLE OF CONTENTS

HOLY CROSS AND THE UNITED STATES NAVY	4
MONETARY BENEFITS	5
PROGRAM REQUIREMENTS	6
PHYSICAL TRAINING.....	7
SWIMMING REQUIREMENTS	8
SUMMER CRUISE.....	8
STUDENT BATTALION ACTIVITIES	9
NROTC POLICIES	10
CHANGES IN STATUS – ACADEMIC/APTITUDE/MEDICAL.....	11
LIFE AFTER NROTC	13
GRADUATE EDUCATION.....	14

HOLY
CROSS



Holy Cross and the United States Navy *A Long and Proud Tradition*

One of the oldest NROTC units in the country, the Holy Cross NROTC Unit has been established for over half a century. In May 1941, the Department of the Navy announced that the College of the Holy Cross was to be among twenty-seven colleges and universities selected to participate in the NROTC program. The program was created fifteen years earlier to ensure commissioned naval service officers were available to meet unforeseen national emergencies. The unit was established at the College of the Holy Cross on July 14, 1941 with an enrollment of 115 freshmen.

During the ensuing years of World War II, Holy Cross alumni and faculty served their country in the Army, Navy, and Marine Corps. Of the almost four thousand Crusader alumni who served in that conflict, one hundred and nine lost their lives in combat. Their names are inscribed on two commemorative scrolls in Saint Joseph's Chapel, alongside those honoring similar sacrifices in World War I, the Korean War, and the Vietnam War.

Holy Cross has the distinction of recording three recipients of the Congressional Medal of Honor. Prominent among them was Father Joseph T. O'Callahan, professor of mathematics and physics, who was cited for his heroism aboard the USS Franklin. Father O'Callahan was the first Jesuit to be commissioned as a Navy chaplain in World War II and the first chaplain to receive the Medal of Honor. Marine First Lieutenant John V. Power (HC '41) was posthumously awarded the Medal of Honor for heroism in the Pacific theater in World War II. Navy Captain Thomas G. Kelley (HC '60) was awarded the medal for heroism in the Vietnam War. The unit also honors four recipients of the Navy Cross and 18 recipients of the Silver Star who were commissioned through the NROTC program at Holy Cross. Three commemorative walls in the unit's O'Callahan Room honor these heroes and other sea service alumni who have served their country with honor and distinction.

The unit's three member schools also boast 15 Navy and Marine Corps flag or general officers and one Secretary of the Navy. Today, the Holy Cross NROTC Unit continues the proud tradition of preparing young men and women to serve as officers in the United States Navy and Marine Corps. Currently, top students from Holy Cross, Worcester Polytechnic Institute, and Worcester State College are enrolled in the unit and will go on to serve the naval services in leadership positions on ships and submarines, in aviation squadrons and in special warfare (SEAL) units, and in the United States Marine Corps.

Monetary Benefits



Scholarship Students

NROTC covers the following for scholarship students:

- Full tuition and mandatory fees
- Semester book stipend (\$375)
- Monthly stipend for expenses during academic year (\$250 for Freshman, \$300 for Sophomores, \$350 for Juniors, and \$400 for Seniors)
- All uniforms and Naval Science textbooks

Tuition will be paid 45 days after the start of the school year. You can expect to receive tuition bills from the college; however, you do not need to pay the tuition portion of the bill. The NROTC Unit will inform the school that you are part of the program and that the tuition will be paid. You should simply return the tuition paperwork with NROTC

annotated at the top. The initial deposit is non-refundable.

The monthly stipend will be electronically paid (via direct deposit) on a bi-monthly basis to your account. The book stipend will also be electronically deposited, typically by the end of September and again, at the end of January. You should purchase your textbooks prior to the start of classes rather than wait for the stipend deposit.

In addition, Holy Cross and WPI offer grants to four-year NROTC scholarship students for housing. These programs are separate from NROTC benefits and are provided at the sole discretion of these institutions. (Please contact the bursar's office at these schools for additional information).

College Program

College Program Midshipmen participate in all NROTC activities, but are not on scholarship. These students may apply for scholarships after their first semester of participation in the program. The Navy pays for uniforms and provides textbooks for Naval Science courses.

College Program students may be competitively selected for 'Advanced Standing' during the summer prior to their junior year if they have not yet been awarded a scholarship. College Program students with 'Advanced Standing' will receive a monthly stipend for a maximum of 20 months. They are required to complete applicable academic requirements and one summer cruise.

College Program students may apply for a variety of scholarships during their participation in the NROTC program. Limited two and three-year scholarships exist for both the Navy and Marine Corps. Scholarships are awarded based on academic and aptitude performance.

Program Requirements

Students participating in the NROTC program are required to complete a Bachelor's Degree at an accredited institution in four years to receive a commission as an officer in the United States Navy or the United States Marine Corps.

Any of the available majors at Holy Cross, WPI, and Worcester State are permitted. We strongly encourage students to pursue some form of technical major. Those who major in non-technical subjects are still required to take some technical courses (see below) in order to prepare for the highly technical nature of today's naval service. These courses, even for non-tech majors, should count toward degree requirements as most majors require some math and science coursework. When computing national standings prior to service selection during senior year the Navy gives additional credit to those pursuing technical degrees.

The following are the academic requirements for participation in the NROTC Program.

Academic Course	Semesters	Navy	Marine Corps
Calculus	2	X	
Calc-based Physics	2	X	
English	2	X	
Cultural Awareness	1	X	
Military Affairs/National Security Policy	1	X	X

Students must complete Calculus prior to the start of their junior year and Calculus-based physics prior to the start of their senior year.

*College Program students are required to complete two semesters of advanced mathematics and two semesters of physical science. **We encourage these students to complete calculus in their freshman year and physics in their sophomore year to enhance their competitiveness for scholarships.***

The following are the required courses for all midshipmen. They are taught by the Unit's Officers, and often must be taken in addition to a normal collegiate course load.

Naval Science Course	Navy	Marine Corps
Intro to Naval Science	X	X
Sea Power	X	X
Leadership & Management	X	X
Navigation	X	
Naval Operations	X	
Engineering Systems	X	
Weapons Systems	X	
Marine Corps Leadership		X
Intro to Amphibious Warfare		X
Evolution of Warfare		X
Leadership & Ethics	X	X



Students are required to maintain a Grade Point Average of 2.5 (on a 4.0 scale) to remain in good standing.

Physical Training

All students are required to maintain minimum levels of physical fitness as prescribed by the Navy and Marine Corps. Each week, the Battalion schedules physical training sessions to show students different exercises to help meet and exceed those requirements.

Navy Option Midshipmen are required to achieve a minimum of Good Low on their bi-annual Physical Fitness Assessment (PFA), which includes 2 separate portions: height and weight standards (or body composition assessment) and the physical portion consisting of a toe touch, curl-ups, push-ups, and a 1.5 mile run. Students who achieve less than the minimum score will be placed in a probationary status and are required to attend a Remedial Physical Training Program, which meets two additional days each week and requires additional logged workouts. Several interim physical fitness assessments will be performed to chart students' progress and to help set attainable goals. The official PFA is taken near the end of each semester, usually in November and April, respectively. The requirements are included below to give you a goal to train towards prior to Freshman Orientation.



Marine Option Midshipmen are required to participate in Marine Option physical training in addition to Battalion physical training. They take a bi-annual Physical Fitness Test that includes a 3 mile run, pull-ups and sit-ups.

A Pre-Entry Physical Training Plan can be downloaded from the Unit website to assist in preparing you for Freshmen Orientation and to start on the path to a healthy fitness lifestyle.

MAXIMUM WEIGHT IN POUNDS			NAVY PHYSICAL READINESS REQUIREMENTS		
Male (lbs)	Height (in)	Female (lbs)	GOOD LOW SCORES (<i>MINIMUM</i>)		
122	56	123			
127	57	127			
131	58	131			
136	59	136			
141	60	141			
145	61	145			
150	62	149			
155	63	152			
160	64	156			
165	65	160			
170	66	163			
175	67	167			
181	68	170			
186	69	174			
191	70	177			
196	71	181			
201	72	185			
206	73	189			
211	74	194			
			17-19 years		
			Male	Female	
			Sit-ups (2 min)	62	62
			Push-ups (2 min)	51	24
			1.5 mile run	11:00	13:30
			20-24 years		
			Male	Female	
			Sit-ups (2 min)	58	58
			Push-ups (2 min)	47	21
			1.5 mile run	12:00	14:15

Swimming Requirements

Navy Physical Fitness also includes swimming proficiency. There are three swimming qualification levels. The 3rd Class test will be administered during Freshman Orientation, and includes a jump from a 10ft platform, 5 minutes of a prone survival float, a 50 yard swim using any of four basic survival strokes, and survival floatation skills utilizing uniform items. All midshipmen are required to qualify as 3rd Class Swimmers prior to summer training before sophomore year. Weak or non-proficient swimmers should take lessons prior to Freshman Orientation.



Summer Cruise



All scholarship students will participate in a four week summer cruise following every academic year. The first cruise following freshman year, CORTAMID (Career Orientation and Training for Midshipmen), provides a brief exposure to the Marine Corps and Naval line communities. The Second and First Class cruises (following sophomore and junior years) allow students to explore enlisted and officer responsibilities at sea, and afford an opportunity for in-depth exploration of the aviation, submarine or surface communities. Rising seniors in the College Program (with

Advanced Standing) will participate in a First Class Cruise the summer before their senior year. Marine-Option Midshipmen may participate in training at the Mountain War Training Center after sophomore year and will participate in a six-week Officer Candidates School (OCS) prior to their senior year.

Our students travel all over the world on cruises. The Navy and Marine Corps pay for travel expenses to and from the cruise site every summer. Our juniors have many options available to them. They may request aviation cruises, submarine cruises, surface cruises, special training with EODs, special training with Navy SEALs, or a foreign exchange cruise for their final summer. In 2009, NROTC and Naval Academy Midshipmen were hosted by the navies of Australia, Canada, Chile, Denmark, Italy, Japan, the Netherlands, Norway, Poland, Portugal, South Korea, Spain, and South Africa. Some foreign language skills may be required to cruise with non-English speaking navies.

Students are given the opportunity to provide an input with regards to cruise platform preference and when they would like to go in terms of the beginning, middle or end of summer. This allows students to plan the remainder of their summers, including work and family vacations. Even with prior planning, students will need to remain flexible with active duty training dates.

Student Battalion Activities



Weekly Activities

On a weekly basis, students will attend NROTC classes, Naval Science Laboratory, and PT (physical training). Laboratory is a twice weekly meeting of the NROTC Battalion, lasting for two hours. At lab, midshipmen receive a variety of training in general military subjects, practice close order drill, conduct uniform inspections, and meet with their student chain of command.

Social Activities

The Battalion hosts several functions each semester ranging from company socials to formal ceremonies. These activities allow students to interact outside of the Battalion and help build lasting ties.



Among the more formal activities, the midshipmen attend a *Navy and Marine Corps Birthday Ball* during the fall semester and a *Joint-Service Cotillion* as well as a *Dining-In* during the spring semester. These events honor the long and proud traditions of the naval service, and expose students to professional social events similar to those they will attend as officers in the Navy and Marine Corps.

Presidents' Review and Awards Ceremony

The annual Presidents' Review and Awards Ceremony is conducted in the spring semester. The Battalion honors the Presidents of the three schools with a formal military parade. The ceremony also permits many local and national organizations to present individual Midshipman awards for academic achievement and military aptitude. Parents are invited to attend.



Color Guard, Drill Team, & Military Excellence Competitions

The Battalion Color Guard and Drill Team perform at military and civilian functions, parades, and before university and local sporting events. The Color Guard Team has performed at both *Boston Red Sox* and *New England Revolution* games.

In addition, the Battalion hosts a Military Excellence Competition in the fall semester, where midshipmen from regional NROTC units compete in drill, color guard, swimming, basketball, and endurance events. This event is a great opportunity for midshipmen to meet students from other units, engage in healthy competition, and have fun. The Unit also sends midshipmen to compete at other Military Excellence Competitions throughout the year such as at Villanova, RPI, Boston University and Cornell.

NROTC Policies

The following policies apply to the students of the NROTC program, as well as staff interaction with both the NROTC students and parents. Additional policies regarding changes in student status will be discussed in the Change in Status section of this handbook.

A Student's Right to Privacy & The Family Education Right to Privacy Act (FERPA)

Students are entitled to privacy with respect to their grades, records, and private life. Students participating in the NROTC program sign four privacy act statements upon enrolling in the program:

- Medical Statement – for use in medical and dental records
- Academic Statement – allows universities to disclose grades to the NROTC program
- Privacy Act Statement – for use in enlistment records
- Parents' Release – allows unit to disclose info on academic and aptitude status to parents

Students are required to sign the Medical, Academic, and Privacy Act Statements to participate in the program. If a student does not sign the Parents' Release form, we will be unable to disclose or discuss their academic performance or NROTC status with their parents.

Drug Policy and Urinalysis

The Department of the Navy has a **zero tolerance** policy with regard to drug use. The Commanding Officers of all NROTC units are authorized to conduct urinalysis for drug screening.

Upon enrollment in the program, all students will sign a statement concerning pre-service illicit drug use and a statement of understanding to not abuse alcohol or drugs. Beginning with their first semester, all students will participate in a drug testing program. In the event that a student tests positive for drugs, a Performance Review Board (PRB) will be immediately convened and the student will be recommended for Disenrollment. We test for drugs at least once per semester.

Interaction with Advisors

One distinct advantage of the NROTC program is that students will have a dedicated student advisor at the NROTC unit. The advisors check degree plans, confirm that program requirements are being met, verify class schedules, and advise students on academic and other matters as necessary.

In exchange, students are required to complete the following:

- A minimum of two meetings with his/her advisor per semester
- Provide the advisor with an up-to-date class schedule
- Provide the advisor with a degree plan that is signed by the academic advisor at the school
- Keep the advisor aware of problems – academic or otherwise – that are affecting the student's work, studying or summer cruise
- Obtain permission from the PNS to drop a class if the add/drop period has passed

The advisors' doors are always open. Students can stop by or schedule appointments in person, by phone or by email. We also welcome your calls and emails and stand ready to assist you in any way we can.

Changes in Status – Academic/Aptitude/Medical

Unfortunately, during the course of a student's college career, unforeseen circumstances may arise that affect his/her status as a Midshipman. This section will describe these three categories of potential problems and the various actions for different applicable student status. The examples given below are not all inclusive. Each student's case is determined on an individual basis; however, the information below summarizes the guidelines that our staff will use in assessing a student's status.

Academic – Students are required to maintain a term and cumulative grade point average (GPA) greater than or equal to 2.5 on a 4.0 scale. The staff calculates a GPA for WPI students. An “NR” (Not Recorded) counts as an F. All students must pass all NROTC requirements and classes required for their majors.

Aptitude – This category applies to physical fitness, swim qualification, military bearing, and general behavior. Students will receive an evaluation every semester that assesses his/her aptitude in terms of the items listed above. To remain in good standing, Midshipmen must satisfactorily pass the physical fitness assessment (PFA), swimming test, complete the required qualifications, and demonstrate the character and bearing required of a future Navy or Marine Corps Officer.

Medical – This category covers illnesses or injuries that potentially affect a Midshipman's academics, ability to meet required fitness or swim standards, or potential to be commissioned. Some examples of conditions requiring medical action include broken bones, joint injuries, or laser eye surgery. See the Leave of Absence paragraph of this section for more information.

Good Standing

All midshipmen begin the program in good standing. Students remain in good standing as long as they meet the program requirements, participate in required activities, and remain on track to graduate and be commissioned within four years.

Warning – Academic/Aptitude

Students will be placed in a warning status for an academic or aptitude GPA of less than 2.5 or for not meeting a Good Low on any one category of the PFA while still maintaining an overall pass on the PFA. Warning status may require mandatory study and/or physical training and a weekly meeting with a Midshipman's NROTC advisor, as well as additional actions as determined on an individual basis.

Probation – Academic/Aptitude

Students will be placed on probation for an academic or aptitude GPA of less than 2.0, failure of a required class, or a first time PFA failure (excluding seniors). Students will be notified, in writing, of the terms of their probation and the actions required to be removed from probation. Failure to complete these actions will result in a Performance Review Board and a possible recommendation for Leave of Absence or Disenrollment. Additionally, students on probation who are enrolled in the College Program are not eligible to receive scholarships.

Performance Review Board (PRB) – Academic/Aptitude

This is a three member board, usually convened by the Executive Officer (XO), to review the performance of a Midshipman. The PRB may recommend a change in student status, including Leave of Absence or Disenrollment. A PRB may be convened for repeated poor academic/aptitude

performance, multiple or repeated class failures, multiple PFA failures (first-time failures for seniors), failure to meet program requirements prior to prescribed deadlines, a positive drug test, or other reasons as the Commanding Officer requires.

Leave of Absence (LOA) – Academic/Aptitude/Medical

A Leave of Absence may be recommended for any of the reasons listed above, as well as for medical problems, while awaiting further evaluation. A second PFA failure results in LOA. During LOA, all benefits are suspended, including tuition and stipends; students will be required to cover all of his/her expenses. The Midshipman will be notified, in writing, of the required actions to complete in order to be returned to good standing. Under normal circumstances continued participation in the NROTC program will be one condition of the LOA.

A student may request a Personal LOA for personal reasons or to pursue graduate education. They then voluntarily elect to cover their own expenses for the term(s) that they are not participating in the NROTC program.

A student may be placed in Medical LOA, following pregnancy, illness, injury, or elective surgery, pending further medical evaluation. Your student should keep copies of all records and doctor assessments. Provided that your student heals quickly, and the Naval Bureau of Medicine concurs that your student is physically qualified for commissioning, all benefits – including tuition and stipends – are reimbursable. If, for some reason, your student is not commissionable following his/her injury or illness, a determination will be made by the Chief of Naval Personnel and the Secretary of the Navy regarding Disenrollment and Recoupment.

Disenrollment and Recoupment

Disenrollment is voluntary or involuntary removal from the NROTC program. Disenrollment may be recommended for the following (please note that this list is not all-inclusive): failure to meet required actions during academic or aptitude, LOA, third PFA failure, or failure to meet Good Low run standard during senior year, and drug use (automatic PRB + Disenrollment for first positive test).

Scholarship students who voluntarily separate from the program during their freshman year are not required to reimburse the program. Scholarship students who are disenrolled after the first day of their sophomore year will be subject to monetary or enlisted service recoupment.

A student who is disenrolled for medical reasons may be required to reimburse the Naval ROTC program for expenses incurred.

College Program midshipmen may disenroll from the program at any time prior to being placed in Advanced Standing. Once a student is placed in Advanced Standing, he/she agrees to serve in the U.S. Navy or Marine Corps, and will do so, either as an officer or enlisted.

Marine Option Midshipmen must complete a challenging six week course at Officer Candidates School (OCS) in Quantico, Virginia following their junior year. Successful completion of OCS is a requirement for commissioning and cannot be waived. Midshipmen who fail OCS will be placed on Leave of Absence (LOA) and will lose their scholarship and stipend during their senior year. Depending on the basis of their failure, a Marine-option Midshipman may be disenrolled from the NROTC program or invited to return to OCS the following summer. If disenrolled, a Midshipman is required to repay all scholarship and stipend monies received, or serve for a period as an active duty enlisted Marine (at the discretion of the US Marine Corps).

Life After NROTC

During the fall term of their junior year, Navy Option students complete a Service Selection Survey indicating which warfare community they want to join after commissioning. Although not binding, this allows them to begin the process to prepare for nuclear selection interviews, aviation tests, or medical examinations. Before they depart for summer after their junior year, Midshipmen complete “dream sheets” for service selection where they list their community choices.

All Navy Midshipmen nationwide are ranked based on academic grades, PFA scores, aptitude, and the recommendations of Commanding Officers. Additional points are given to students with technical majors. Based on these factors, and student preferences, Midshipmen will be assigned future warfare communities (surface, submarine, aviation, etc.). Results are published around October/November. Those Midshipmen selected as future Surface Warfare Officers choose their ships and duty station in early spring (based on national rankings).



Upon graduation and commissioning, new Ensigns depart for the Fleet or follow-on training. Marine Corps Second Lieutenants attend The Basic School for six months, where they learn basic infantry platoon leader skills and compete for an occupational specialty (infantry, artillery, intelligence, logistics, communications, etc.). Depending on individual orders, newly commissioned officers may be temporarily assigned as staff members at the Holy Cross NROTC Unit.

Commitment

All students who participate in the NROTC program and are commissioned into the Navy or Marine Corps agree to an eight year minimum commitment (includes active duty and inactive reserve time). Depending on the selected warfare community, the active duty and inactive reserve times vary, but all add up to at least eight years.

- | | |
|------------------------------------------------------|----------------------------|
| • Surface Warfare/Special Operations/Special Warfare | 5 years active |
| • Submarine/Surface Nuclear/Naval Reactors | 5 years active |
| • Naval Aviation (Navy or Marine) | 8 years active after wings |
| • Naval Flight Officer (Navy or Marine) | 6 years active after wings |
| • Navy College Program (non-aviation) | 3 years active |
| • Navy Nurse Option | 4 years active |
| • Marine Corps (non-aviation) | 4 years active |

Graduate Education

There will be graduate education opportunities several times in a student's future. Navy and Marine Corps Officers are encouraged to attain advanced degrees, and funding is available later during your student's career for graduate education.

Immediate Post-Graduate Opportunities

Several Midshipmen are competitively selected to attend the Naval Post-Graduate School or the Air Force Institute of Technology immediately after commissioning. Other competitive programs are also available for overseas study or study at local universities, with full or partial Navy funding. Additional obligated service may be incurred when these educational benefits are accepted.

Graduate Leave of Absence (GLOA)

Students desiring to pursue their graduate degrees immediately following graduation may request GLOA. The student postpones commissioning in order to pursue graduate education at his/her own expense.