

Program Checklist

NSOP Registration Packet:

Recommended deadline: July 31, 2009

NSOP Registration Form
Application for AFROTC Membership
AFROTC Pre-Participatory Sports Physical
Request for Release of Student Records
NSOP Uniform Sizing
Registration Fee payable to "Cadet Fund"

Bring to NSOP

Copy of ACT or SAT Scores
Copy of Health Insurance Card
Original Birth Certificate (will be returned)
Original Social Security card (will be returned)
Selective Service Registration Number
(males only, printed from website)
Belt (Black or Brown) (1)
Shoes (walking, not sneakers) (1 pair)
Socks, cotton, black (3 pairs)
Pants, khaki, no cargo pockets (1 pair)
T-shirts, white, cotton, V-neck (3)
One piece swimsuit/shorts
All-purpose athletic shoes
Athletic socks, below calf, white, no colors
or stripes. Small logo allowed. (4 pair)
Undergarments (3 sets minimum)
Blister treatment (moleskin)
First aid items: band-aids, aspirin, bug-
spray...
Sunscreen
Iron, ironing board, and spray starch
Sewing kit, scissors, nail clippers, safety
pins
Notebook, black or blue pens
Alarm Clock!!!
Personal Toiletry Items
Photo ID

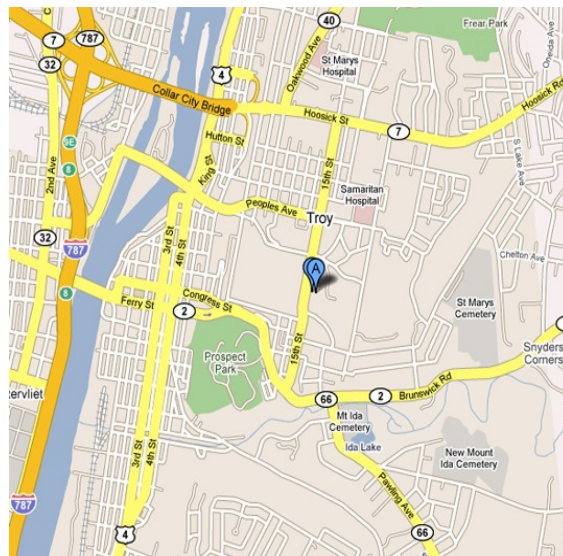
No Inappropriate or Offensive Material

Map and Directions

From the West: Take I-90, the New York State Thruway, to exit 24. From exit 24, continue onto I-90 East. Exit onto I-90 North. Take I-787 to Route 7 East.

Directions to Campus: From Route 7 East, stay in the right hand lane as you proceed up the hill, 15th Street will be the third traffic light, make a right turn onto 15th Street. Follow 15th Street about 1/2 mile to campus (through three traffic lights). Once you're at campus, you can park in the Visitors' Information Center parking Lot (behind the Public Safety Office), located just past the pedestrian bridge on the left and just before the armory.

Directions to Armory: Located along 15th Street, just North of Public Safety and the Alumni Sports and Recreation Center/Mueller Center. Enter the building and proceed to the 3rd floor for Room 3202. Our phone number is 518-276-6236 should you need assistance.



2009 AFROTC New Student Orientation Program

August 21st 2009 - August 25th 2009



Air Force ROTC Detachment 550
Rensselaer Polytechnic Institute
110 8th Street
Troy, New York 12180
(518) 276 - 6236
afrotc@rpi.edu
<http://afrotc.rpi.edu>

Introduction

The Purpose of NSOP is to introduce you to the AFROTC program and prepare you for life at detachment 550. Professionalism, physical fitness, motivation, and most of all, teamwork, will be stressed throughout the program. Run by cadet training staff, with supervision by our active-duty cadre members, NSOP will be an opportunity for you to learn basic military customs and courtesies, participate in drill and ceremonies, learn how to wear the uniform, and develop physical aptitude.

Typical Daily Schedule Includes:

- Physical Training
- Reveille & Retreat
- Meal Times
- Informative Briefings
- Drill and Ceremonies
- Group Leadership Projects
- Evening Sports
- Morale Events
- Team Competitions

Physical Fitness

It is highly recommended that you prepare yourself for the AFROTC physical training program by engaging in a physical fitness regimen prior to attending NSOP. A practice Air Force Physical Fitness Test (PFA) will be administered during NSOP. The PFA consists of:

- 1 minute pushups
- 1 minute crunches
- 1.5 mile run

MAXIMUM SCORES			
EVENT	AGE	MALE	FEMALE
Push-ups	Up to 24	62	42
	25-29	57	41
(1-Min)	30-34	52	40
	Crunches	Up to 24	55
(1-Min)	25-29	53	47
	30-34	51	42
1.5-Mile run	Up to 24	9:36	11:06
	25-29	9:36	11:24
	30-34	9:48	11:54

For more information on the PFA please visit:
<http://www.afrotc.com/admissions/fitnessSt.php>

Air Force Officer Qualifying Test

The Air Force Officer Qualifying Test (AFOQT) is a standardized test, similar to the SAT, that is used for selection into specific training programs such as pilot and combat systems officer training. The AFOQT is a required test for all cadets and will therefore be administered during NSOP. Suggested test taking tips include:

- Make sure you get enough sleep the night before
- Eat a healthy breakfast the morning of the test
- Bring several #2 pencils
- Read the directions carefully
- Stay relaxed and confident
- It is highly recommended to prepare with a study aid like "Officer Candidate Tests" by Arco

More Information on AFOQT study aids can be found at:

<http://www.baseops.net/afqt/>