UNITED STATES COAST GUARD ACADEMY

2014

AIM Handbook

Since 1790, in war and peace, the Coast Guard has protected the citizens of the United States and the nation's maritime interests. On 1 March 2003, the Coast Guard entered the Department of Homeland Security and embarked on a new era of public service. Our flexibility makes us a unique instrument of national security, allowing us to carry out economic, environmental, humanitarian, law enforcement, and national defense missions. Along our nation's coasts we stop drugs, illegal migration, and pollution. Around the world, we assist developing nations in establishing and training their Coast Guards and Navies. This is why we are regarded as the world's premier maritime service.

The Coast Guard Academy is one of the most selective schools in the country, usually admitting only about 15% of applicants. We combine one of the most highly regarded undergraduate educations with the training required to lead the world's finest professional maritime service members. All graduates of the Academy receive a Bachelors of Science in their selected major and a commission as a Coast Guard Officer; leaders of our unique maritime military force. As a commissioned officer in the Coast Guard, they lead men and women who are continually called on to serve their community, country and fellow man.

The Academy Introduction Mission – AIM – will likely be one of the most challenging, yet rewarding experiences of your life. As an AIMSTER you will learn exactly what it takes to become a cadet of the United States Coast Guard Academy.

Make no mistake, AIM is very realistic program, designed to challenge and inspire you. It will test your self-discipline, physical and mental toughness, commitment to service, and your capacity for teamwork. Rest assured, the cadet cadre and Academy faculty are focused on YOUR success and in helping you to take full advantage of the opportunities that AIM offers.

I look forward to having you join us!

Daniel V. Pinch
Associate Director for Diversity & Outreach
U.S. Coast Guard Academy
Admissions

Attendance Instructions

The following information is provided to assist you in preparing for your six-day experience at the U.S. Coast Guard Academy.

AIM Experience

It is important that you make an informed decision about which colleges you apply to and, ultimately, choose to attend. Our goal at AIM is to provide you the opportunity to see if the Academy is right for you and if you have what it takes to succeed. You will experience the rigor, discipline, and rewards of the Coast Guard Academy personally, just like a cadet. This includes the military discipline, physical training, and team building experiences that are the cornerstone of our Swab Summer program. Expect to be pushed physically - with extensive running, push-ups, sit-ups, calisthenics, and other physical activities. You will intentionally be placed in safe, yet high stress situations like our cadets; you will learn respond effectively in times of difficulty or crisis, like you might experience during a Coast Guard mission. Expect to be yelled at for extended periods of time, asked to meet near impossible deadlines, and learn to work, and overcome seemingly insurmountable obstacles, as a team.

You will also have the opportunity to meet faculty and staff, learn about our academic, military, and athletic programs, talk with cadets who have sailed America's Tall Ship EAGLE, flown aircraft, and began their leadership journey. Most importantly, you will meet with Coast Guard professionals who are protecting our nation right now. In summary, this is not merely a college orientation program. AIM is intended to let you lead the life of a cadet and expose to the Coast Guard and our various missions.

The Honor Concept

There exists a higher standard of conduct that can neither be delineated by laws nor defined by regulations. It is the concept of Honor. Because Coast Guard cadets are called to a life of public service, their words and signatures are regarded as verification of the truth. Cadets live by the hallowed words: "who lives here reveres honor; honors duty." They will neither lie, cheat, steal, nor attempt to deceive. The honor concept is epitomized by an individual who places loyalty to duty above loyalty to personal friendship or selfish desire. While attending AIM, we encourage you to embrace the spirit of this concept and make it your own.

Physical Training

Cadets are always on the go and, at AIM, you will be too. Expect to be running to every training, meeting, and lecture you attend throughout the week and participating in multiple group and individual exercises, daily. To get in shape, we recommend a rigorous daily

schedule of workouts that include warming-up, stretching, running, push-ups, sit-ups, and pull-ups in the weeks prior to AIM. New England summers are notorious for their unrelenting heat and humidity. By following the steps discussed below, you can become acclimated to these conditions before you arrive, making your transition more comfortable. Start acclimating at least one month before reporting.

First, gradually raise the thermostat temperature in your house, if it is air conditioned, close off the ducts to your bedroom. If possible, no air conditioning should be used for two weeks prior to arriving at the Academy. Be aware that there is limited air conditioning in Chase Hall where you will be residing. Second, start to reach and maintain optimal hydration. Drink 8-16 ounces of water or noncarbonated fluids every 2-4 hours. Drink 2-3 glasses of fluid over the two hours before strenuous activity, and maintain hydration during the activity by drinking 4-8 ounces every 30-60 minutes. Avoid caffeinated or alcoholic beverages, as these promote dehydration. Since you may experience warm conditions and delays en route to New London, please carry a water bottle with you and maintain your hydration as outlined above.

Transportation to the Academy

Driving directions to the U.S. Coast Guard Academy are available on the Academy's website, at http://www.uscga.edu/campus2.aspx?id=51

Participants in AIM are responsible for arranging their own transportation to and from the U.S. Coast Guard Academy.

Please plan to arrive at the Coast Guard Academy on reporting-in day between 1:00 p.m. and 3:00 p.m.

The train, bus, and ferry terminals are centrally located in New London. Taxi fare is less than $10 to the Academy, just a few miles away.

The Academy will provide transportation to and from the airports in Providence, Rhode Island (T.F. Green Airport) and Hartford, Connecticut (Bradley International Airport). **Do not schedule airline arrivals after 2:00 p.m.**

Buses/Vans will depart from the Providence or Hartford airports from 11:00 a.m. to 2:00 p.m. on reporting-in day. Departure times will be determined by AIMSTER flight arrival times. Please wait near the baggage claim area in the lower level of the airport, where you will be met by cadets or representatives of the Coast Guard Academy. If you do not see our Representative, proceed to the Information Desk and make an inquiry.

Transportation back to the airports in Providence, Rhode Island (T.F. Green Airport) and Hartford, Connecticut (Bradley International Airport) will leave the Academy after the AIM Graduation on Friday afternoon. Checkout will occur after Graduation (2:45-3:00 pm). **Do not schedule airline departures prior to 5:30 p.m. Transit to the most local airports takes approximately 45 minutes to 1 hour.**

Automobiles/Driving at CGA

Due to the U.S. Coast Guard Academy's heightened security posture, you may be required to present your AIM acceptance letter at our Main Gate. The vehicle's driver must have a valid state issued driver's license. All passengers over 18 years of age must also present a valid, government issued photo ID; a state issued driver's license is acceptable. Due to the number of cars on base for all Academy activities, parking is limited for pick-up and drop-off days and some cars may be required to park in off-base overflow lots. **AIM participants are not authorized to park their vehicle on the base during the AIM program.**

Scholarship Instructions

Scholarships are available for students demonstrating financial need. The scholarship request form will be available online by May 2, 2014. Scholarship request forms must be filled out and submitted by May 19, 2014. Students awarded a scholarship will be notified by May 23, 2014. If you are awarded a travel scholarship, **please do not make your own travel arrangements.** Your travel arrangements will be made for you by the Admissions office. For your planning purposes, you will be leaving on the Sunday of your AIM session and will be flying into either Providence, RI (T.F. Green) or Hartford, CT (Bradley International) airports. Again, if awarded a scholarship, please do not schedule your own travel; **reimbursement requests for travel expenses not approved in advance will not be honored.**

Check-In and Registration

AIMSTERS must report to Leamy Hall by 3:00 p.m. on reporting-in day. Please do not attempt to check-in before 1:00pm. If you arrive prior to 1:00 pm, feel free to tour campus on your own until check-in begins. The program normally begins at 3:00pm, with registration taking about 40 minutes. Early arrivals will watch a video. Once assembled, as early as 4:00pm, AIMSTERS will leave for their rooms with the rest of their company.

If you are delayed and will arrive after 3:00 p.m., call the Cadet Watch Office at (860) 444-8294. Indicate that you are an AIM student.

- ✓ If you are traveling alone, you will have the opportunity at registration to call home and confirm your safe arrival.

Rooms and Meals

During AIM, you will be housed in Chase Hall, the largest building on the U.S. Coast Guard Academy campus. All rooms are designed for two or three people and include beds, desks, closets, and storage space. Your meals will be served in the Wardroom, the cadet dining

facility, throughout your stay. On reporting-in day, your first meal is dinner at 5:30 p.m. Prior to that, you will have to make your own arrangements off campus, or bring a meal with you.

Rules and Regulations While Residing in Chase Hall

Compliance with these basic rules is **MANDATORY** for all students attending the AIM program. Non-compliance and/or disregard for these rules may result in dismissal from the program. Students dismissed for disciplinary infractions will not be refunded the cost of attendance and will be required to arrange their own travel home; they will not be allow to remain on base.

1. Use of alcohol or illegal drugs is strictly prohibited.

2. Departing Chase Hall unescorted is not permitted. Departing Academy grounds is not permitted except for authorized medical reasons and requires Academy staff escort.

3. Use of smokeless tobacco or nicotine is **not permitted**.

4. Rooms:
   - No food is to be stored or prepared in the rooms (this includes jam, butter, cheese, opening canned foods, bottles, and brewing coffee).
   - Occupants may not hang objects out of or in windows.
   - Rooms that are not your own are off limits unless invited and escorted by the residents of that room.
   - Occupants shall maintain a neat and orderly room. The cadet cadre will teach you how to keep your rooms in good order. Whenever your room is unoccupied beds must be made, the floor must be clean and swept, and the room must present an orderly appearance.
   - Valuables should be secured/stowed before you leave your room.
   - You must be in your own room and quiet by 10:00 p.m.

5. Disruptive or dangerous behavior is prohibited.

Departure

The AIM program will conclude after Graduation on Friday, after 2:45pm. Academy busses and vans will depart the campus from 3:30 p.m. to 9:00 p.m. for the airports. **Do not schedule airline departures before 5:30 p.m. Transit to the most local airports takes approximately 45 minutes to 1 hour.** If departing by car please plan to depart Leamy Hall parking lot at an agreed upon time between 3:30 p.m. to 5:00p.m. If leaving by car, please check out with a staff member before departing. There are no scheduled events on Friday evening, so please

try to arrange your departure for as early as possible. Dinner will be served for those remaining for late departing flights.

Participants who must remain in New London due to the departing flights on Saturday morning are invited and will be scheduled to stay in Academy accommodations Friday night. Shuttle service will be provided first thing in the morning (prior to 8:00 a.m.) to the respective airports for the morning flights. There are no scheduled events on Saturday morning, so please try to arrange your departure for as early as possible. Participants will not be authorized to stay in Chase Hall or any other Academy accommodations after noon on Saturday.

What to Bring

You will have physical training everyday; you will be too busy to do laundry, so please bring enough clothing for the entire week. The temperatures may be in the 80s and 90s with possible rain, and humidity. Dress in athletic gear, but neat in appearance. Sneakers are highly recommended.

The Academy will issue four AIM t-shirts and three pairs of AIM shorts. Shorts are acceptable attire for the classrooms and Chase Hall. **Do not bring excessive amounts of money or other valuables.** The Academy is not responsible for lost or stolen articles. Radios, iPods, iPads, any size mp3 player, CD/tape recorders, laptops, and other personal electronic devices are not allowed.

You should bring your cell phone in order to contact your parents/guardians upon arrival or to alert the Academy of travel changes/delays. **Upon arrival, cell phones will be collected and stored in a secure location; they will not be returned until the program ends.** Parents/guardians requiring urgent communication with their students should contact the Academy and direct their call to the AIM program supervisor.

These items are required and should be brought to AIM:

- ✓ **Medical Insurance Card**
- ✓ **One set of twin sheets with pillow case (standard size)**
- ✓ Plain Dark Navy Blue or Light Gray Crew Neck T-shirts (5)
    - Shirts must not be altered in any way, fit loosely, and have sleeves
- ✓ Athletic Shorts (5)
    - Shorts must not be altered in any way, fit loosely and be large enough so undergarments will not be visible
- ✓ Underwear (10)
- ✓ Swimsuit (Women: One-Piece; Men: No Speedos)
- ✓ Athletic Socks (10 pair)
- ✓ Athletic Compression Shorts (2 - optional)
- ✓ Pajamas
- ✓ Broken-in running shoes with excellent support (do not bring new shoes)
- ✓ Bathrobe and Shower Shoes (flip flops that can be worn in the shower) (1)
- ✓ Sweatshirt (1)

- ✓ Sweatpants (1)
- ✓ Towels (1 or 2)
- ✓ Washcloths (optional)
- ✓ Medication (as required)*
- ✓ Toiletry articles
- ✓ Sunscreen, SPF 30+ (1)
- ✓ Money (for souvenirs)
- ✓ Wristwatch (1)

* If you are taking prescription medication, please bring a letter from your physician indicating the medication being taken and dosage.

These items are optional, but are often brought to AIM:

- ✓ Camera (Digital or Disposable)
- ✓ Personal journal, Bible, or other book (limit of three, total)
- ✓ Combination or key lock

We recommend that you carry these items if you are flying in the event your luggage is delayed:

- ✓ **Military ID Card (for military dependents only)**
- ✓ **Coast Guard Academy AIM Handbook 2014**
- ✓ **Copies of all forms and required submission items in this packet**
- ✓ **Two pairs of glasses, or contact lenses, if you wear them. Contact lens wearers: bring the current written prescription (usually on the box) and your lens case with solution.**

Medical Information

******AIM students will not be treated on base beyond first aid care and immediate emergency response. All other medical needs will be provided through the local emergency room or walk-in clinic. Care rendered to AIM attendees by civilian physicians and hospitals are at the expense of parents/guardians and insurance policies held by the same. AIM students MUST bring their insurance card with them. AIM students will not be treated on campus nor will they be treated by Coast Guard personnel, except as stated above. Students without medical insurance will not be eligible to attend AIM. ******

A medical release form and Medical History form are part of your acceptance paperwork. You will not be considered registered for AIM until these two forms are received. The U.S. Coast Guard Academy will, of course, immediately contact your parents/guardians if warranted by a medical emergency. Eligible military beneficiaries should bring their ID cards.

***MEDICAL QUALIFICATION FOR AIM DOES NOT INDICATE THAT YOU WILL BE QUALIFIED FOR ENTRY INTO THE COAST GUARD ACADEMY. ALL DIRECT ENTRY APPLICANTS WILL BE PROVIDED A FULL MEDICAL EXAM THROUGH THE DEPARTMENT OF DEFENSE MEDICAL EXAM REVIEW BOARD (DODMERB), AN INDEPENDENT MILITARY CONTRACTOR, IN ORDER TO DETERMINE MEDICAL ELIGIBILITY. AIM MEDICAL CLEARANCE IS SOLELY TO ENSURE THE SAFETY OF ALL PARTICIPANTS THROUGHOUT THE WEEK, AS A FULL MEDICAL EVALUATION IS NOT FEASIBLE BEFORE COMPLETION OF AN APPLICATION. COMMON MEDICAL DISQUALIFIERS FOR DIRECT ENTRY

INCLUDE COLOR-BLINDNESS, CERTAIN TYPES OF MEDICATION USE, ASTHMA, AND VISION NOT CORRECTABLE TO 20/20. MORE INFORMATION ON MEDICAL STANDARDS CAN BE FOUND AT http://www.uscga.edu/admissions2.aspx?id=83.

Program Separation Policy

It is the goal of all Coast Guard Academy staff, cadets, and representatives to retain all AIM participants for the entirety of the program and provide a rewarding, positive experience. However, if a student needs or elects to be disenrolled from the program for ANY reason before the program concludes, it is the responsibility of the parent/guardian to arrange and pay for transportation home as soon as possible. Students not fully able or willing to participate in the program cannot be housed on campus and will be separated from the program immediately. Students requesting disenrollment will not be permitted to return to the program.

AIM will operate under an 80% graduation criteria, meaning that if a student is away from the company for a total of 24 or more cumulative hours throughout the six-day session, that student is not eligible to graduate from AIM. Regardless of graduation, all AIM participant performance is evaluated. Therefore, all AIM participants are encouraged to complete the program with their companies to the best of their ability. All evaluations are included in each AIM participant's Admissions file for review by members of the Admissions staff and will be considered if the participant completes an application for entry into the next year's class. CGA Admissions understands the rigors and dynamics of the AIM six-day summer program and that a participant's eligibility to graduate may be beyond their control, and therefore, graduation from AIM is not a prerequisite for application or admission to the U.S. Coast Guard Academy.

Refund Policy

All tuition payments for AIM must be paid in full by June 2, 2014. The ordering of supplies necessary to run the AIM program relies on the anticipated number of participants and tuition payments made. Therefore, there will be no tuition refunds for students who need or elect to be disenrolled from the program for any reason before the program concludes or for students who voluntarily rescind their acceptance to attend AIM after June 6, 2014.

Height and Weight Standards

Height and Weight standards for entry into the Coast Guard Academy are below. All students must be compliant in order to receive a full appointment. Standards are gender neutral. These standards are based on a body mass index (BMI) of 27.5.

HT (INCHES)	WT (LBS)
58	131
59	136

60	141
61	145
62	150
63	155
64	160
65	165
66	170
67	175
68	180
69	186
70	191
71	197
72	202
73	208
74	214
75	220
76	225
77	231
78	237
79	244
80	250

Communications

In case of a family emergency, a message can be left by calling the Cadet Watch Office, Chase Hall, (860) 444-8294, the Chase Hall Duty Officer (CHDO) at (860) 701-6750, or the Base Officer of the Day (OOD) at (860) 444-8450.

Please specify that the person you are trying to reach is participating in the AIM Program.

For general questions related to AIM prior to the start of the program, please email or call:

Admissions Front Desk at (860) 444-8503

Acceptance Checklist

Please complete the on-line forms below by **June 2nd, 2014**. Instructions will be transmitted to accepted students via the e-mail address used to complete your application.

- ✓ Complete Online Accept/Decline Registration (registration within Bear's Den)
- ✓ Complete the Payment Form
- ✓ Complete the Medical Release and Emergency Contact Form
- ✓ Complete the Image Release Form
- ✓ Complete the Travel Worksheet

Note to Parents

If you are traveling with your son or daughter, we encourage you to participate in AIM activities on Friday from 8:00 a.m. until about 2:00 p.m. At 8:00 am you may observe the Engineering Competition, and/or meet with Admissions staff to learn more about cadet life and the selection process. A drill competition will take place followed by a short graduation ceremony where the Honor Company will be announced. You are free to walk the campus on your own throughout the day.

Please note that the AIM Program will conclude for students on Friday afternoon.

The schedule below is tentative. Actual times and location of each event will be publicized each Friday.

Time/Event Location

Engineering Competition
8:00-10:00 am.....Billard Hall Gym

Admissions Briefing
10:15-12:00 pm ..... Dimick Auditorium

Parents' Lunch
12:15-1:30 pm .....Leamy Hall (Ballroom)

Graduation
1:45-2:45 pm .....Leamy Hall (Auditorium)

Families and Graduates Depart
3:00-9:00 pm .....Leamy Hall