



Dear Cadet Candidates:

On behalf of the Cadets of the Regiment, I would like to congratulate you on your acceptance to the Massachusetts Maritime Academy. It takes a unique person to join our Regiment and your acceptance is proof of your ability to succeed at MMA.

Orientation 2009 is approaching quickly and you must arrive physically and mentally prepared. MMA has 118 years of proud tradition and Orientation is the first of many opportunities for you to excel at the Academy. During Orientation, you will strengthen the personal traits that make MMA graduates so special: integrity, self-discipline, attention to detail and responsibility. Upon the completion of Orientation, you will feel a tremendous sense of achievement. You will be confident in your ability to embark on a successful career at MMA.

There are six requirements that you must complete successfully to graduate from Orientation 2009. The requirements are: Firefighting, Watch Keeping, Personal Water Survival, Commandant's Inspection, Cadet Candidate (Youngie) Comprehensive Knowledge Exam and the Physical Fitness Test.

Here are seven key points to assist you in your preparation for Orientation:

1. Begin a physical training program now. The minimum requirements for males include the completion of a 1-mile run in ten minutes, twenty pushups in two minutes and twenty stomach crunches in two minutes. To obtain the maximum score of 300, males must complete the run in six minutes, do eighty pushups in two minutes and 100 stomach crunches in two minutes.

The minimum requirements for females include the completion of a 1-mile run in eleven minutes, twenty bent-knee pushups in two minutes and twenty stomach crunches in two minutes. To obtain the maximum score of 300, females must complete the run in seven minutes, do sixty bent-knee pushups in two minutes and eighty stomach crunches in two minutes.

Cadet Candidates who receive a score between 275 – 299 on the physical fitness test will receive the Commander's Physical Fitness Award. Those who score a perfect 300 will receive the Admiral's Physical Fitness Award.

2. Contact the MMA Business Office at 508-830-5085 or 6411 to ensure all payments, loans and scholarships are cleared prior to Orientation.
3. Ensure that your sea bag cost has been paid prior to Orientation by contacting the Academy Uniform Shop at 508-830-6488. Without the required uniforms, you will not be able to participate in Orientation. Financial aid and scholarships cannot be applied to sea bag costs.
4. Arrive for Orientation 2009 at the outdoor entrance to the Bay State Conference Room, located adjacent to Pande Hall (mess deck) between 0900 and 1030 on Saturday, 15 August 2009. Dress appropriately for the weather and wear sneakers. A cookout lunch will be provided for all Cadet Candidates and their families. Cadet Candidates will eat for free, but their guests will be charged a small fee.
5. Review the Orientation 2009 link on the MMA web page, [www.maritime.edu](http://www.maritime.edu) (Go to the prospective student page, Orientation 2009). Much of the “Youngie Knowledge” that you will be required to memorize verbatim during Orientation is posted there. You should start memorizing the knowledge now.
6. If you do not know how to swim, start learning now. The American Red Cross and YMCA offer several “learn to swim” programs.
7. Complete and return the MMA Health Packet as soon as possible. You will not be allowed to participate in Orientation until the forms are completed, received and reviewed by our Health Director. If you have health related questions, contact CDR Anne Fredrickson, Director of Health Services at 508-830-5048 or by email at [afredrickson@maritime.edu](mailto:afredrickson@maritime.edu).

Orientation 2009 Graduation will be held on Saturday, 29 August 2009 at 1000. The day will begin at 0800 with Morning Formation, followed by the Honor Ceremony oath and the Marching Competition at approximately 0825. Following the competition, the class of 2013 will march onto CDR Ellis Field for a formal graduation ceremony. Family, friends and guests are invited to all events on this day. I look forward to your arrival.

Best Regards,  
*Timothy Griffin*  
1/C Timothy Griffin  
Regimental Commander

- Enclosures:
1. What to Bring (including special information for out-of-state students)
  2. Out of State Information
  3. Parking Alert



Dear Parents and Friends of the Class of 2013:

While the young men and women of MMA's newest class are preparing for their two-week Orientation, there are a few dates that you may consider for yourself. Please make note of the following:

**Saturday, 15 August 2009:** Your sons/daughters should report to campus between 0900 and 1030. **If, by 15 August, you have any unresolved issues with the Business Office, Medical or the Uniform Store, they must be completed or your student will not be cleared to begin Orientation. There will be two separate lines for the check-in period: one for fully cleared Cadet Candidates, and one for those needing to tie up loose ends.** You can stay with them during their initial check-in and even help move some of their gear to their rooms!

From completion of check-in until 1245 you can be with your Cadet Candidate to look around campus, check out the school store and partake in the cookout held just outside Pande Hall (adjacent to check-in location). The cookout will be free for all Cadet Candidates, and a small fee will be charged for family/friends.

At 1245, we will have everyone start to make their way to the Alumni Gym parking lot for the oath and official beginning of Orientation 2009. At 1300, the Cadet Officers and Squad Leaders will march out in formation for their oath. This is an impressive evolution that you won't want to miss. Following the oath, the Cadet Candidates will say goodbye for a couple weeks and enter the gym while the parents and families are encouraged to meet with Captain Rozak and his staff on the football field.

Captain Edward Rozak, Commandant of Cadets will provide an overview of the upcoming two weeks and introduce the Parents Association and the Company Officers (the professional staff who will be monitoring the indoctrination period).

Following the presentation by Captain Rozak, you will have the chance to meet with your respective son/daughter's Company Officer in assigned areas. The parents/friends orientation will last less than two hours and will prove invaluable in understanding what your son/daughter will be experiencing during the indoctrination period. Please note there will not be any opportunity to visit with your son/daughter after 1300 (1:00 PM) that day.

**Saturday, 29 August 2009**: Set aside this date to attend the Orientation graduation ceremony culminating two weeks of hard work and training by your Cadet Candidate. Events will begin at 0800 (8:00 AM) with Morning Formation and Raising of the Colors. Formation will take place on the Parade Field next to the pier.

Immediately following Morning Formation, Admiral Richard Gurnon, MMA President, will administer the Honor Ceremony Oath, also on the Parade Field.

At approximately 0825 (8:25 AM) the annual Marching Competition will take place on the Parade Field. This is the final competition of Orientation that will count towards the coveted Admiral's Cup, to be awarded at Graduation.

The graduation ceremony will follow the Marching Competition beginning at 1000 (10:00 AM) on CDR Ellis Field. At the conclusion of the graduation/award ceremony, your cadet will have liberty until approximately 1800 (6:00 PM) Monday, 31 August.

If you have questions regarding the above dates, or if you have other Orientation questions, you can contact me at (508) 830-5000, ext. 1414 or via e-mail to [swhite@maritime.edu](mailto:swhite@maritime.edu). Our website ([www.maritime.edu](http://www.maritime.edu)) will also have information regarding Orientation which may answer your question(s).

Sincerely,

*Sam White*

Lt. Sam White  
Massachusetts Maritime Academy  
Director of Orientation

# WHAT TO BRING

The following list contains the items that you are to bring to Orientation.

**Athletic Shoes:** All Cadet Candidates will arrive on Saturday, 15 August wearing a pair of sneakers. They should be all or mostly white and reasonably broken in. Your sneakers will be worn for many activities.

**Automobiles:** See enclosed Parking Alert.

**Bathing Suits:** Male cadets must bring basic navy blue or black swim trunks, no "Speedos". Females must bring a conservative one-piece navy blue or black bathing suit.

**Batteries:** Six (6) AA cell batteries.

**Bedding:** Two (2) plain white pillowcases, four (4) flat plain white sheets to fit a twin bed, one (1) white standard pillow, and one (1) dark, solid colored blanket are required.

**Calculator:** A Texas Instruments calculator, Model TI-83 or TI-84, is the mandatory calculator for all students. Both models are sold in the MMA Bookstore.

**Eyeglasses/Contact Lenses:** If you wear glasses, bring an extra pair with you. If contact lenses are worn, bring a spare set and/or pair of glasses.

**Grooming Standards (female):** Hair will not be worn below the shirt collar in length or excessively bulky on the sides. Hair shall not interfere with the proper military covers (hats). We strongly recommend that you consider having your hair cut so that it falls above your collar. If you opt not to cut your hair, then ensure you bring the required items to hold your hair back/up and keep it in place. Barrettes and clips must be of similar color to your hair.

**Grooming Standards (male):** Report with a crew cut. Facial hair and sideburns are prohibited.

**Gym Socks:** Bring six (6) or more additional pairs of white "over-the-calf" athletic socks to augment the socks issued by the uniform store.

**Hangers:** Cadet Candidates are required to bring eight (8) white plastic clothes hangers.

**Jackknife:** All Cadet Candidates will bring a jackknife with a blade 2-4 inches. The knife will be used primarily for cutting rope and need not have special features. Absolutely no sheath knives are permitted.

**Jewelry:** No jewelry of any type will be worn, including body piercings, and should be left at home. This includes watches, although they are permitted and recommended after Orientation.

**Mail:** In past years we have allowed mail to be sent to Cadet Candidates during Orientation. Because of the volume of mail received and the time it takes out of an already busy day, we are no longer allowing this option. If something of urgent nature needs to be sent, contact Lt. White at 508-830-5000 x1414 or via email at [swhite@maritime.edu](mailto:swhite@maritime.edu).

Following Orientation, all cadets will be given a mail box number that will remain constant throughout the cadet's enrollment at the Academy.

**Medication:** You must bring required personal medications. Medications requiring refrigeration must be stored in the Academy dispensary. Please call CDR Fredrickson at (508) 830-5048 if you need special arrangements for your medication.

**Money:** If a medical emergency arises or if a current medical prescription needs refilling, Cadet Candidates are encouraged to bring between \$20 and \$50 to cover those expenses. The money will be kept in a secured space throughout the Orientation period.

If you plan to stay on campus in between the end of Orientation and the beginning of the fall semester, the mess deck will not be open, so you will need money to dine in local establishments.

**Musical Instruments:** If you were in an organized marching band in high school or play an instrument, you may bring it with you to Orientation. The Academy band encourages your participation, and you will be an integral part of Orientation Graduation ceremonies on 29 August 2009. Do not bring instruments intended for personal enjoyment (guitar, banjo, harmonica, etc) at this time.

**Passports:** If you do not have a passport, you must apply for your passport now. Our Sea Term always includes foreign ports and passports are mandatory. **You do not need to bring your passport to Orientation.**

**Personal Computers:** Though mandatory during the academic year, they will not be permitted for Orientation. If you are traveling a great distance and/or this is your only opportunity to bring this equipment, then you may bring it to Orientation but it will be stored for the 2-week period. To arrange storage for your computer, call LT Magee at (508) 830-5000 ext 1202 after August 1<sup>st</sup>. The dormitories are fully networked (LAN and Internet). Information regarding what specifications are needed can be found on the website at <http://www.maritime.edu/l2.cfm?page=110>.

**Physicals:** **This is extremely important.** By now, all Cadet Candidates should have submitted a physical exam report, which has been screened by the Academy medical personnel. If you have not submitted a physical by the start of Orientation you may not be allowed to participate in the program. Any medical difficulties that may have arisen since the physical exam was done should be brought to the attention of Academy Officers immediately after reporting for Orientation.

**Robe:** Standard navy blue, black or white required. This will only be used enroute to/from the shower.

**Shoe/Metal Polish:** Leather shoes are polished to regimental standards. Cadet Candidates will report with a tin of black shoe polish (Kiwi or similar brand) and a suitable brush. In addition, a can of Brasso or similar metal polish (Never Dull) is required.

**Shower Shoes:** Flip-flop style, waterproof sandals are required.

**Sweatshirt:** All Cadet Candidates are required to bring a plain, gray sweatshirt (no logos or insignia). Gray "MMA" sweatshirts are acceptable and are available from the Academy store, (508) 830-6488.

**Tobacco Products:** Any tobacco products, including "dip", "chew", and cigarettes are strictly prohibited during the Orientation period. Dip and chew are prohibited at all times. **The entire dormitory complex at MMA is smoke-free.**

**Toiletries:** Bring your own personal toiletries, waterproof sunscreen (SPF 20+) and a small box of laundry detergent. Hair dryers, curling irons, clippers and electric razors are not authorized.

**Towels:** Cadet Candidates should bring three (3) white bath towels.

**Underwear:** All Cadet Candidates must bring a two (2) week supply of white undergarments. White crew neck (round neck) undershirts are required for all Cadet Candidates, both male and female. V-neck or tank style undershirts are not authorized. Men may wear boxer or brief style undershorts.

**Youngie Gear:** All Cadet Candidates must bring the following as part of their Youngie Gear:

- one sandwich-sized ziplock bag
- one book of matches
- one black pen
- one white cloth handkerchief
- one pocket-sized notebook

**HELPFUL ITEMS:** Lint brush, iron, talcum powder (men), extra pens, pencils and notebooks.

**PLEASE NOTE: DURING THE ACADEMIC YEAR (AFTER GRADUATION FROM ORIENTATION), CADET CANDIDATES WILL REQUIRE A WRISTWATCH AND A CLOCK.**

**TV's, RADIOS, CLOCK-RADIOS, WALKMANS OR APPLIANCES OF ANY KIND, ARE NOT AUTHORIZED DURING THE ENTIRE FIRST YEAR.**

**THIS LIST IS POSTED ON THE MMA WEBSITE UNDER ORIENTATION 2009.**

## **Attention Out-of-State and International Students**

You may have greater difficulty arriving for the first day of Orientation than local students. If you will be arriving with extra gear (i.e. personal computer, athletic equipment, etc.), contact LT Magee (508) 830-5000 ext 1202, after August 1<sup>st</sup> to arrange an earlier arrival time. *Any gear that is not required for Orientation must be in a sealed box or suitcase with your name clearly marked so that it may be stored for the two weeks.*

The following information is provided in the event that you require local housing prior to Saturday, 15 August or transportation from local airports or train stations.

**Motels/Hotels:** Cape Cod is a popular vacation destination and reservations are a necessity; plan accordingly.

Beachmoor Restaurant & Inn (508) 759-7522.....Directly outside Academy gate

Bay Motor Inn.....(508) 759-3989.....Main Street (walking distance)

Bridge Bourne Hotel .....(508) 759-0800.....Not walking distance \*

### **Bus Lines from Boston:**

Peter Pan Bus Lines [www.peterpanbus.com](http://www.peterpanbus.com) ... From Logan/Boston to Bridge Bourne Hotel\*

Plymouth & Brockton [www.p-b.com](http://www.p-b.com) ..... From Logan/Boston to Sagamore Rotary:\*

\*If you are arriving by bus on August 15 and you require a pick-up at the bus station, contact LT Magee at (508) 830-5000 ext 1202. Be sure to know which bus line you are traveling aboard and arrival time. Keep in mind that even if you are arriving by bus, you must be at the check-in between 0900 and 1030, Saturday, 15 August.

# **PARKING ALERT**



**Due to increased student population and multiple on-campus construction projects, parking for new students is limited and might become available for the Spring '10 semester. No parking will be available for freshmen for the entire Fall '09 semester.**

**New students may park on-campus for the duration of the Orientation program (August 15 – August 29), but will not be permitted to have a vehicle on site for the rest of the semester.**

**The Academy appreciates your cooperation during this campus enhancement initiative and apologizes for any inconvenience this may cause.**



To: Students of the Class of 2013

Re: Health Services available to MMA students

The staff of Student Health Services would like to take this opportunity to welcome you as an incoming student at Massachusetts Maritime Academy. We have prepared this informational letter to familiarize you with our services. All information can also be found on our website [www.maritime.edu](http://www.maritime.edu) under the Quick Link Health Services.

During the Fall and Spring Semesters the Health Center is staffed with a full-time Nurse Practitioner and a full-time Registered Nurse Monday through Friday. Walk-in clinic hours are as follows:

0800 to 1200

1330 to 1600

Monday through Friday

Emergencies or special problems will be seen at any time throughout the day. Individual appointments with the Nurse Practitioner can be prescheduled. In addition, during the busy orientation period the Health Center will be open until 2100, including Saturday and Sunday. The Academy medical consultant is Anthony Capobianco, M.D. of Westborough, MA. Dr. Capobianco has also been the Medical Officer on the Academy Training Ship for six sea terms. In order to continue to provide the most up to date and expert medical care of our cadets at sea, Dr. Capobianco initiated a partnership with the UMASS/Worcester Medical School, and beginning with Sea Term 2007 MMA contracts with MDs in Emergency Medicine for Sea Term and also benefits from the on call availability of the entire spectrum of specialists at the medical school as consultants.

The campus Student Health Center provides first aid, management of episodic illnesses, allergy injections, stable chronic medical conditions, laboratory services, some immunizations, health evaluations, health education, sex education, individual and group mental health and substance abuse counseling, informational pamphlets and medical referrals. We provide written prescriptions when needed, but there is no pharmacy on campus and the cadet is responsible for filling the prescription. It is imperative that you bring your own prescription and non-prescription medications, your health insurance card, and cash sufficient to cover prescriptions you may require in the event of any illness. In addition, due to the hot, humid weather, and the potential for mosquitoes, sunscreen and insect repellent are recommended. We also advise bringing supplies of over the counter meds such as Tylenol, Ibuprofen, decongestants and any preparation that you routinely use, as well as a thermometer.

### **Immunizations**

Massachusetts Maritime Academy has provided you with an Immunization Record that identifies vaccination requirements and recommendations for all incoming students. We request that this record along with all the required medical forms, be completed and submitted by the deadline listed in your admissions packet.

**For Your Information:**

For medical conditions requiring an evaluation beyond the capabilities of the MMA Health Center, students are referred to either their own physician or a local physician. MMA Health Services has a large group of physicians available for referrals as needed. Health services frequently uses Bourne Bridge Occupational Health for consult for medical needs outside our scope of practice, emergency visit, such as x-ray or lab. From here, a specialist consult and a referral will be made as needed. Local pharmacies include CVS at 508-759-1097 in Buzzards Bay, CVS at 508295-3880 and WalMart at 508-295-8822 in Wareham. If a cadet requires medical evaluation or treatment during hours when the Health Center is closed (1600 to 0800), he/she would be referred to Bourne Bridge Medical or Falmouth Hospital if non-life threatening. These two facilities use the same system we can also access, so it enhances continuity of care. **Tobey Hospital in Wareham (15 minutes from MMA) is the closest facility for life threatening medical emergencies.**

On weeknights between 1600 and 0730 (4pm to 7:30am), and 24-hours each day on weekends, parents can contact the Cadet Information Center (CIC) at 508-830-5043. A cadet will respond to your requests or questions. The Academy Staff duty Officer (ASDO) will immediately be notified of your concerns or matters of urgency and will determine the appropriate response. There is a staff duty officer on duty 24 hours a day, 7 days a week.

When the Health Center is closed, students may seek assistance for medical problems by contacting a cadet officer, CIC, or the ASDO. Transportation for a non-emergency medical visit is the cadet's responsibility. However, assistance in finding transportation can be sought by contacting company squad leaders and the ASDO whenever necessary. The Bourne Fire and Rescue is two minutes from the MMA campus and is called for transportation of an urgent nature. For scheduled medical appointments off campus, students may obtain a "Special Liberty Request" from his/her Company Officer and/or the Health Services Department.

If you have any questions regarding Health Services, please feel free to contact our office. We are located in the 4th Company building, ground floor. Best wishes for a healthy, enjoyable summer.

Best regards,



Anne J. Fredrickson, APRN-BC  
CDR-MMA  
Director, Health Services  
Phone: 508-830-5048  
Fax: 508-830-6468  
Email: afredrickson@maritime.edu



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