

PLEBE PARENT GUIDE



Prepared by the
**West Point Parents Club
of Greater Houston**

(published June 2023)

TABLE OF CONTENTS

The Honor Code	3
Club Overview	4
West Point Calendar	7
West Point Parents Club Events	9
Terminology	10
First Summer and Plebe Year	11
R-Day Packing List Advice	21
Month by Month Parent Reference Guide	21
Mailing Instructions USPS Letter	30
Boodle	31
Helpful Phone Numbers	32
Map of Walking Privilege Area	33
Websites and Social Media	34
Medical and Emergencies	35

THE HONOR CODE

Your son/daughter should know with USMA's offer of Appointment, USMA believes he/she had the ethical, moral, mental, academic, and physical capabilities to succeed at West Point. Beginning on R-Day your son/daughter will not only be challenged mentally and physically but will also face ethical and moral hurdles that continue throughout the 47-month tenure at West Point. Each cadet needs to understand West Point's Honor Code which simply states, "A Cadet will not lie, cheat, steal, or tolerate those who do."

The Honor System at West Point is the outgrowth of many years of development and experience. The need for the Honor System is implicit in the mission of West Point to develop military leaders of character. The United States' military leaders must have strength of character as well as intellectual and physical vigor.

West Point's Honor System has its roots both in ethical considerations and in practical military necessity that includes respect of others. Honor, as it is understood by West Point's Corps of Cadets, is a fundamental attribute of character. Honor is a virtue that implies loyalty and courage, truthfulness and self-respect, justice, and generosity. The Honor System's underlying principle is truth. If a cadet is true in thought, word, and deed, there is no question about his/her meeting the standards of West Point's Corps of cadets. Quibbling, evasive statements, or the use of technicalities to conceal guilt are not tolerated at West Point.

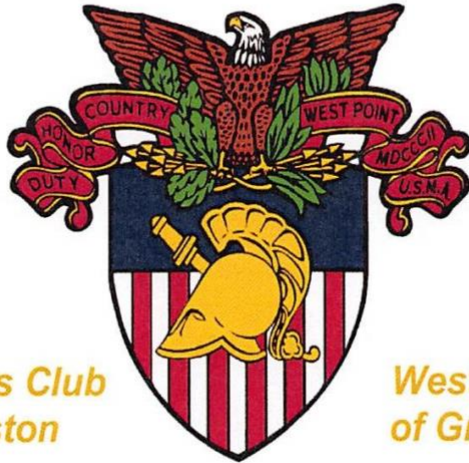
The Honor System is effective at West Point because it has the loyal support of West Point's command authorities and of West Point's Corps of Cadets. West Point graduates, in retrospect, regard the Honor System as one of the most important instruments in the shaping of their lives.

Cadets who are found guilty of violations of the Honor Code are either allowed to resign from West Point or required to stand trial by court-martial. Cases of trial are comparatively rare. Records of all alleged violations of Honor Code in which the evidence does not warrant trial are kept in a confidential file as long as a cadet remains at West Point. When a cadet leaves, the file is destroyed.

The Honor Code is an essential element in the character molding which goes on at West Point. "The Honor Code is a vital influence in the day-to-day life of every cadet. Instances are constantly occurring which show how much the Honor Code means to West Point's Corps of Cadets. Cadets will report themselves for unintentional violations of the Honor System. A cadet may be reported by one of his closest friends for an Honor Violation because the men/women of West Point's Corp of Cadets believe the Honor Code is bigger than any individual or any personal friendship. Hence, it is noteworthy the success of the Honor Code depends more upon West Point's Corps of Cadets that upon the supervision of West Point's commanding officers.

Parents should understand the Honor Code is a cadet's lifetime commitment to an honest, ethical, and moral life-style of character, not limited to geographical perimeters of West Point. For the cadet influence of this way of life is marked and lasting, and a cadet's devotion to the Honor System is very real and deeply rooted.

Make us to choose the harder right instead of the easier wrong, and never to be content with a half-truth when the whole can be won. – West Point Cadet Prayer



*West Point Parents Club
of Greater Houston*

*West Point Society
of Greater Houston*

The West Point Parents Club of Greater Houston (WPPCGH) and the West Point Society of Greater Houston (WPSGH) both wish to congratulate you on your son's/daughter's acceptance to the United States Military Academy. The transition from civilian life to life at West Point can sometimes be challenging. We are here to help you. Remember, many have gone before you and many will follow afterwards.

Before long you will be saying your good-byes on Reception Day (R-Day) and beginning the journey to graduation. If there is ever anything we can assist you with, please contact any member of the WPPCGH or the WPSGH. We hope the accompanying information from the Plebe Parent Handbook will assist you throughout the plebe year.

Special Note

The United States Military Academy at West Point will be referred to as either West Point or USMA. The West Point Parents Club of Greater Houston has prepared this Handbook as a supplement to the information you will receive from the Admissions Office of USMA. If any informational conflict exists, please follow the guidelines provided by USMA. Be aware this information is general and should be checked against information you receive directly from USMA.



WEST POINT PARENTS CLUB OF GREATER HOUSTON

PURPOSE OF THE PARENTS CLUB:

The West Point Parents' Club of Greater Houston is a social and support organization for the parents of cadets of the United States Military Academy, the United States Military Academy Prep School, and Civil Prep Schools. Parents and guardians of current and former cadets are eligible for membership.

OUR MISSION:

- a) To provide information to parents, guardians, and family of cadets of the United States Military Academy
- b) To provide a welcoming and supportive venue for camaraderie among families and friends of West Point cadets

In partnership with the West Point Society of Greater Houston,

- c) To promote a favorable attitude in the greater Houston community toward West Point and its goals and purposes
- d) To support the recruiting of prospective candidates for West Point

BENEFITS OF MEMBERSHIP:

Plebe Families Onboarding – Inclusion in a Mentoring Program with upper class cadet families, a New Cadet Candidate Picnic in June and access to club members who are available to answer questions.

Hail and Farewell Luncheon – We say “goodbye” to the families of our graduating Firsties, and we welcome in our new Cadet Candidates.

Firstie Flags* – Families of graduating cadets are presented with American flags which have been flown over the U.S. Capital as well as Texas state flags flown over the Capital in Austin.

Firstie Graduation* – Families of graduating cadets are invited to a luncheon after the Graduation Parade the day before graduation. The club pays for the cadet and 2 parents (or grandparents or guardians, etc.).



Howitzer Photo* - Your cadet's graduation photo will appear in a congratulatory ad taken out by the club in West Point's yearbook, The Howitzer.

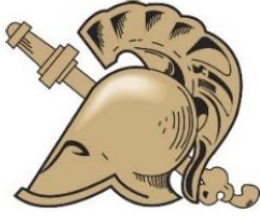
Community – Your son or daughter's experience at West Point will be unlike that of their friends. They are not college students. They are soldiers in the United States Army on a 47 month training assignment posted at West Point. Their freedom of travel is restricted. Their lives are highly regimented. Their summers planned and their visits home fewer and shorter than those of their former classmates. Friends, family, and others will have difficulty relating to your experience. We won't! The WPPCGH allows for new friendships through the yuk and cow years and we are united in our support of The Long Grey Line.

Social Events – June picnic, Texas Tamale Tailgate in the fall at West Point, Joint Service Academy Military Ball, Football Watch Parties, Luncheons and Events sponsored by the West Point Society of Greater Houston.

*Requires current payment of all 4 years membership dues.

WPPCGH Board

- President (president@wppcgh.com)
- Vice President (vicepresident@wppcgh.com)
- Treasurer (treasurer@wppcgh.com)
- Secretary (secretary@wppcgh.com)



2023-2024 Calendar Information

2023

22 May-16 June	Summer Term Academic Program 1 (STAP 1)
5 June-29 June	Summer Term Academic Program (STAP 2)
16 June	June Graduation (tentative)
26 June	R-Day (cadet candidates will be assigned a report time)
7 July-29 July	STAP 3
10 July	USMAPS R-Day
16 July	<i>Cadet Basic Training mid-point -New Cadet Visitation Day</i>
3 August	August Graduation (Time TBD)
6 August	Corps Returns – cadets should confirm report time with chain of command
7 August	March Back
7-12 August	Reorganization Week
12 August	Acceptance Day Parade - 10 a.m. (tentative)
13 August	Affirmation – Class of 2025 (Cadets, staff, faculty & 50-year class)
14 August	Classes begin
25-26 August	Ring Weekend (Ring Run – August 26) more details to follow
4 September	Labor Day (no classes)
4-8 September	Branch Week
21 September	Thayer Award - Elizabeth Dole recipient
9 October	Columbus Day (no classes)
27-29 October	Family Weekend – <i>details to follow</i>
10 November	Veterans Day observed (no classes)
22-26 November	No classes – Thanksgiving Break begins after last duty 21 November
27 November	Corps returns from Thanksgiving Break
29 November	Branch Night (Class of 2024 event)
9 December	Army vs. Navy (Gillette Stadium, Foxboro, MA)
12 December	Last day of classes
13-19 December	Term End Exams (TEEs) <i>schedule is cadet specific</i>
19 December	December Graduation (Time TBD)
20 December	Winter Break begins

2024

7 January 2024	Corps Returns
7-8 January	Reorganization Week
8 January	Classes Begin
15 January	Martin Luther King (no classes)
19-20 January	500 th Weekend - Ring Melt and 500 th Night events
10 February	100 th Night Events (Class of 2024 event)
19 February	Presidents Day (no classes)

28 February	Post Night (Class of 2024 event)
9 March	Yearling Winter Weekend (Class of 2026 event)
21 March	Upper classes depart on Spring Break
22-24 March	Plebe-Parent Weekend (Class of 2027 event) Plebes will have classes on 22 March, Plebes will depart Sun., 24 March for spring break
24-31 March	Spring Break for the Corps (upper classes depart 21 March)
1 April	Corps returns from Spring Break
26-27 April	Sandhurst
2 May	Projects Day
13-17 May	Term End Exams
25 May	Graduation for the Class of 2024

**Events/dates are subject to change*

**For information on events please visit the parent's page listed below or contact the Parent Communications Liaison,
(845) 938-8826
deb.dalton@westpoint.edu
www.westpoint.edu/parents
Dates subject to change!
(Updated 05/26/2023)**

West Point 2023 Football Schedule

September 9, 2023 (Saturday)	12:00 PM	Home	Delaware State University	West Point, NY / Michie Stadium
September 15, 2023 (Friday)	7:00 PM	Away	UTSA	San Antonio, TX
September 23, 2023 (Saturday)		Away	Syracuse University	Syracuse, NY
October 7, 2023 (Saturday)	12:00 PM	Home	Boston College	West Point, NY / Michie Stadium
October 14, 2023 (Saturday)	3:30 PM	Home	Troy University	West Point, NY / Michie Stadium
October 21, 2023 (Saturday)		Away	Louisiana State University	Baton Rouge, LA
October 28, 2023 (Saturday)	12:00 PM	Home	University of Massachusetts	West Point, NY / Michie Stadium
November 4, 2023 (Saturday)	2:30 PM	Neutral	Air Force	Denver, CO / Empower Field at Mile High
November 11, 2023 (Saturday)	12:00 PM	Home	Holy Cross	West Point, NY / Michie Stadium
November 18, 2023 (Saturday)	12:00 PM	Home	Coastal Carolina University	West Point, NY / Michie Stadium
December 9, 2023 (Saturday)	3:00 PM	Neutral	Navy	Foxborough, MA / Gillette Stadium



2023-2024 WPPCGH Calendar Events

2023	
June 3	New Cadet Candidate Picnic
June TBD	WPPCGH Parent's Club Meeting 7:00 PM-8:00 PM (Virtual)
August TBD	WPPCGH Parent's Club Meeting
Fall 2023	Football watch parties (Houston locations TBD)
October 7	Texas Tamale Tailgate (T3) at '49er Lodge on USMA campus - Army vs. Boston College, Football
October TBD	WPPCGH Parent's Club Meeting
December TBD	Parent Social / Cadet Pre-Finals Boodle Box Assembly - Location TBD
December TBD	WPPCGH Parent's Club Meeting
December 26	Joint Service Academy Military Ball – Moody Gardens in Galveston, TX
2024	
February TBD	WPPCGH Parent's Club Meeting
March TBD	Founder's Day Dinner and Founder's Day AIM Meeting
April TBD	WPPCGH Parent's Club Meeting
April TBD	Parent Social / Cadet Pre-Finals Boodle Box Assembly - Location TBD
May TBD	Hail and Farewell Luncheon
June TBD	New Cadet Candidate Picnic

TERMINOLOGY

TERM	DEFINITION
Cadet Candidate	An individual receiving and accepting an appointment to USMA is referred to as a "Cadet Candidate" until they report on R-Day.
New Cadet	An individual cadet candidate is referred to as "New Cadet" from the day they report on R-Day to until they complete CBT and are accepted into the Corp of Cadets on A-Day.
Cadet	Upon completion of CBT and the A-Day activities new cadets are then referred to as a "Cadet" or a "Cadet Private."
R-Day	Reception Day is the day cadet candidates report to USMA.
A-Day	Acceptance Day is the day a new cadet is accepted into the Corp of Cadets.
CBT	Cadet Basic Training is also referred to as "BEAST" or "Beast Barracks."
Cadre	The term used to refer to the cadet group responsible for the training and supervision of new cadets during Cadet Basic Training.
Ruck	A march in which new cadets march in Army Combat Uniform (ACUs), desert boots, full "battle rattle" including Kevlar helmet, rifle, and 40 lb. backpack (ruck).
March Back	Upon the completion of BEAST the new cadets complete a ruck back to USMA. This approximate 12 mile ruck is called March Back.
ReOrgy Week	Reorganization Week is the five days between March Back and Acceptance Day during which new cadets are organized into their academic year companies.
Plebe	A cadet of the fourth class (Freshman)
Yuk/Yearling	A cadet of the third class (Sophomore)
Cow	A cadet of the second class (Junior)
Firstie	A cadet of the first class (Senior)
Supe	USMA is commanded by a Superintendent, typically a three star general (Lieutenant General - LTG).
Comm	Commandant, typically a two star general (Major General - MG) in charge of the Corps' military & physical training and Tactical Officers (TACs) and Non-Commissioned Officers (NCOs).
Dean	Academic Dean, typically a one star general (Brigadier General - BG) in charge of academic professors and curriculum.

THE FIRST SUMMER

New Cadet Picnic:

Attend the New Cadet Picnic sponsored by the Field Force Admissions Team and the WPPCGH. This is a wonderful time for your cadet candidate to meet new classmates and upper-class cadets from the Houston area. Parents are encouraged to ask any lingering questions about R-Day and BEAST.

R-Day (Reception Day):

This day marks the beginning of a unique experience for your son/daughter and for you. We strongly suggest you accompany your cadet candidate to West Point for R-Day. West Point, the oldest continuously operated military post in the country, is steeped in the history of our great country and its many exceptional leaders. It will help you to be able to picture where your son/daughter will be for the next 47 months.

When scheduling your trip, make sure you have enough time to go to the Frederick V. Malek West Point Visitors Center ("Visitor Center") for your Parent ID Card (Local Access Card). This ID card is absolutely mandatory for everyone in the cadet's family to enter through the gates of USMA. Fill out the application (link below) and bring it along with your driver's license and be prepared to stand in line. The Visitor Center is located on West Point Highway next to the West Point Museum. This ID card will grant you access for the 4 years your child is a cadet, expiring on graduation. Keep it in a safe place, as getting a replacement will require Department of Defense paperwork.

<http://www.westpoint.edu/parents/visiting-west-point>

Parents and R-Day visitors should wear comfortable casual clothes and comfortable walking shoes. Casual dress at West Point is defined for men as nice slacks or shorts with collared shirt, sweater, or sports coat, and for ladies as nice pants, capris, skirts, or casual dresses. While you will see blue jeans and t-shirts, you may feel more comfortable, or more appropriately dressed, in the classic style. Most importantly dress comfortably and for the weather that day. Tuck a plastic poncho or sun hat into your daypack just in case.

For the young, elderly, or handicapped visitors, it may be a grueling day. No matter where you go at West Point, it always is uphill. Expect to stand in long lines. It will be common to "hurry up and wait." Many choose to bring more members of the family to A-Day instead of R-Day. The West Point Shuttle (CPA Express) is free to all visitors. There are also a wheelchair accessible shuttles available.

The AOG (Association for Graduates) typically host the New Cadet Candidates and families the day before R-Day, for an Ice Cream Social in the Herbert Alumni Center. Afterwards, have dinner and do a final check of the packing list. Suggest you make this a special family time to say goodbyes as the next day will only provide a very brief time for goodbyes.

R-Day check in times start early. We suggest you follow the schedule prescribed by West Point. New cadets will rapidly learn not to draw attention to themselves and to become part of the team. At parting you will only get a few seconds for a quick hug after the greeting by the Officer of the Day and the instructions "Candidates you have 90 seconds..." You may want to have your video ready as they line up to go out the door as their introduction to cadet basic training will start then and there. This will be the last you see your New Cadet Candidate in-person until A-Day. If you should happen to see your son/daughter or pass them during training on R-Day, DO NOT try to talk to them.

After your son/daughter departs, you have the opportunity to visit all the vendors set up at the Parents Welcome Center. You may purchase various class year souvenirs **which are only available on R-Day**. There are special t-shirts and tote bags emblazoned with the names of all members of the Class, coffee mugs, hats, etc. You may purchase football tickets, visit various exhibits, and most importantly, get your son/daughter's BEAST company assignment (note that your cadet's P.O. Box will have already been available to you through their portal so suggest you note it down ahead of time). More specialty items are available Plebe Parent Weekend also.

Many parents recommend you process through the various vendor booths at Washington Hall for approximately one hour and then immediately walk to Central Area near Grant Hall where you may catch a glimpse of your new cadet as he/she and his/her BEAST squad march over the bridge from Thayer Hall to the barber shop and barracks in Central Area. Again, do not draw attention to your child by calling out. New cadets will rapidly learn not to draw attention to themselves and to become a part of the team. You may need to be on new cadet watch for some time over an hour. However, the experience and any photographic documentation are well worth the wait.

After either sighting your new cadet or retiring from an unsuccessful new cadet watch, lunch is available in the West Point Club. West Point Club's large dining room is air-conditioned and has wonderful views of the Hudson River. With a little pre-arrangement work on your part, you might arrange to rendezvous with other new cadet parents of WPPCGH at the West Point Club for a relaxing lunch, sharing of R-Day experiences, fellowship, and support. Over the next 47 months you will develop lasting relationships.

During the day, there is time to walk around The Plain and Trophy Point areas, but parents are not allowed in the Cadet Area, which is beyond the chains in front of the barracks and Washington Hall. There are some locations near Central Area where you can observe the new cadets being instructed by the Cadre, but again remember even if you are close enough to talk to new cadets, please do not. The large grassy parade area, The Plain, in front of the bleachers is off limits to pedestrian traffic.

There is an important Superintendent's briefing for new parents in Eisenhower (Ike) Hall Auditorium sometime in the mid-afternoon. This is a highly informative introduction to West Point life and an opportunity for you to better understand the various aspects of Cadet life.

In the early evening there is the R-Day Parade and ceremonial swearing-in ceremony. It is usually held on The Plain. Check your instructions on R-Day for the exact time and location of the swearing-in ceremony. Arrive about one hour before the ceremony is scheduled to commence to obtain a suitable location to observe the parade. It gets very crowded. Bring your camera, video camera, or binoculars. Remember, all new cadets look alike. They are not easy to identify because all have the same haircut, uniform, and no expression. They line up by height, tallest in front. Try to obtain a position near your new cadet's company guide on as this may assist you in identifying your new cadet as the Class marches from the West Point sally ports to The Plain.

Your son/daughter takes the official oath early in the day inside a classroom. They are then officially new cadets instead of new cadet candidates. It is a new form of address they will grow to hate for the next several weeks. Only after they complete Cadet Basic Training (CBT) and are accepted into the Corps of Cadets at the Acceptance Day (A-Day) Parade will they become cadets.

After the ceremonial swearing-in, the new cadets march directly into Washington Hall (Mess Hall) for their first evening meal as new cadets. The day is over for you and your family at the conclusion of the swearing-in ceremony. Do not forget to mail those letters and cards before you leave so your new cadet will receive mail as early as possible. Mail from home is extremely important during BEAST and the entire

first year. Make out post cards, envelopes, or address labels with your new cadet's address and send them out to their friends and relatives. Write very often yourself. Keep it upbeat as you let them know how your summer is progressing. Be as newsy as possible, and even send news clippings of events back home. Be sure to give your new cadet an address book with family and friends' addresses, important dates, lots of stamps, pre-addressed and stamped envelopes, and writing paper before they go to R-Day. However, **DO NOT EXPECT A LOT OF MAIL FROM THEM.** New cadets have almost no time to write. The Cadre (upper class Cadets in charge of training) normally requires them to write a letter home within the first 48 hours. It will likely be short. It may or may not get mailed!

CBT (Cadet Basic Training)

"Duty-Honor-Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points, to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn." (Excerpt from General Douglas MacArthur's Farewell Address delivered to the Corps of Cadets on May 12, 1962.)

R-Day is the start of Cadet Basic Training or BEAST, as it is affectionately known. Some new cadets actually like it, but others hate it. It is a time when a group of high school graduates are molded into West Point cadets. It is intentionally tough – mentally, physically, and emotionally.

BEAST is planned, supervised, and lead by upper class West Point cadets, known as the Cadre. The Cadre are monitored by the Commandant, Tactical Officers, and Tactical Non-Commissioned Officers. The Cadre in charge of BEAST receive three weeks of special training to plan and prepare to lead and supervise the new cadets. The Cadre receives a military grade based upon their performance and the quality of their new cadets' performance. West Point and the Cadre want new cadets to succeed on R-Day, BEAST, plebe year, and during a cadet's entire career at West Point. **HAZING AND CORPORAL PUNISHMENT IS STRICTLY FORBIDDEN ON R-DAY, BEAST, OR AT ANYTIME AT WEST POINT!**

During Beast Barracks, a new cadet's daily life begins before 5:00 am and extends well into the evening hours. In the past, lights out has been at 10:00 pm and has been strictly enforced to ensure new cadets receive an appropriate amount of sleep. Likewise, the Cadre ensure no one is up and about before the prescribed morning revelry call. The summer includes military training and the handling of firearms, along with marching and military courtesy training. New cadets are schooled in the traditions of West Point and learn what it takes "to make it." They are constantly challenged,

This is a particularly difficult adjustment period for the new cadet. His/her lifestyle will undergo a complete change as he/she is totally immersed in a military setting. Stress is a major part of the program along with the ability to memorize data, learn military drill, courtesy, and the "West Point way." It is a time when all need encouragement and support. You may hear a lot of negative reaction on the part of your son/daughter. Encourage him/her to hand in there. Insist they give it a fair trial. Staying power, the ability to perform well under stress, and time-management are the hallmark of a West Pointer.

For the first few weeks of BEAST, new cadets are extremely busy. The concept of "one day at a time" helps them over this initial experience and adjustment. Your son/daughter is allowed to make a short, timed, and sometimes-supervised phone call to home three times during BEAST. The calls are made from a borrowed phone and you may not recognize the number on the caller ID. This call can come at any time, so voice mail comes in handy. However, if your new cadet does not make direct contact, he/she will be allowed to call until he/she gets through to you. This is a time to let your son/daughter do the talking, and you do the listening. They have had Cadre talking "at them" for several weeks. This first call is usually filled with emotion and may even be negative or he/she may just be noticeably quiet. This is all very normal! All the new cadets have had it with standing in lines, learning plebe knowledge, getting

haircuts, testing, mess hall formality, and the intense nature of the whole experience. It may seem to be the worst time of your son/daughter's lives at this point. Encouragement and support are what he/she needs the most from you. Remember more than 200 plebe classes have survived basic training. If you do not get a phone call in the first couple of weeks, do not panic. Company training schedules dictate the timing of the calls.

Do not be surprised or concerned if your new cadet informs you, they lost a roommate or member of their BEAST Company. West Point is not for everyone, and a few new cadets do drop out during CBT. Known as "Separation form 'west Point," this can be stressful for new cadets and their parents. Be thankful if your son/daughter is doing well and be supportive of those whose sons/daughters are struggling., Again, be encouraging and upbeat in pressing your new cadet to give BEAST and West Point a fair shot. Of utmost importance is to keep those cards and letters coming. Do not be discouraged if another parent tells you they heard from their son/daughter, and you have not. Assignments and free times differ throughout the various companies.

The official process used for a NC (New Cadet) who wishes to leave during CBT follows. Separation from West Point is not a simple or immediate process in most situations and can take 2 to 3 weeks. West Point understands that exhaustion and discouragement may be major factors in the desire to leave. Thus, the initial counseling process by the Chain of Command deliberately is extended over the course of a few days to give the NC every opportunity to assess the situation with Cadre feedback. Once NC has consulted with their TAC Officer and separation is requested, paperwork for the transition is initiated. NC will be allowed to call home to inform their parents about the decision. They will then be transitioned into Summer Garrison /regiment, where they will turn in their equipment and attend regular accountability formation while waiting for their paperwork to be processed. They no longer will be allowed to interact with other new cadets, including during meals. Once the paperwork is complete, West Point will arrange transportation home. While the NC is in separation quarters, they may reconsider and wish to rejoin their company and West Point. While permission is often granted to rejoin, it is not guaranteed.

Several times during CBT, Chaplain's Time is held to offer New Cadets a break from their Cadre and duties. All the NCs are invited to participate, regardless of religious affiliations. Food, fellowship, and a chance to relax and socialize with fellow NCs really helps make CBT a little more tolerable! Thanks to volunteers, many photos of NCs are posted on Facebook. Parents may contribute to Chaplain's Time through donations.

At some point during Beast Barracks, your NC will be allowed to visit the Cadet Store to purchase necessary supplies. Please do not be concerned if you find your NC has forgotten to take an item of convenience – they will be able to buy it or it has been issued to them.

Toward the middle of July, just when the NCs are starting to get comfortable with their Cadre, the upperclassmen change with a completely new detail of Cadre and leadership. This change can be particularly stressful. Prepare for a possible "downer" communication after this change. The silver lining to the change of Cadre is that on that same day, all new cadets are treated to an afternoon at a West Point family's home with the opportunity for an extended phone call home, some relaxation, perhaps even a nap, and some home cooked food. Most importantly, they enjoy the opportunity to be away from the watchful eyes of the Cadre. This changeover day is commonly referred to as "Ice Cream Social" day.

While the first half of Cadet Basic Training is spent at the Garrison, there is substantially more field training during the second detail of BEAST. The last few days they spend at Camp Frederick on the West Point Reservation. The NCs camp out, learn military skills, and bond as a class. On the last night before March Back, the Class relaxes with a variety show and the Class Motto is announced!

March Back:

NCs will step-off for the twelve-mile March Back to West Point's Central Area at approximately 3:00 am on the morning after the last night at Camp Frederick. They will March Back over West Point's Ski Slope Area and be joined by members of the Fifty Year Reunion Class, who are the official sponsoring class. The 50 year reunion class will march back with the NCs along with other West Point graduates.

NCs are dressed in ACUs, full "battle rattle" (Except Kevlar vest) including 40 lb. Ruck [backpack], Kevlar helmet, rifle, and desert boots. A banner containing the new class Motto leads them as they march behind the West Point Band.

If you plan to attend the March Back Parade, it is recommended you arrive on post at West Point at least one hour before March Back Parade is due to arrive at West Point. Recommendation for position to view March Back Parade is on the corner of Washington Road and Jefferson Road directly across from the Commandant's Quarters. Many families will make posters with their NCs name to hold up as they march by. Your cadet is not permitted to speak to you so do not be disappointed if he/she sees you but cannot acknowledge you. March Back Parade will terminate in front of Washington Hall. Fairly promptly, the NCs will fall-out and form-up in Academic Year Companies and then march-off to their respective barracks to begin Reorganization Week.

Reorganization Week:

Reorganization Week is considered by many to be the worst time of the plebe year. Throughout BEAST there has been only one upperclassman for every twelve to fifteen plebes. Just as the NCs are feeling happy and proud they survived BEAST and looking forward to being cadets rather than NCs, they are confronted with a mass infusion of the dreaded upperclassmen. These upperclassmen are returning from various summer assignments all over the world and have nothing more important to do than to get close and personal with the new class. The ratio is now drastically changed to three upperclassmen for every NC and, much worse, they have to live with them in their new companies and eat with them in the Mess Hall. Reorganization lasts less than a week but can be intense and involves adjustment to yet a new environment. Your NC may once again be with no one who he/she knows and with the added pressure of preparing his/her new room for a spit and polish inspection on Saturday morning (SAMI – Saturday AM Inspection)! During this week, each NC moves in with new roommates from his/her own class and becomes part of one of the 32 companies that make up the Corps of Cadets. This company is their home for at least the next year. He/she also receives a computer and a homework assignment to complete for every class BEFORE they report to the first class the following Monday. The good news about Reorganization Week is your new cadet is once again linked to the outside world and can contact you! Be sure to establish a rendezvous point to meet your cadet after the A-Day Parade.

A-Day (Acceptance Day):

The NCs will be formally accepted into the Corps of Cadets during the A-Day Parade. This is one of only a very few parades during the entire West Point experience that is totally dedicated to a particular class. The parade is scheduled in the morning on The Plain. Toward the very end of BEAST or during ReOrgy Week, your son/daughter can tell you which Company he/she has been assigned to for the academic year, and you are able to place yourself in the bleachers aligned with his/her new Company using the markers on the parade field. For the academic year, if your son/daughter is assigned to Company B-2, this means your cadet is a member of Company B, 2nd Regiment. The upperclassmen march onto the field and the new cadets march along the outer edges of The Plain forming in front of the bleachers. After their acceptance, the plebes take their places with their permanent academic companies as members of the Long Gray Line and pass in review. If you can attend, it is a truly happy occasion! It is really exciting to see the new cadets march toward the Corps and then disappear into the ranks, as they become one with the Corps!

CONGRATULATIONS! – Your son/daughter is now officially a cadet and a plebe at the United States Military Academy at West Point. Acceptance Day also marks the day when cadets can enjoy their first family visitation since R-Day. Typically, plebes are released from duties around 12:30 pm to early afternoon and enjoy walking privileges until approximately 12:00 am on Saturday night and then again on Sunday until 7:00 pm. Some companies have delayed release time for various reasons so do not be alarmed if your cadet is one of the last to exit. West Point briefs your plebe before release concerning walking privileges. Plan a picnic by the river, a meal at a restaurant located within the limits of walking privileges or a happy reunion somewhere on post at West Point. Without a doubt, your son/daughter will enjoy the opportunity to eat some home-baked goods and share their experiences of the past several weeks or they may sleep a lot while you visit a laundromat!

When you first see your son/daughter after Beast Barracks, either on A-Day or thereafter, expect to see a changed person, weight loss may have occurred, but more importantly, they have experienced so many new things about themselves that they HAVE grown up before your eyes and may seem older than their years.

THE PLEBE YEAR

Academic Year

The academic year commences the Monday after A-Day. Classes usually have less than fifteen students and are incredibly challenging to even the brightest students. Encourage your son/daughter not to neglect his/her academics. Academic standing comprises 60% of their Class Rank Grade while military standing comprises 25% and physical fitness standing comprises 15%. West Point, while educating the whole person, obviously stresses academics. Your son/daughter will be well advised to study hard and develop good study habits. One of the most important lessons to be learned is TIME MANAGEMENT. West Point offers a short course on this subject for plebes. Your son/daughter may wish to consider taking advantage of this course.

West Point and its academic professors want your cadet to be successful. Academic professors provide cadets with his/her office, cell, and home telephone numbers as well as his/her e-mail address. Encourage your cadet to contact him/her if there is a question on material, reading, and/or homework assignments. Additional Instruction (AI) for academic classes is offered but a cadet must be the one requesting tutoring.

The beginning of classes also creates another type of stress. The Thayer method of instruction is study and application first with explanation later. This is a unique approach that usually creates frustration until adjustments are made. Many top honor students who have never had a grade below a "B" fail their first few quizzes or WPR's (Written Partial Reviews). This is also normal. Do not panic.

In addition to the new academic strain, there are also plebe duties, room management, and personal military inspections. Upperclassmen are helpful in reinforcing high standards and then some. The time under pressure is when your son/daughter learns the most efficient way to manage time. In order to succeed, cadets must be prepared BEFORE the first day and BEFORE every class.

We suggest that you encourage your son/daughter to become involved in clubs and similar activities in order to afford some outlet from academics and to fully experience West Point life. Several extra-curricular activities are performed outside of West Point, and these can provide cadets opportunities to leave West Point for an occasional weekend.

Team Leader – Your cadet will be assigned a team leader who is a yuk designated to assist in their orientation to West Point. This is a positive and non-confrontational relationship. They are available for guidance and support.

Sponsor – Your cadet also has the opportunity to be assigned a sponsor. They are a staff person or professor who has volunteered to assist your cadet and provides some of the comforts of a home away from home. Typical activities with the sponsor are spending free time in a home environment and watching football games. Most cadets sign up for this program.

Tactical Officer (TAC) – Your cadet is directly supervised by a group of upper-class cadets. However, each company's legal commander is a US Army Officer, typically a Major referred to as a TAC Officer and assisted by a US Army Sergeant. They are charged with establishing a climate of military standards and for developing leadership. Encourage your cadet to get to know his/her TAC and consult with him, where appropriate.

Army Combat Fitness Test (ACFT)

Cadets are required twice each academic year at West Point to take and successfully complete the Army Combat Fitness Test (ACFT). Typically, ACFT is given to cadets in October and April. ACFT has the following events that are measured: Dead-lift, Standing power throw, sprint-drag-carry, leg tuck, hand release push-ups, and a timed two-mile run. "ACFT is a component of a cadet's military grade.

Passes

Officially, plebes are only authorized one baseline pass or weekend away from West Point per semester. Thanksgiving, Winter Leave and Spring Break do not count as passes. Cadets can earn additional "performance" or "spirit passes," but this privilege is not guaranteed. For many plebes the Labor Day weekend, though early in the semester, provides a much-needed respite after the strain of Beast Barracks and the tension of the first few weeks of academics. Other plebes find it preferable to catch up on sleep and school work in a quieter environment when many upperclassmen and fellow plebes are away. Some plebes' families visit them at West Point during one of these weekends. Many of our Texas cadets chose to take their one pass for Labor Day or Columbus Day weekend and travel into the city or spend time with other plebes that live in the northeast. Remain flexible and let your son/daughter decide what works best. Many cadets find traveling on Labor Day weekend or any three-day holiday weekend too short a period of time for a cadet to travel from West Point to Texas. Flight schedules cause cadets to spend most of the three-day holiday traveling back and forth from airports. However, this is a family decision.

Remember, new cadets are only guaranteed one pass per semester and even that is dependent on maintaining good grades, having passed the Army Physical Fitness Test and not being in any trouble that is subject to duty assignments or marching hours.

Sick Call

As stated on the USMA website, Sick Call is held from 0600 to 0630 Monday through Friday at Mologne Cadet Health Clinic (MCHC), Building 606. Walk-in service is available to cadets who are too sick to attend class. All others make appointments as outlined below. To make appointments at MCHC via internet, cadets first register at www.tricareonline.com. Appointments can be booked as soon as access is granted. TRICARE Online also allows access to a modified personal health record and other useful features such as medication refill requests and secure messaging with the MCHC primary care team via Relay Health. Appointments can also be made at MCHC or Keller Army Community Hospital by calling the Appointment Center at 845-938-7992.

Texas Tamale Tailgate (T3):

The West Point Parent's Club of Greater Houston brings a little of Texas and home to your plebe by holding the famous Texas Tamale Tailgate (T3) at West Point after a Black Knight home football game in the fall!. Volunteer in Houston and/or at West Point to bring a Texas style good time to your cadet!

Thanksgiving Leave:

Remember to be flexible when your cadet is home. You may want to discuss family plans in advance. Cadets are eager to reconnect with old friends, may just want to sleep or maybe both. While your cadet is happy to be home, he/she may also seem preoccupied. Cadets are fully aware of academic requirements to complete, looming Term Ending Exams (TEES) and plebe duties awaiting them upon their return.

Army vs. Navy Football Game:

The Army vs. Navy Football Game is held on the second Saturday in December. The majority of plebes ride the bus reserved by West Point. The bus leaves very early Saturday morning from West Point to the game and back to West Point immediately upon conclusion of the game. GO ARMY! BEAT NAVY!

Christmas Dinner

West Point Corps of Cadets celebrates the end of the first semester of academic classes and the upcoming winter leave with a Christmas dinner. Christmas dinner is a very memorable evening for all cadets, especially plebes. The plebes are required to decorate their mess table with holiday decorations of their choosing and provide cigars. Generally, this is a formal steak & lobster dinner concluding with the singing of Christmas Carols before adjourning outside in front of Washington Hall to smoke cigars.

Term Ending Exams (TEEs):

Academic Term Ending Examinations (TEEs) commence the week after the Army/Navy Game and continue through the following Saturday. It is recommended you do not purchase airline tickets until your cadet receives the TEE schedule.

Winter Leave:

Again, just like Thanksgiving leave, you may want to discuss family plans for winter leave and remain flexible. Plan to attend the Admissions Information Meeting (AIM). Your cadet is encouraged to volunteer his/her time at this meeting sponsored by West Point Admissions and our Field Force. Also, plan for a festive night at the Joint Service Academies Military Ball (JSAMB) in Galveston!

Joint Service Academies Military Ball (JSAMB):

This is a spectacular event held at Moody Gardens in Galveston. Dinner, live music, dancing, silent auction, and raffles all to recognize and celebrate the dedicated cadets from USMA, USNA, USAFA, USCGA and USMMA. Many cadets invite their friends and fellow cadets to attend this celebration. Plan to stay overnight to enjoy all of the festivities!

Winter Reorganization: Early January 2023

The first few days after winter leave will be spent adjusting to new rooms, new roommates, and new chain of command. Cadets prepare for the first days of their second semester classes. Again, there are assignments due on the first day of each class.

Plebe Parent Weekend:

Plebe Parent Weekend is an absolute must for all parents who can possibly attend. You will receive a schedule of events from West Point for this special weekend. The schedule is posted on the USMA parents' information page sometime in February. The cadets are your host for the weekend! You may be

able to see your cadet's room, classrooms, meet roommates, instructors, and TAC officers. Pay particular attention to the Parent Briefings during the day on Friday and Saturday. From presentations by the Superintendent and Commandant to explanations/Q&A of the MIAD, AIAD, AND PIAD, we found these to be productive allocations of time. You may also be able to take the grand tour of the Superintendent's Quarters, Uniform Factory, and Mess Hall. Saturday night, there is a formal banquet and Ball/Hop. Tickets are required for some of these events, and some require reservations. Your son/daughter must order tickets in advance and will receive an email on doing so. You may want to keep track and follow up with your Plebe to be sure he/she does not miss this opportunity. Plebes may have walking privileges on Friday evening and part of Saturday evening. Cadets will be released by approximately 8:30 on Sunday to begin Spring Break so plan travel accordingly.

Hundreds of people come to West Point to visit their cadets during Plebe Parent Weekend. Some families, particularly those who are a great distance from West Point, make it a big trip. Cadet dates are welcome, as long as you, the parent, wish them to attend. This is a once in a lifetime experience that parents should not miss. NOTE: Cadet dates will need to procure a visitor id from the Visitor Center.

Spring Break:

The upperclassmen are released around 1:00 pm on Friday, March 3, 2023. Many Plebes invite roommates or a West Point buddy to travel to warm, sunny Texas for Spring Break. Non-Texas cadets find the Houston Livestock Show and Rodeo and its music performers to be unique and a lot of fun.

Sandhurst Military Skills Competition: April

While it is called the Sandhurst Military Skills Competition after the Royal Military Academy Sandhurst in the United Kingdom, the annual competition has always been held at West Point. Sandhurst was started in 1967 when RMAS presented West Point with a British Officer's sword to use as the prize for a competition to promote military excellence.

It was not until 1975 that the competition began to resemble its current form with teams taking part in different challenges to test their military skills. Sandhurst was only an internal West Point competition until 1992 when ROTC teams began competing. Then, in 1993, RMAS began taking part annually. The Royal Military College of Canada joined in 1997 and since 2002 the competition has featured a diverse group of international teams as well as Naval, Coast Guard and Air Force academies and ROTC teams from throughout the country.

Late Spring through Class of 2023 Graduation

In late spring, the weather and moods begin to improve. The APFT is administered again sometime during the second semester. Passing the APFT is required for promotion. Plebes are promoted during graduation activities in May. Cadets are promoted to Private First Class. A Cadet Private is also referred to as a rising yearling/yuk. Promotion is definitely a high point in the plebe year! You will be amazed at the change in your cadet! They are human again and may have returned to the same outgoing child you dropped off on R-Day All cadets MUST remain at West Point until after the graduation exercises have been concluded. Cadets are released directly after graduation – approximately noon.

Summer Detail

Sometime in March, your cadet receives his/her summer training schedule. Rising yuks complete Cadet Field Training (CFT) at Camp Buckner and select at least one Academic (AIAD), Military (MIAD) or Physical Individual Advanced Development (PIAD) training session. Many rising yuks are trained in Air Assault or Airborne to complete a Military Individual Advanced Development requirement.

Travel

Always be aware and respectful of release times, report times and weather. Cadets are not allowed to skip classes or miss formation. As you schedule planes, trains and automobiles try to avoid adding stress to your cadet's life. Remember that "on-time" is late. If a travel issue occurs, your cadet is responsible for notifying the chain of command for accountability. Communication is key – asking forgiveness after the fact is not an acceptable course of action.

Renter's Insurance

USAA is a great provider for Renter's Insurance and is accessible both online and physically just outside the Thayer Gate. Please note that cadets are accountable for their own uniforms, equipment, computers, electronics, and other valuable assets both during their academic year and during breaks when storage is necessary. Below is an account of what happened to one of our own Houston cadets and the value of renter's insurance:

Our Cadet did not have coverage through the USAA Renter's Insurance Program, and I sure wish he had! Summer storage for all the Cadet trunks is provided in the barracks. Unfortunately, for our Cadet, there was a leak in the ceiling and many trunks were soaked. By the time the Cadets returned to start Re-Orgy Week, they found their belongings soaking wet and moldy. Those who had coverage had great service from USAA: easy paperwork and fast payments.

R-DAY PACKING LIST

Your new cadet receives an official packing list with instructions from West Point about what to bring and what not to bring for R-Day. Follow the instructions from USMA. Optional items do contribute to improving your cadet's comfort and convenience. Suggest no luggage with wheels as they will have to lift and carry the luggage around until transferring their items over to their issued duffle bag. Any items not permitted during CBT are returned to the new cadets during ReOrgy Week.

Many cadets pack their items in separate zip loc bags (2 gallon size can be obtained on Amazon if not available at your local WalMart or Target) to enable them to relocate gear quickly from their civilian bag to their issued duffle bag. They will have 60 seconds to transfer gear from one bag to another, with cadre yelling at them all the while. If you have overpacked and not all their gear will fit, they will have to make a quick decision on which items are the most important to take. Note that the issued duffle will already be around half full with issued gear. Whatever does not fit will stay in their civilian bag until after A-day.

When your cadet arrives at R-day his cell phone will be taken for storage and may be returned to at the mid-point of Beast to enable extended phone calls home. Suggest including a Ziploc bag with your cadet's name and a charger so he can quickly slip his phone in and hand it over.

MONTH BY MONTH PARENT REFERENCE GUIDE

Before the End of June

Join the West Point Parents Club of Greater Houston. wppcgh.com membership tab

Please contact the WPPCGH president if you need financial assistance. DO NOT let the dues deter you from joining the WPPCGH!

Congratulations! After all the paperwork, interviews and anxious waiting, your child is now going to USMA. First task that needs to be addressed is to be sure the USMA Offer of Admission has been accepted. Then prepare for an avalanche of information, forms, requests, and details. Cadets say it is like trying to get a drink from a fire hose!

The responsibility to read, understand and complete all the paperwork is on your child. So, sit down together and work through every step. Your child should be sure all checks are green on the portal and make copies of paperwork sent to West Point. Re-read the [Instructions for Candidates Offered Admission](#). A copy of this booklet comes directly from USMA through the portal. This is probably the last time as a parent that you will be able to help with paperwork. After A-Day your child is a Cadet at USMA. Get in the portal. Know the admissible packets.

This is not your typical college experience. Your son/daughter's experience at West Point will be unlike that of their high school friends. They are soldiers in the United States Army on a 47-month training assignment posted at West Point. Their freedom of travel is restricted. Their lives are highly regimented. Their summers are planned, and their visits home are fewer and shorter than those of their former

classmates. Even directly after plebe year, summer may yield only 1 week at home due to military training, MIADs and optional AIADs. Friends, family, and others will have difficulty relating to your experience.

Make travel reservations for R-Day now if you have not done so for yourself and for your cadet candidate. New cadets submit their individual travel receipts during BEAST and are reimbursed. If they are traveling alone, reservations may be handled through the West Point vendor on their portal. Note: Remember you have to apply for Parent ID Cards (Local Access Cards) before you can enter the West Point gates. Your New Cadet Candidate does not need an ID card. Arrive a day early for this process.

Make hotel reservations for A-Day. For A-Day weekend try to get a room within the walking privilege area. Watch for official announcements from USMA for current walking privileges regulations as they can vary every year.

Make hotel reservations for future visits to West Point. Hotels fill up early for scheduled USMA events, especially football games, including the weekend of the WPPCGH sponsored Texas Tamale Tailgate and Plebe Parent Weekend! Some hotels offer reservations for Graduation Weekend right after R-Day.

Consider encouraging your cadet to complete an application for a major credit card if they do not already have one. It is wise for cadets to have a credit card for emergency situations and for booking airline reservations.

By this time, the cadet candidates should have a checking account for direct deposit of the cadet's paycheck. Most choose either Pentagon Federal Credit Union or USAA. Pentagon Federal Credit Union has an office in the Cadet Area of USMA and has ATM locations and another branch in Highland Falls. When cadets become cows, their cow loan is done through USAA. There is also a Chase Bank branch location in Highland Falls, but remember, during plebe year there is limited opportunity to leave post so many use one of the financial institutions with locations right on West Point. Cadets also obtain insurance and other financial services when they graduate through USAA.

Be sure your cadet candidate is registered to vote. Research your County Clerk's Office to learn of the upcoming elections and the procedure for voting absentee. Cadets are made aware of national elections, but there are also local elections where the cadet may want to be involved in the outcome.

Check to see if your cadet candidate's passport is current or apply for a passport.

Check with your car insurance agent to determine if your new cadet qualifies for a reduced rate or if he/she should be removed from the policy. Many insurers offer a reduced rate for students away from home without access to an automobile.

Preparing for R-Day:

Purchase items need for BEAST. Be sure your cadet candidate travels light – one bag. Preferably no rolling bags. You can send additional items to your cadet after A-Day. It is beneficial to your cadet candidate if small items are packed in clear sealable plastic bags. Do not fret if everything is not perfect as these new cadets will manage and USMA will provide what they need.

Encourage your cadet candidate to browse through "Bugle Notes" for which are available on the web. New cadet candidates will be required to recite "knowledge" during BEAST. All the information they must memorize comes from this book. Different young people respond differently to this. Some cadet candidates find it stressful to try to memorize information ahead of time. They should not fret over it, but maybe just browse through it. Some will later wish they had spent a little time learning the Knowledge.

Though all will do just fine. If they know too much, they get just as much attention as if they can't get it. In fact, the only thing that will be very helpful on R-Day, is to memorize how to report to the Cadet in the Red Sash.

Encourage your cadet candidate to RUN, RUN, RUN and then RUN some more. We cannot emphasize this enough. Houston-area cadets are flatlanders! At West Point they will need to become highlanders. Initially, everything at West Point will seem to be uphill. Practice running up hills, stadium ramps, bayou running trails or office parking garage ramps. REMEMBER TO TAKE ALL SAFETY PRECAUTIONS when running in areas sharing space with automobiles. Be sure running shoes are well broken in before R-Day. Prepare and send blister kits.

Each new cadet will take an Army Physical Fitness Test in the first few days of BEAST. There are also increasingly longer road marches. Make sure boots are broken in. Stay in shape!

Prepare yourself and your new cadet candidate for the stress of R-Day. The realization that your son/daughter is now in the Army can be quite stressful. Many parents are a little shaken when they leave the building after their son/daughter has been escorted away.

Call your WPPCGH mentor when you have questions or concerns. Mentors are here to help in any way.

July

Typically, Cadre require cadets to write a letter to their parents within the first 48 hours of BEAST. You should receive such correspondence within the early days of July. It will be brief. Mail letters of encouragement daily or as often as possible. Be sure to include humor in your correspondence. Ask friends, grandparents, cousins, teachers, coaches, and church members to write your son/daughter. Provide preprinted address adhesive labels or envelopes and encourage them to write as often as possible. New cadets find comics, jokes, and newspaper headlines particularly helpful because they may have to entertain the cadre during meals. You might want to send multiple choice or fill-in-the-blank letters, to procure information, as well as provide your new cadet with a laugh or two! There are samples on the USMA Parent Information website page. The correct format for addressing an envelope is located later in this handbook.

Do not expect a telephone call for several days. New cadets are usually restricted to only three telephone call during BEAST. Your new cadet calls only when given permission by his/her squad leader.

If you happen to be in the West Point area for the 4th of July, attend the band concert and fireworks at Trophy Point. This is an incredibly moving experience that hundreds of residents from the Northeast attend. The new cadets usually attend the celebration, but parents are not allowed to visit with their son/daughter. It is possible to see him/her at a distance as they march in and are seated in the front. Sometimes this event is televised.

The long anticipated and longest telephone call comes at approximately the mid-way point of BEAST, usually during the Ice Cream Social. The time frame of the anticipated phone call is stated at the Superintendent's briefing on R-Day, so be prepared and available. Typically, this is the most private phone call permitted a cadet during BEAST. New cadets are invited to the home of a West Point sponsor family for some down time. The hospitality may include home-cooked food, snacks, a long hot shower, watching TV, listening to music or maybe even a nap!

Prepare yourself for a downer communication, either a letter or a phone call. New cadets are under extreme stress, and they need to vent. This is a time for parents to listen and be supportive. Remember,

you may hear the worst from your son/daughter. R-Day and BEAST are physically and emotionally challenging and stressful. You are your cadet's outlet for all of their frustrations. Most cadets feel much better after the phone call with you, even though your cadet's words and mood will linger with you, and you will feel worse. Do not hit the panic button if your cadet mentions quitting. Most think it, some say it. Be a good listener. Use humor to get through tough times and encourage your cadet to see the humor in BEAST. Be positive, understanding, encouraging, and empathetic. Remind your cadet to look for purpose in activities and events at BEAST.

Remember, you know your new cadet better than anyone else does. Listen to what he/she says. Each new cadet will have different kinds of concerns. Other parents may offer suggestions on different ways to solve a problem, but you know better than anyone which method might be most effective.

Talk with parents of other cadets for moral support. Your WPPCGH Mentor is willing to provide assistance whenever requested.

Do not send any packages until your new cadet tells you packages are allowed. This will likely be after A-Day. Note: This may be different from one BEAST Company to another. In addition, packages are notoriously difficult to obtain as they will have to stand in line at the counter for any package that does not fit into your cadet's PO box. The smallest flat rate boxes from the Post Office will fit in their box and are generally put directly in, but not always!

Be sure you do not do anything that will draw attention to your new cadet. He/she will want to keep a low-profile during BEAST. If you have concerns, call your WPPCGH Mentor, Club Officers, or Class

Representative. Calling your cadet's TAC Officer should be restricted to only the most serious family matters and emergencies.

August

Keep sending notes of encouragement. Every letter they receive is appreciated. The best answer to the question on how your cadet is doing is, "He/she is still there!" This in itself is a major accomplishment.

New cadets receive their laptop computer typically by Wednesday of Re-Orgy week. Anticipate an email or phone call from your new cadet during this time frame. Remember to establish a rendezvous point at Thayer Statue, MacArthur Statue, Grant Turnaround, Doubleday Field, etc. to meet your cadet after the A-Day Parade. This is also a good time to reconfirm cadet's junk food orders and their preference of A-Day weekend activities. During communications, determine if your cadet has a roommate or friend whose parents are unable to attend A-Day and make an offer for other plebes to join you for A-Day weekend activities. All plebes need the opportunity to get away at least a couple of hours and have a good meal.

Preparing for the A-Day Weekend:

Bring boodle (snack items). Pack the first boodle in a boodle box, an airtight plastic container (approximately 23"x17"x9") to hold future boodle. These boxes can be found at large discount stores and at the PX (Post Exchange) at USMA. You know your child best, so bring them whatever they most enjoy and have most missed during BEAST.

Bring one set of civilian clothes. Your new cadet has civilian clothes from R-Day only. Pack a set for the cooler days ahead, along with a jacket. Inquire if he/she is in need of a new pair of running shoes or sunglasses. Allow your cadets to determine what civilian clothes he/she needs, if any. Space in the barracks is limited.

Some cadets appreciate certain toiletries that are not available at the Cadet Store. Extra contacts may be needed until they can place a new order.

Bring or purchase school supplies. Again, your cadet knows what is needed and may not take everything you brought or purchased back to the barracks.

Plan to arrive in the stands on The Plain approximately one hour prior to A-Day Parade. Bring a seat cushion or towels to sit on. The metal bleachers are hard and may be wet from heavy dew. Check the weather as conditions can vary widely and change quickly.

Enjoy the parade!!!!

Wait at your designated rendezvous spot for your cadet. Do not be alarmed if your cadet is very slow to emerge from their barracks. Some companies have stricter requirements for release.

West Point Parents Club of North Texas (WPPCNT) hosts fellow Texan cadets and families at a luncheon in Eisenhower Hall (downstairs in the Riverside Café). This is an informal meal with lots of space for you and your cadet to meet and spend some time chatting. Another alternate place to meet and eat is to arrange for a picnic on Trophy Point. Please be aware that your cadet will probably want to eat mass quantities of comfort and favorite foods over A-Day weekend. When your cadet is not eating, he/she may want to sleep. Be sensitive to your cadet's desires and needs. Let your cadet dictate your schedule and activities during A-Day weekend.

Be prepared for your cadet's feet to be in need of care. You may want to take a trip to the PX or local big box store to purchase OTC supplies as well as school supplies.

Cadets are generally not allowed to stay overnight on Saturday in your hotel room. Cadets must return to USMA barracks before taps on Saturday evening.

Remember, your cadet begins classes Monday morning. He/she already has assignments to complete before attending Monday's classes. It is recommended to not linger much past 2:00 pm on Sunday of A-Day weekend before saying goodbye to your cadet. Be prepared for a letdown feeling after seeing your cadet and departing USMA. It's NATURAL!

If you are unable to attend A-Day, be assured that a family will care for your cadet. Your cadet may have already been invited to join his/her roommate or a classmate from his/her BEAST Company. You may contact your WPPCGH mentor or another Houston family to help coordinate contact information for you son/daughter if necessary.

September

Plan to attend USMA football watch parties. Watch parties are typically held at a sports bar for every televised football game. Come to make friends with WPPCGH and WPSGH members and cheer USMA to victory along with other plebe parents.

Your cadet may be able to take a pass for the Labor Day or Columbus Day weekend and come home. If not, you may choose to visit West Point. It's a beautiful time of year to visit New England. Talk with your cadet before making specific plans. Each cadet's schedule varies and may include unexpected duties or disciplinary activities. Remember, cadets are ultimately responsible for their plans.

The USMA sponsor program assigns a sponsor to your cadet. Encourage him/her to accept invitations to visit his/her sponsor. The sponsor's home provides a welcome and needed place for some relaxation. Visits with the sponsor usually include a meal. Your cadet should be encouraged to send a thank you note after every visit.

Volunteer for T3 – The Texas Tamale Tailgate! Cadets greatly appreciate the Texas style tailgate that Houston and Dallas Parents Clubs bring to West Point! Purchase tickets to attend the Army Football game. Encourage your cadet to invite roommates and buddies to be Texans for a day!

Check with your cadet before making flight arrangements for Thanksgiving. He/she can tell you when their last class ends and at what hour they need to report back to West Point on Sunday. It is best to schedule an early flight on Sunday to return to West Point. Official calendar dates do change. Schedule flights by leaving ample time for ground transportation as well as other unexpected delays. USMA provides bus service at a very reasonable rate. Cadets make the bus reservation through an internal link. Watch USMA parent information page for the bus schedule that services Newark, LaGuardia, and JFK. If the airline expense is too much for your budget, your cadet may want to visit friends and/or relatives in the West Point area for Thanksgiving.

As the weather starts to turn cooler you may want to ask your cadet about warmer clothing for under their uniforms – military waffle shirts, long underwear etc.... These things are available at the PX but due to the distance and need to take a bus to the PX many cadets would prefer to not take the time and order from online military surplus stores or Amazon.

October

To plan for Winter Leave, ask your cadet for the final exam schedule, details regarding dismissal from duties and time for reporting back so flight arrangements can be made. In scheduling the return flight, schedule the first flight out that day. Cadets move into a new room with new roommates upon arrival. The earlier the arrival, the better prepared for resuming cadet activities. Also, bad weather can have a detrimental effect on air transportation. Your cadet does not want to return to West Point late! Always have your cadet communicate with he/her Chain of Command.

Discuss Joint Service Academies Military Ball with your cadet and make plans to attend. Let your cadet know that he/she can bring a date.

November

Continue sending notes of encouragement and boodle. Your cadet will have Written Partial Reviews (WPRs) in all academic classes during the seven days prior to Thanksgiving Leave. It is a stressful period.

Sign up to volunteer at the December AIM Meeting usually held the Saturday or Sunday before Christmas. AIM is an information meeting for prospective cadet candidates, hosted by USMA Field Force Admissions Team. Our club helps with set-up preparation, food serving and clean-up. Houston cadets also speak at the meeting.

Purchase warm articles of clothing like Under Armor and/or silk or polypropylene long underwear, Under Armor skull cap, SEAL gloves, battery powered socks, hand and foot warmers, etc. to keep cadet warm at the Army Navy game on Saturday, December 10th at Lincoln Financial Field in Philadelphia, PA. Your cadet can purchase many of these items at the PX (Post Exchange).

Ask your cadet if assistance is needed in preparing for the Annual Christmas Dinner. Plebes are responsible for table decorations and provide cigars. Your cadet probably has an assigned task to prepare for the festivities.

Make your reservations and RSVP for Houston's Joint Service Academies Military Ball (JSAMB). Parents, family and friends are welcome to attend. Cadets are encouraged to invite a date. Tell your cadet to bring their FULL-DRESS GREY OVER WHITE uniform. This is NOT the usual seasonal uniform. They need to make sure they bring their shoes, gloves, buttons for jacket and pants, cuff links and collars. It is highly recommended you tell your cadet to purchase several extra buttons for their jackets – all parts and both styles. They will know what you are talking about.

December

Immediately send our cadets monthly boodle after their return to USMA from Thanksgiving Leave and send another boodle shipment again the week before TEEs commence. Remember, this Boodle replenishment is used by your cadet as he/she completes papers and prepares to take TEEs.

Set your television to record the pre-game March In and football game if you are unable to be in Philadelphia, PA. Don't miss the Watch Party of the Army Navy football game with other West Point parents and Old Grads.

Encourage your cadet to attend the Houston Admissions Information Meeting (AIM) sponsored by the West Point's Field Force. It is important for Houston area cadets to attend and make themselves available to visit and share USMA experience with prospective cadet candidates and answer questions.

Finalize your plans for the Joint Services Academies Military Ball. This is a great night for the cadets to be socializing with others from Service Academies and for the parents to get to know each other. It truly is a great dinner and dance for the entire family to attend. Remind your cadet to bring home specific uniforms for AIM and for JSAMB.

January

Be aware that January is the beginning of the "gloom" period when weather is continually gray, and your cadet may experience an emotional roller coaster. Cadets have been assigned new roommates for the spring semester. Understand that adjusting to new roommates may cause additional stress for your cadet.

Replenish the boodle box and keep up with correspondence.

It's Super Bowl time. Your cadet's sponsor will most likely have a Super Bowl party. If your cadet receives an invitation, encourage them to attend.

February

February continues to be the gloom period when USMA's weather is continually gray.

Remember the boodle box and keep up with correspondence.

Your cadet receives their Summer Detail assignments during February or early March.

Consider volunteering as a mentor to a new cadet candidate family. Mentors offer support and answer those inevitable questions about R-Day, BEAST, March Back, Re-Orgy Week and A-Day. Many of the questions deal with lodging and traveling from Houston. By this time, you are no longer a rookie plebe parent!

March

Attend West Point Founders Day! Cadets at West Point and graduates throughout the world, gather for a formal dinner and program to celebrate Founder's Day. The West Point Society of Greater Houston hosts the dinner and program, which you are invited to attend. It is usually held the first Saturday in March.

Cadets have WPRs in all of his/her academic classes during the seven days prior to Spring Break. It is another stressful period.

Preparing for Plebe Parent Weekend:

It is best to travel to West Point on the Thursday before Plebe Parent Weekend. Take warm clothes and comfortable shoes to PPW. Weather is unpredictable this time of year.

USMA issues a formal schedule of activities and events prior to the weekend. There is a lot to do in two days! There are one-time only opportunities to take tours and purchase class apparel.

Plan to meet with your cadet after his/her morning classes. Together you will attend a briefing by the administration, and depending on new post pandemic protocols, and you may be able to visit your cadets' classes and professors, meet his/her TAC Officer, and plebes from his/her company.

The Plebe Parent Banquet in Washington Hall Mess is a formal dinner, dress accordingly. After the banquet, plebe parents are welcome to take their stemware with your cadet's class year etched on them. Bring a tote bag with bubble wrap to secure stemware. Additionally, comfortable and WARM shoes can be carried in a tote bag to facilitate changing on formal footwear (heels) for the long walk to Eisenhower Hall for the receiving line, Plebe Parent Hop and taking of professional pictures by Academy Photo.

Cadets are released by about 8:30 am on Sunday to begin Spring Break. Please plan flights accordingly.

April

Consider attending the Sandhurst competition if your plebe is on a company team. This is a huge event!

The second academic semester is in full swing. Encourage your cadet to request academic assistance in classes as needed. Remember, all USMA professors want your cadet to succeed, but a cadet has to take the initiative to seek assistance.

Be aware your cadet may be required to take a class in summer school called STAP if academics are not up to par. Don't be discouraged. Your cadet won't be the first one who has done this and will certainly not be the last. Also, cadets can replace their lower grade with STAP course retake grade.

The second Army Combat Fitness Test (ACFT) is usually administered during the month. Passing the ACFT is a semi-annual requirement for plebes. This is a very important test. If a cadet fails the ACFT or is designated as deficient in the Physical Program, he/she is enrolled in the Commandant's Physical Remedial Program (CPRP).

Check with your cadet before making flight arrangements for Summer Leave. Cadets must remain at West Point until the graduation ceremony for the outgoing class has concluded.

Send notes of encouragement and survival kit boodle to help your cadet through TEE study sessions!

May

Attend the WPPCGH Hail and Farewell luncheon meeting! Talk with new cadet candidates and their parents to assist them with making their transitions easier. You are an expert now!

Encourage your cadet to attend the New Cadet Picnic sponsored jointly by the Field Force, West Point Society and West Point Parents Club of Greater Houston. The New Cadet Picnic is important because it affords an opportunity for new cadet candidate to meet and receive guidance from upper class cadets. It is especially helpful for rising yuks to meet, visit, advise and answer questions of new cadet candidates as they prepare for R-Day and BEAST.

BREATHE A GREAT BIG SIGH OF RELIEF! Your CADET HAS SURVIVED PLEBE YEAR AT USMA!!!
Your plebe is now officially a rising Yuk! Only 35 months until your cadet's graduation!!!

POSTMASTER

June 25, 2020

Parents/ Family/ Friends:

Subject: Proper Cadet Mail piece Addressing

This is a revised letter and supersedes all previous instructions. The West Point Post Office began delivering all Fed Ex and UPS packages to Cadets back in 2012. We highly recommend you ship your packages through the United States Postal Services. These packages are shipped directly to the Cadet Post Office without delay. To help ensure your Cadet receives their packages and mail timely and accurately, we have composed a few addressing tips that we encourage all Parents, Family and Friends to follow:

- **All Mail shipped USPS including packages-** The United States Postal Service uses automation to process all mail. Since the machines read the mail, it is imperative that all mail follow the format with the 10997 zip code below:

Cadet Name
PO Box _ _ _ _ _
West Point, NY 10997- _ _ _ _ _

- **The following format should be used for any package that cannot be shipped to a PO Box-** for example Fed Ex and UPS packages. Please specify the cadet's PO Box number as their unit number for proper addressing. Do not use the words PO Box when shipping through Fed Ex/ UPS as this is not allowed. Note the different zip code- 10996. See format below:

Cadet Name
745 Brewerton Road # _ _ _ _ _
West Point NY 10996- _ _ _ _ _

- **It is extremely critical that all mail including packages shipped via USPS contain the correct PO Box number and correct zip code 10997.** Missing either of these 2 elements will cause your package to be returned for insufficient address.
- For ALL Fed Ex and UPS packages- Please allow a minimum of one business day delay from when the package is signed for and scanned delivered at West Point before the package is available for pick up by your cadet at the Cadet Post Office located in Washington Hall.
- During the months of August, September, January and February, we experience our highest volume of shipments with book orders coming through and orders of personal items for the cadets. Please be mindful of this and allow an extra business day for the processing of incoming packages.

The West Point Postal Family looks forward to servicing all your postal needs. If you have any questions or concerns, please feel free to call me anytime. The phone number to the Cadet Post Office is (845) 446-8750.

Thank you!

Kristina Tamer
Postmaster
West Point, NY 10996
(845)446-8749

(current as of handbook publication – refer to <https://www.westpoint.edu/parents> for any updates)

BOODLE

Boodle becomes a favorite word in your cadet's vocabulary. Sending boodle gives you a chance to spoil your cadet! Receiving a package makes a hard day much easier to handle! Below is a list of some boodle ideas to get started and suggestions when you are looking for something outside of the ordinary.

Send a piece of Texas to West Point:

Beef Jerky – New Braunfels Smokehouse - <https://www.nbsmakehouse.com>
Individual Fried Pies – Mindy Lu Pie Company - <https://mindyluspies.com>
Oranges and Grapefruit – Pittman & Davis - <https://www.pittmandavis.com>
Pecan Pie in Wooden Box – Goode Company - <https://shop.goodecompany.com>
Texas Shaped Pecan Pie – Gaidos - <https://www.gaidos.com>

Themed Boodle Boxes for Monthly Holidays or Events:

September – Football, Towers of Tunnel Run
October – Halloween
November – Fall, Thanksgiving
December – TEEs
January – Winter, Movie Night
February – Super Bowl, Valentine's Day
March – St. Patrick's Day, Mardi Gras
April – Baseball Opening Day, Summer Detail Theme
May – TEEs

Items that ship well:

Individual boxes of cereal
Dried fruit snacks
Powdered sports drinks
Sunflower seeds
Nuts
Packaged crackers
Candy
Hot chocolate packets
Protein bars

Items to throw in:

Parachute soldiers, yo-yo, stress ball, mini magic trick kits, gift card to Amazon.com, new toothbrush, not cards/stationery and stamps, magazine subscription, foot powder, comics, jokes, roll of quarters, individual load laundry soap packets, Tide-To-Go pen, ChapStick, sewing kit, batteries, Nerf football/Frisbee, etc.

Please note that the Club puts together Boodle Boxes once per semester. Parents bring different items to share. Great camaraderie for all.

Helpful Phone Numbers

West Point Information 938-7000
(Weather and event information)

Military Police 938-3333
While visiting WP, if you hear something or see something – say something!

AAFES (Post Exchange – PX) 446-5404
Enterprise Rent a Car 446-2475
Flower Shop 446-3848
Military Clothing 446-5446 x147
Subway 446-2096

Admissions Northeast 938-5721
Southeast 938-5726
Great Lakes 938-5728
Southwest 938-5717
Far West 938-5719

Army Sports Ticket Office 446-4996
OR 1 877-TIX-ARMY 877-849-2769

Cadet Bookstore – Thayer Hall 938-5193

Cadet Store – Bldg. 606 938-2121

Cadet Pay Office 938-6134

Cadet Hostess 938-4681

Central Guard Room (CGR) 938-3030

Center for Personal Development
Counseling Center 938-3327/3022

Chaplain's Office 938-3316/8619
Catholic Chapel 938-8760
Jewish Chapel 938-2766/2710

Eisenhower Hall Theatre 938-4159

Gold Coats (Computer Assistance) 938-4332

Five Star Inn (Lodging) 446-5943

Gift Shops
West Point Gift Shop – Visitors Ctr. 446-3085/3072
West Point Association of Grads 446-1670
DUSA Gift (WP Museum) 446-0566
West Point Women's Club 446-7783

Harbormaster
Ferry 938-3011

Hotel Thayer 446-4731

Keller Army Community Hospital
Front Desk/Information 938-5169
Patient Information 938-2273
Mologne Cadet Health Ctr. 938-3003
Saunders Dental Clinic 938-3121

Military Family Life Consultants 845 219-4199

Post Office
Cadet Mailroom (10997) 446-8750
West Point (10996) 446-8749

Photography Company
Legacy Studios 1 844 560-5670

Recreation Areas
Bowling Center 938-2140
Golf Course 938-2435/2327
Round Pond 938-8811/3860
(Also handles RV reservations for North Dock)
Victor Constant Ski Area 938-3726/4637

Registrar's Office 938-2050
(letters of enrollment/transcripts, etc.)

Restaurants
Cadet Restaurant (Catering) 938-7732
First Class Club 938-7657
Grant Hall 938-2995
Hotel Thayer 446-4731
West Point Club 938-5120

Visitors Center
Tour/Parade Information 938-2638

West Point Association of Graduates
446-1500

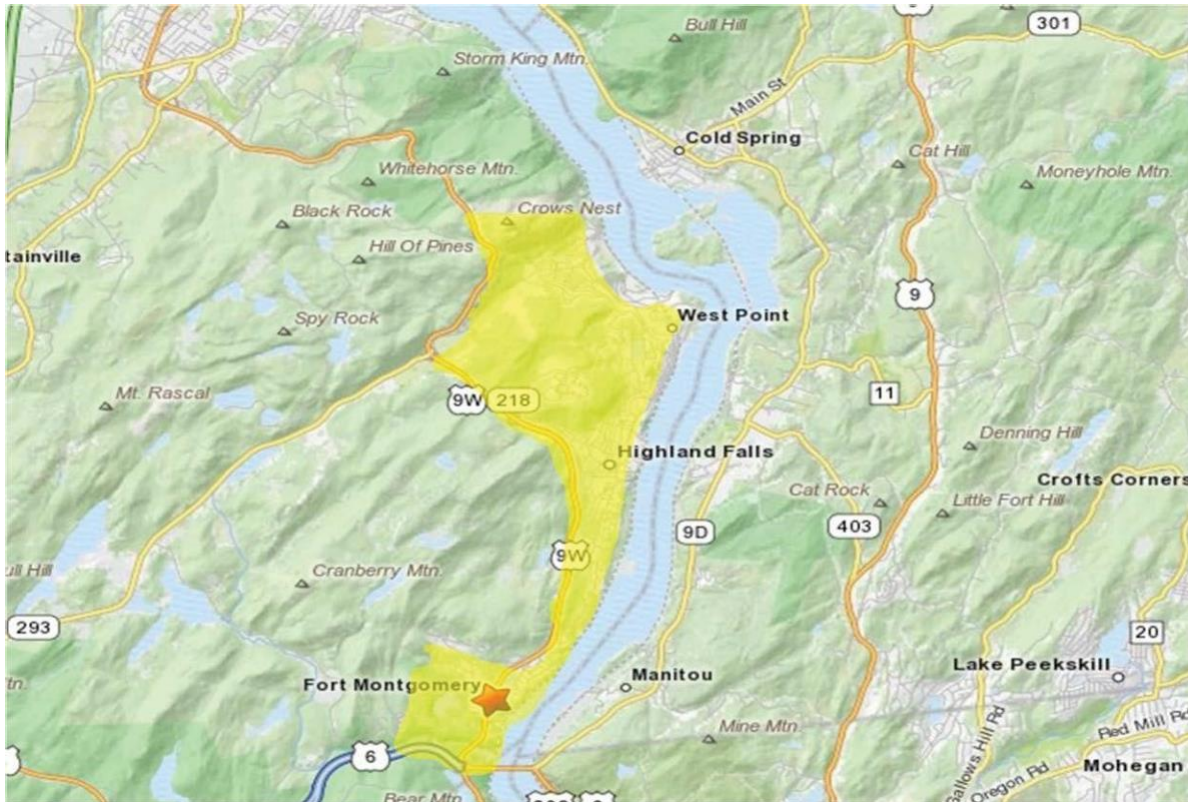
West Point Tours
(Daily tours of West Point) 446-4724

Parent Club Coordinator/Parent Communications
938-8826/5650

Updated Aug. 31, 2021

(current as of handbook publication – refer to <https://www.westpoint.edu/parents> for any updates)

MAP OF WALKING PRIVILEGE AREA



Verbiage taken from the USCC SOP (Standing Operating Procedure):

The Walking Privilege area is defined by the following boundaries:

North - main post limits

South - Bear Mountain traffic circle (Intersection of Routes 6 and 9W) when on foot, (grounds of Bear Mountain Hotel and adjoining state park facilities when traveling by vehicle)

East - the Hudson River

West - west side of Route 9W (cadets may use establishments located directly on the west side of 9W)

Cadets should be familiar with the appropriate allowances.

(current as of handbook publication – refer to <https://www.westpoint.edu/parents> for any updates)

WEBSITES AND SOCIAL MEDIA

USMA Official Parent Email List

<https://53list2.army.mil/scripts/wa.exe?SUBED1=WPPARENTLIST&A=1>

Link is also posted on the USMA Official Parent Information Site with specific directions

USMA Official Parent Information Site

<https://www.westpoint.edu/parents>

West Point Parents Club of Greater Houston Web Page

<https://wppcgh.com>

West Point Parents Club of Greater Houston Facebook Page

<https://www.facebook.com/groups/WestPointParentsClubGreaterHouston>

West Point Society of Greater Houston

<https://www.west-point.org/society/wps-houston>

West Point Class of 202x Parents Facebook Page (fill in x with your class year)

<https://www.facebook.com/groups/wpparents202x>

West Point Parents Facebook Page

<https://www.facebook.com/WestPointParents>

West Point Photos

https://www.flickr.com/photos/west_point

West Point YouTube

<https://youtube.com/user/TheWestPointChannel>

Contact Deb Dalton – USMA Parent Liaison if you have any questions

Deb.dalton@usma.edu

CADET MEDICAL

Medical and Dental:

Cadets are members of the active duty Army and are entitled to complete military medical and dental benefits as long as they remain on active duty. Eligibility for military health benefits lasts until midnight on the date of discharge from the active Army. Retention of a civilian medical plan ensures continuous medical coverage after discharge. The US Army provides a cadet with life and health insurance the cost of which is deducted from his/her salary.

If you hear your cadet is in the hospital you may call the TAC Team at any time to get information. Cadets who have an illness requiring bed rest, such as the flu, are often hospitalized because they do not have the option of missing classes and resting in their rooms. Because of laws protecting the confidentiality of medical information, cadets are responsible for notifying their parents. If a serious injury occurs, the TAC officer will notify the parents.

In the event of an injury or illness while on leave or pass that is **urgent, but not an emergency**, prior authorization is required. The government will not pay for **non-emergency** medical or pharmacy care from civilian source without prior authorization. Cadets need a referral from Mologne Cadet Health Clinic and preauthorization. Cadets are referred to the TRICARE civilian network and are contacted via email by the Keller Referral Center staff on how to make an appointment.

In the event of an **emergency** while on leave, pass, or temporary duty, cadets should call 911 or obtain medical care at the **nearest medical facility, military or civilian**. The cadet's CAC card acts also as their insurance card. Prior authorization is not required for emergencies. An emergency is a medical condition that, if not treated immediately, could result in the loss of life, limb, (including loss of function) or eyesight. Cadets must exercise reasonable judgement. They should never gamble with their lives out of fear of paying a bill. Cadets must report their emergency visit or stay within 48 hours.

Emergencies:

In the event of an immediate family emergency and you cannot reach your cadet via phone, text, or email, you can call the Cadet's Tactical Officer or the Brigade Tactical Department Headquarters at 845-938-6005. You may also call the Central Guard Room (845-938-3030) that is staffed 24 hours a day. If there is a death in the family, please also contact the Red Cross. The Red Cross helps with verification in order for the chain of command to make a decision regarding emergency leave.

<https://www.redcross.org/get-help/military-families/emergency-communication.html>
877-272-7337

West Point Information on Medical:

Please refer to the link for this pdf copied below (current as of June 2023) for full information. Note that West Point advises to "retain medical insurance for your cadet so that coverage is immediately available if the cadet leaves USMA before graduation and commissioning."

Link to pdf located on West Point parents landing page: <https://www.westpoint.edu/parents>

https://s3.amazonaws.com/usma-media/inline-images/Parents/pdf/Documents/medical_and_dentalinfo_pdf_kach.pdf

Cadet Health Care

TRICARE is the military health system. Cadets receive health care at the Mologne Cadet Health Clinic (MCHC), Keller Army Community Hospital (KACH), or in the TRICARE East civilian network. Routine primary care must be obtained at Mologne Cadet Health Clinic (MCHC). Specialty care requires a referral from MCHC.

Traveling with TRICARE

While away from West Point, cadets are entitled to access urgent or emergency care only. Urgent care in the U.S. should be coordinated through Humana Military, who identify Tricare authorized urgent care facilities. Outside the U.S., cadets contact International SOS (ISOS) to arrange care (and ambulance transport if needed).

Emergency care does not require referral or authorization. Emergency inpatient admissions must be reported to HNFS within 48 hours. Outside the U.S., report emergency admissions to ISOS.

Cadet Dental Care



Dental care is provided at the Saunders Dental Clinic located in Building 606. At a minimum, cadets must obtain an annual dental exam at the dental clinic.

Advice and Assistance

Mologne Cadet Health Clinic (MCHC)
Speak with clinic staff 845-938-3003
845-938-3006

Keller Army Community Hospital (KACH)
<http://kach.amedd.army.mil/SitePages/Home.aspx>
General Information 845-938-5169

Keller Appointment Center 845-938-7992
www.tricareonline.com 800-552-2907

Keller Health Benefits Advisors 845-938-4838
TRICARE benefit questions, claims issues, etc..

Keller Patient Advocate 845-938-5874
Concerns/complaints about MCHC or KACH

Keller Referral Center 845-938-5373
Assistance with referrals to civilian care

Saunders Dental Clinic
See Keller Website/Healthcare Services
Dental Appointments 845-938-2106
Civilian referrals 845-938-3121

United Concordia 866-984-2337

Nurse Advice Line 800-874-2273
Self-care advice/information
Help with deciding to access health care

Humana Military 800-444-5445
www.humanamilitary.com
Tricare Regional Contractor
Authorizations for referred civilian health care
Report emergency inpatient admissions

International SOS
www.tricare-overseas.com 877-451-8659
215-942-8393

www.mytricare.com
Follow civilian claims through to payment

To the Parents of New Cadets



Military Medical and Dental Information



Keller Army Community Hospital
West Point, New York

Mologne Cadet Health Clinic Building 606

The military medical system at West Point is designed to make it easier for cadets to obtain health care and return to normal academic activities as soon as possible.



Cadets receive primary health care at the Mologne Cadet Health Clinic (MCHC).

Located in the academic area in Building 606, MCHC is easily accessible and is staffed with doctors, nurses, soldier-medics, and other health care professionals.

MCHC also provides Pharmacy and Lab services. Special immunization clinics are held 3 or 4 times per year as needed.

Sick Call is held from 6:00 am to 6:30 am Monday through Friday at MCHC, with walk-in service available to cadets who are too sick to attend class. All others make appointments as outlined below.

To make appointments at MCHC via the Internet, cadets first register at www.tricareonline.com. Appointments can be booked as soon as access is granted. TRICARE Online also allows access to a modified personal health record and other useful features such as medication refill requests and secure messaging with the MCHC primary care team via Relay Health.

Appointments can also be made at MCHC or Keller Army Community Hospital by calling the Appointment Center at 845-938-7992 or 800-552-2907.

Cadets contact MCHC staff by calling 845-938-3003 or 845-938-3806.

Keller Army Community Hospital 900 Washington Road West Point, New York 10996-

Keller Army Community Hospital (KACH) offers most of the medical specialties a young person might need: Internal Medicine, Dermatology, General Surgery, Gynecology, Orthopedics, Sports Medicine, Podiatry, Physical Therapy, ENT, Radiology, Pharmacy, and Lab. Physical Therapy is also provided at Arvin Gym located in the academic area.

Other KACH specialties are located in the same building as the Mologne Cadet Health Clinic (MCHC). Optometry, Ophthalmology, Behavioral Health, Preventive Medicine and Community Health Nursing are all located upstairs from MCHC in Building 606.

When specialty care is needed, the cadet's primary care manager enters a referral in the hospital system and the cadet makes an appointment at KACH.

If the specialty care is not available at KACH, the referral is routed to Humana Military for authorization and the cadet receives the care from a TRICARE civilian network provider and/or facility.



TRICARE and Civilian Health Care

The TRICARE Military Health System is a partnership of regional military and civilian medical systems. West Point is located in the TRICARE East Region. Our civilian partner, Humana Military, can be reached at 800-444-5445. Information on other regions can be found at the official Department of Defense TRICARE website: www.tricare.mil.

As active duty service members, cadets are enrolled in the benefit option called TRICARE Prime. This is a managed health care model that requires referral and authorization before receiving specialty care.

Cadets referred to the TRICARE civilian network are contacted via email by the Keller Referral Center staff. Complete instructions on how to make an appointment and arrange transportation are provided. No matter where civilian medical care is received, all claims for TRICARE East enrollees are submitted for payment to: TRICARE East Region Claims Department, P.O. Box 7981, Madison, WI 53707-7981.

Other Health Insurance

TRICARE meets the Minimum Essential Coverage requirement of the Affordable Care Act. However, we advise you to retain medical insurance for your cadet so that coverage is immediately available if the cadet leaves USMA before graduation and commissioning. As Active duty service members, cadets are required to get all medical care within the military health system and use TRICARE for payment of civilian claims. Claims for care denied by your health insurance will be denied by TRICARE for lack of proper referral and authorization. Some benefits under your plan may not be benefits under TRICARE and cannot be paid. You can avoid claims problems by encouraging your cadet to get all routine care while at West Point. Please see the section entitled