Husky Battalion

Welcome Aboard Guide
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1. Introduction to Battalion Orientation

1.1 Battalion Orientation Objective

Battalion Orientation (BATT-O), held 18-22 September, 2017, will introduce you to life in the unit. Furthermore, it will give you a good understanding of expectations and standards as a Midshipman (MIDN) of the Naval Reserve Officers Training Corps aboard the University of Washington (UW NROTC). Attending BATT-O will give you the opportunity to build teamwork-centric relationships with your fellow classmates and meet experienced members of the Husky Battalion. Students attending BATT-O will receive adequate time for food, hydration, and rest. BATT-O commences at 0615 on Monday, 18 September; hours for the remainder of the week are from 0500-1800.

During BATT-O, students will receive Navy or Marine uniforms, conduct physical training (PT), learn close order drill, and participate in other activities that will help students transition into midshipman life. Students will also become familiar with the University of Washington campus environment. Please contact the Battalion Orientation Admin Officer at BATTO@uw.edu for more information.

1.2 Reporting to UW NROTC

You are required to pay the enrollment fees for the University of Washington or Seattle University by the date listed on your admission letter. The NROTC scholarship covers tuition and course fees; however, housing, medical, and enrollment fees are your responsibility.

Prior to reporting, please complete the required NROTC paperwork, per the “Administrative Forms Instruction Sheet.” The instruction sheet is attached to the initial email you received from the Battalion Orientation Coordinator. It can also be found at the UW NROTC’s website under “Menu -> Accepted Students -> BattO Documents”. You will need to have the following documents in your possession when reporting to the command:

1. Immunization record
2. Birth certificate and other identification (e.g. driver's license, and passport)
3. Reporting-in letter from Naval Service Training Command (scholarship students only)
4. All administrative paperwork contained in the “Welcome Aboard” package.
5. Bank information (account and routing numbers, and direct deposit capability)
6. Doctor’s note detailing your ability to engage in physical activity (only applies to non-scholarship students entering the College Program)
7. Receipts for travel expenses incurred from home to UW (travel may be reimbursed)

Should you have any questions regarding the required documents mentioned above, contact the Battalion Orientation Admin Officer immediately.

You are required to arrive at Clark Hall (2103 Skagit Lane, Seattle, WA 98195) no later than 0615 on Monday, 18 September 2017. A map is enclosed for your convenience. You are required to wear a black collared polo shirt, khaki pants, a black or dark brown belt, and comfortable, casual dress shoes; sneakers are not acceptable. Ensure that you bring a pen, a notepad, and a water bottle with you upon checking into the unit.

2. How to Prepare for Battalion Orientation

2.1 Initial Steps

You must complete the following action items to be fully prepared for Battalion Orientation:

1. Attend a UW or Seattle U “Advising and Orientation” session prior to BATT-O.
2. You must ensure you have set up all of your housing requirements.
3. Obtain a Husky Card (student ID) in your possession.
4. Register for N SCI 101 and N SCI 110, in addition to your other classes.
   NOTE: When registering for classes, you’ll be asked for an “add code” for the NSCI 101 course. Contact the Battalion Orientation Administration Officer (batto@uw.edu) to receive your add code. If you are a Seattle University student, you will be unable to register until you arrive. You will, however, need to leave a block in your schedule on Monday, Wednesday and Friday from 0830-0920 or 0930-1020.
5. Become intimately familiar with the Welcome Aboard Guide and the Battalion Orientation Tri-fold (see attached).
6. Ensure you are within all grooming and weight standards prior to arriving and that you are wearing a black polo with khaki pants when reporting in (see 2.4 Grooming Standards and Appropriate Civilian Attire).
2.2 Housing

Students who intend on residing in the dorms during the school year must apply for early arrival. Applying for early access will allow you to gain access to your respective dorm rooms prior to Battalion Orientation. **IT IS YOUR RESPONSIBILITY TO MAKE ARRANGEMENTS.** The UW NROTC program has no authority within the realm of roommate selection or assignment; such decisions remain your responsibility. It is strongly advised that you apply for a dorm room in the immediate vicinity to Clark Hall. McMahon Hall is the most ideal location.

If you have any questions about the application process, please contact the student services office (contact information below). You will need to inquire about Period 2 Early Arrival Housing with respect to UW NROTC program.

**Instructions for student housing through UW**

1. Set up your UW NetID
   a. This must be completed at least 5 days before you apply for housing
2. Set up your UW email account
3. Complete your Housing and Food Services (HFS) Student Profile
   a. Link is only accessible once you have a MyUW account
   b. [https://ucharm.hfs.washington.edu/ucharm/](https://ucharm.hfs.washington.edu/ucharm/)
4. Contact the Student Services Office and Apply
   a. Phone Number: (206) 543-4059
   b. Email Address: hfsinfo@uw.edu
5. Apply for Period 2 Early Arrival Housing
   a. **Deadline is Friday, September 1, 2017**

2.3 Husky Card Account

As a UW student, you have a student debit account that can be accessed with your Husky Card. The Husky Card can be used for UW affiliated services, which includes dining facilities, the University Book Store, parking, and laundry services. You must verify that your card works before arriving at Battalion Orientation.

Funds can be added to your Husky Card Account by accessing the Online Card Office at [https://www.hfs.washington.edu/olco/Default.aspx#gsc.tab=0](https://www.hfs.washington.edu/olco/Default.aspx#gsc.tab=0) or by visiting the Husky Card Account and ID Center on campus. The physical office is located on the ground floor of the
Odegaard Undergraduate Library, but business hours may conflict with the BATT-O training, therefore, all issues or concerns must be addressed before arrival.

2.4 Grooming Standards and Proper Day One Attire

You must adhere to the grooming standards and wear proper attire when reporting in; **Proper attire includes a black polo shirt and khaki pants that extend past the ankles (not capris). Other items such as belts and shoes must match civilian clothing standards set by the Navy and Marine Corps.**

**Navy Regulations:**

**Chapter 2 Section 2 - Grooming Standards**

The aforementioned section contains general Navy regulations regarding personal appearance. Arrive at BATT-O in compliance with Navy grooming standards. Pay special attention to shave and haircut.


**Chapter 7 Section 1 - Civilian Clothing**

The aforementioned section contains general Navy regulations regarding civilian clothing. Pay particular attention to the shoes you wear during the week. A belt must be worn with any article of clothing that has belt loops.


**Marine Corps Regulations:**


*Scroll to MCO P1020.34G W CH 1-5.pdf after following the link. Page 1-6 refers to a page number (i.e. 1-1, 1-2 ... 1-6) and not the range of pages 1 through 6.*

**Chapter 1 - Personal Appearance (pg. 1-6)**

The aforementioned section contains general Marine Corps regulations regarding personal appearance. Arrive at BATT-O in compliance with Marine Corps grooming standards. Pay special attention to shave and haircut.

**Chapter 1 - Civilian Attire (pg. 1-16)**

The aforementioned section contains general Marine Corps regulations regarding civilian clothing. Arrive at BATT-O in compliance with the civilian clothing standards. Pay particular attention to the shoes you wear during the week. A belt must be worn with any article of clothing that has belt loop.
3. Military Requirements

3.1 Etiquette

Midshipmen are expected to comport themselves in accordance with Navy and Marine Corps rules of etiquette. The following rules are of high importance.

1. All Battalion members will come to attention when the Commanding Officer (CO) enters a room with one Battalion member announcing “Attention on Deck.”
2. Battalion members will stand at attention when addressed by an officer, then assume parade rest if told to relax. Officers or civilian personnel will be addressed as sir or ma’am, or appropriate title respectively.
3. When speaking with another member of the Battalion, the individual will go to the position of parade rest.
4. If any member is in uniform and covered while approached by an officer, the member will give the appropriate salute and greeting of the day. After the officer has returned or acknowledged the salute, bring your hand smartly to your side.
5. Timeliness is an essential element of both etiquette and professionalism. Being 15 minutes early for all official business is the standard expectation in the Battalion and the fleet.
6. Battalion members shall not chew gum while in uniform. Also, when walking in uniform, it is inappropriate to eat, drink, or use a cell phone. Polo and khakis is considered a uniform for this purpose.
7. Battalion members are required to carry themselves with professionalism at all times.

3.2 Academics

Academic achievement comprises one-third of the NROTC mission of developing midshipmen morally, mentally, and physically.

1. Naval science courses are required for the Autumn (A), Winter (W), and Spring (Sp) quarters during each year. Freshmen classes: NSCI 101 (A), 102 (W), 103 (Sp).
2. All students enroll in NSCI 110 each academic quarter. This is for regular Tuesday morning drill lab, which will take place prior to the start of the day’s classes.
3. The NROTC program incorporates additional academic requirements beyond those required for your major. These include two quarters of calculus and calculus-based physics, English writing, an American history or national security policy course, and a non-western world culture / regional studies course.
4. NROTC regulations require that students take between 15 and 18 credits; any deviation must be approved by Commanding Officer via chain of command.
5. Failure to pass classes or advance in accordance with UW policy may result in disenrollment. **Attendance at all classes and labs is mandatory for NROTC students.**
6. Students meet with NROTC class advisors quarterly (at a minimum) to discuss progress and performance.
7. Students should be aware that transitioning into both the Naval ROTC unit and college in general takes significant adjustment. Taking both Calculus and Calculus-based physics during the first quarter has proven to be very difficult for students in the past.

### 3.3 Swimming

As members of a naval service, a basic knowledge of swimming techniques and water survival skills are crucial.

1. Students are expected to report to the University of Washington with basic swimming skills and the ability to pass, at minimum, the Navy 3rd Class Swimmer test with the goal of reaching 2nd Class Swimmer standards before commissioning. Failure to qualify as a 3rd Class Swimmer by the end of your first academic year will render you ineligible to participate in further summer training as well as a review of your aptitude for commissioning.
2. Students who qualify at the 3rd Class Swimmer level will be required to be retested annually; those that meet 2nd Class Swimmer criteria will be exempt from future testing.
3. A video that illustrates these tests, as well as the grading criteria, can be found at: [https://www.youtube.com/watch?v=grlh2xJ5E](https://www.youtube.com/watch?v=grlh2xJ5E).
4. The 3rd class swim test consists of stepping off a platform at least five feet above the water, a 50-yd. swim using any stroke, a five-minute prone float, and shirt/trouser inflation. The 2nd Class test includes the deep-water jump; a 100-yard swim demonstrating breaststroke, sidestroke, elementary backstroke, and crawl; and an additional float.
5. You are required to become familiar with the requirements of these tests and practice your swimming skills over the summer. The 3rd and 2nd Class swim tests will be administered during the Battalion Orientation period. If you have any questions about these requirements or the testing criteria, please contact the Administration Officer.
6. Be sure to bring proper swimwear to BATT-O, as an inventory swim test will be conducted. Swimwear shall be dark blue or black in color. Bikinis or other two-piece suits are not authorized. The reference page contains examples of acceptable swimwear.

3.4 Physical Training Guidelines

Physical Training (PT) is an important aspect of the NROTC program; students will PT every week in preparation for a life of good physical health. Additionally, battalion members demonstrate their physical fitness in periodic testing. Students are expected to be within height and weight standards as defined by Navy and Marine Corps regulations. Physical exams are required for participation in physical events during BATT-O.

Bring white ankle socks and running shoes. Navy and Marine options will be provided with proper PT attire.

Failure to meet “good” standards in push-ups, sit-ups, and the 1.5-mile run during Battalion Orientation will result in immediate disciplinary action which may include a hold on financial support from the scholarship and possible dismissal from the program.

Navy Physical Readiness Test (PRT)

The Navy PRT consists of a 1.5 mile run, push-ups, and sit-ups.

For males age 17-19 the “good” standard is 62 sit-ups, 51 push-ups, and a run faster than 11 minutes.

For females, the “good” standard is 62 sit-ups, 24 push-ups, and a run faster than 13 minutes and 30 seconds.


The following videos provide examples of proper sit-up and push-up form.

Official Navy sit-up demonstration: https://www.youtube.com/watch?v=cey3sVvrviQ

Official Navy push-up demonstration: https://www.youtube.com/watch?v=Get-IgZvlOA
USMC Physical Fitness Test (PFT)

The USMC PFT consists of a three-mile run, pull-ups, and sit-ups. You must meet the minimum in all three categories to pass for your age group.

Males 17-20 must run faster than 27 minutes and 40 seconds on the three-mile run, do 4 pull-ups, and 70 sit-ups.

Females 17-20 must run faster than 30 minutes and 40 seconds on the three-mile run, do 1 pull-up, and 50 sit-ups.

USMC Combat Fitness Test (CFT)

The USMC CFT consists of an 880-yard run in boots, ammo can lifts, and simulated maneuver under fire.

Males 17-20 must conduct the 880-yard run faster than 3 minutes and 45 seconds, conduct 62 ammo can lifts, and run the maneuver under fire portion faster than 3 minutes and 17 seconds.

Females 17-20 must conduct the 880-yard run faster than 4 minutes and 36 seconds, conduct 30 ammo can lifts, and run the maneuver under fire portion faster than 4 minutes and 53 seconds.

The Marine Corps body composition standards is available at the following link: http://www.marines.mil/Portals/59/Publications/MCO%206110.3%20W%20CH%201.pdf Scroll to Enclosure 3 (PDF page 26) after following the link.
4. Sample Weekly Schedule (School Year)

4.1 NROTC Extracurricular Events

**Monday**: 0630-0730 Bulldog PT/ Company PT

**Tuesday**: 0630-0750 Battalion Drill

**Wednesday**: 0630-0730 Battalion PT

**Thursday**: 0600-0730 Regulation Drill

**Friday**: 0630-0730 Bulldog PT/ Fitness Enhancement Program PT

Battalion PT occurs every Wednesday. It consists of a variety of physical training events with the purpose of preparing for periodic physical testing and developing midshipmen physically. All students, Navy and Marine, will participate in Battalion PT.

Company PT occurs every Monday: Navy students will be assigned to one of three Navy companies and required to participate in the respective Company PT.

Marine Option PT occurs every Monday and Friday and is mandatory for Marine students. It consists of a variety of workouts focused on improving the running endurance and muscle strengthening necessary to achieve high results on an individual’s PFT and CFT.

Battalion Drill Lab occurs every Tuesday morning. The purpose of this drill lab is to train battalion members on various Navy and Marine-Corps military subjects, review battalion operations, and pass information. Students are required to attend in the prescribed uniform of the day and will subsequently remain in uniform for the rest of the day.

Regulation Drill occurs every Thursday morning at 0600 and is required for all freshmen. Students learn the basics of close order drill.

Failure to meet goods or better on the PRT will result in immediate enrollment into the fitness enhancement program which conducts PT on Friday.

Students will often participate in battalion events that occur after classes during the week or over weekends. These include, but are not limited to, Officer of the Day Duty, Field Day (cleaning Clark Hall), Marine training (preparation for Marine Officer Candidate School), Community involvement.
5. Important Information

5.1 Incidental Expenses

Students will be required to make certain purchases throughout Battalion Orientation. Payment methods will vary by service or product, so it is advised that you bring a small amount of cash ($40 in denominations of $5 bills), a credit/debit card, and a deposit in your Husky Card Account. Below are some of the expenses commonly encountered during BATT-O:

- Meals at “The 8” dining facility of McMahon Hall; must be paid with the Husky Card Account or a Visa / Master card. (Approximately $8/meal)
- Lunch in The Admiral Nimitz Hall Galley while visiting Naval Station Whidbey Island; must be paid in cash. (Approximately $9/meal)
- Laundry or dry cleaning services. (Approximately $15/uniform set)
- Campus parking permit. Prices vary; therefore, you must contact the Transportation Services at parkops@uw.edu for more information.

5.2 Point of Contact Information

BATT-O, UW NROTC and registration

Battalion Orientation Admin Officer - Midshipman Waters
Email: BATTO@uw.edu  Phone: (425) 445-9116
Website: https://depts.washington.edu/uwnrotc/accepted-students/

On campus housing

Student Services Office
Email: hfsinfo@uw.edu  Phone: (206) 543-4059
Website: www.hfs.washington.edu/abouthfs/Default.aspx?id=3575#gsc.tab=0

Husky Cards and associated accounts

Husky Card Account and ID Center
Email: huskycrd@uw.edu  Phone: (206) 543-7222
Website: https://www.hfs.washington.edu/huskycard/default.aspx?id=630&libID=651#gsc.tab=0

Parking locations and fees

UW transportation services
Email: parkops@uw.edu  Phone: (206) 685-1553
Website: https://www.washington.edu/facilities/transportation/park
5.3 Useful Links

The following links have been provided to lessen confusion regarding authorization of articles and/or regulations. You are encouraged to contact the Administration Officer at BATTO@uw.edu if you have any questions about what is acceptable.

Sample Items to Purchase

Male Black Polo:
https://www.amazon.com/s/ref=nb_sh_noss?url=search-alias%3Daps&field-keywords=male+black+polo

Male Khaki Pants:

Female Black Polo:
https://www.amazon.com/Hanes-Womens-X-Temp-Fresh-035P/dp/B01NBQWM6C/ref=sr_1_9?ie=UTF8&qid=1494464444&sr=8-9&keywords=female+black+polo

Female Khaki Pants (ensure pant legs extend past the ankles):
https://www.amazon.com/Lee-Womens-Relaxed-Straight-British/dp/B0051D7W9S/ref=sr_1_23?ie=UTF8&qid=1494464671&sr=8-23&keywords=female+khaki+pants

Casual dress shoes:
https://www.amazon.com/s/ref=sy_sl_fl_679319011?rh=n%3A7141123011%2Cn%3A10445813011%2Cn%3A7147441011%2Cn%3A679255011%2Cn%3A679319011%26bbn=10445813011%26ie=UTF8

White crewneck undershirts.

Female swimwear:
https://www.amazon.com/UNOW-Training-Racerback-SlimmingSwimsuit/dp/B00DS9A4N8/ref=sr_1_8?ie=UTF8&qid=1465586205&sr=8-8

Male swimwear:
https://www.amazon.com/Kanu-Surf-Barracuda-ExtendedTrunk/dp/B004Q9T8X6/ref=lp_1046670_1_4?s=apparel&ie=UTF8&qid=1465586272&sr=1-4
Tutorials

Male haircut:
https://www.google.com/search?q=navy+male+hair+regulations&bih=799&biw=1440&espv=2&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjEporBzp7NAhVP7GMKJHYv1AI4Q_AUIBygC#tbm=isch&q=military+haircut

Hair is to be tapered, no more than four inches in length, and not touching the ears, collar, or eyebrows. For the full description: http://www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/chapter2/Pages/2201PersonalAppearance.aspx

Female bun (Navy & Marine Corps):
https://www.youtube.com/watch?v=dtOPQ1s8J80

All loose ends secured, if worn down face area will be clear and hair will not extend past the collar. Refer to the personal appearance sections of the Navy and Marine Corps regulations for further clarification.
5.4 Driving Directions from SEA(TAC) to Clark Hall

1. Take I-5 North to Exit 169 NE 45th St
2. Turn right to head east on NE 45th
3. Turn right on 17th Ave NE (17th Ave NE becomes Memorial Way)
4. Turn left just past the Gatehouse onto Steven’s Way
5. Follow Steven’s Way to Clark Hall 2103 Skagit lane Seattle, WA 98195 (see map below)

An interactive campus map can be found at [http://www.washington.edu/home/maps/](http://www.washington.edu/home/maps/)
6. UW NROTC Frequently Asked Questions

6.1 FAQ Sheet

1. What are my career possibilities with a NROTC scholarship?
   - Surface Warfare Officer (including Nuclear Option)
   - Submarine Officer (Nuclear Option)
   - Naval Aviator or Naval Flight Officer (NFO)
   - Special Warfare Officer (SEAL) or Special Operations Officer (EOD)
   - Marine Corps infantry, armor, artillery or aviation **
   - US Navy Nurse Corps (for students with a nurse-option scholarship)

   Service assignment to your first choice will be heavily based on your academic performance, leadership aptitude, and physical readiness demonstrated in the battalion.

   ** Marine assignments are made following completion of The Basic School (TBS), after graduation and commissioning from the NROTC program.

2. What are some activities in which I can get involved?
   Incoming freshmen midshipmen are required to be on Regulation Drill team. Each year, battalion members participate in the annual Northwest Navy Competition in a number of events. Participation in sports and other activities outside the Battalion are encouraged, however extracurricular shall not interfere with ROTC duties.

3. When do I wear my uniform?
   Uniforms will be worn once a week, normally on Tuesdays from 0630 to 1600. Uniforms will sometimes be required for other Battalion events.

4. Can I travel or study abroad?
   Students may be allowed to travel or study abroad, provided such travel does not interfere with their planned date of graduation and the students are excelling in academics.

5. Where is parking located when I come to the University of Washington?
   Parking is located throughout the campus; however, all parking areas are fee-based and may require specific permits. Parking Services does not open until 0600, so permits must be purchased the night before to park on campus. The E-1 parking lot is an exception; it uses electronic credit/debit card readers and is 6 dollars daily. If parking in E-1 it will take approximately 10 minutes to walk to Clark hall.