

CONGRESSMAN

MARCUS J. MOLINARO



19TH CONGRESSIONAL DISTRICT, NEW YORK

# United States Service Academies

## Congressional Nomination Application Packet



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**DEADLINE**  
**November 1st**



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## U.S. Service Academy Guidelines

Note: The following information is general in nature. For more specific information, you are advised to visit each academy's website as well as the catalogs for each academy.

The U.S. Service Academies are among the most highly respected, quality educational programs in the nation. To be admitted to an academy, you must meet stringent academic, physical and medical requirements specified by public law. As a cadet/midshipman at the academy, you will be provided a fully-funded four-year college education. By law, graduates of service academies appointed as commissioned officers in their respective service are required to serve at least five years active duty.

### I. General Guidelines

Each candidate must:

- be at least 17 years old, but have not passed their 23<sup>rd</sup> Birthday (25 years for U.S. Merchant Marine Academy);
- be a citizen of the United States;
- be unmarried, not pregnant or have any legal obligation to support children or dependents; and,
- be a legal resident of the 19th Congressional District.

### II. Academic Qualifications

Members of Congress, as well as the President, Vice President and U.S. Senators, follow the academic requirements set forth by the academies when making a nomination. Certain requirements are specified by current public law. However, the academies look at the "whole person" when considering admission. Character, leadership, physical aptitude, medical fitness, goals and motivation are key components of a favorable evaluation for admission.

The following are recommended areas of preparation and academic requirements:

#### College Preparatory Studies

**Four Years:** English, Mathematics (includes: Algebra, Trigonometry and Geometry)

**Three Years:** Social Science (includes: History, Economics and Government)

**Two Years:** Laboratory Science (includes: Biology, Physics and Chemistry)

**Two Years:** Foreign Language

#### Class Rank

Nominees must be in the top 40% of their class.

However, the most successful candidates are in the top 10-20% of their class.

#### Standardized Testing

Although the academies do not establish minimums, candidates who score below the following will normally not be competitive:

#### Military, Naval and Air Force

SAT 560 Verbal, 600 Math

#### Merchant Marine

SAT 500 Verbal, 550 Math

#### Military, Naval, Air Force and Merchant Marine

ACT 22 Reading, 24 Math

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# U.S. Service Academy Guidelines

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## III. Extracurricular Activities, Leadership and Medical Fitness

Participation and achievement in organized athletics, student body and class government, clubs and extra-curricular activities, scouting, ROTC, Boys/Girls State, church or other community-related activities demonstrate evidence of leadership potential. The greater level of involvement/leadership, the more points are awarded in your overall admissions evaluation with the academy.

The service academies consider it more valuable to achieve distinction in a specific activity, rather than participation in a number of activities without any evidence of leadership.

If you have a part-time job that affects your level of involvement in school activities, the academies view your work experience as a demonstration of your leadership potential.

You must also be in good physical and mental health, pass a Department of Defense medical examination and have an adequate performance on the Physical Aptitude Exam (PAE). Only one medical exam is needed to meet the requirements of all service academies. You will be scheduled to take this examination at a military or civilian contract facility near your home. Nominees are strongly encouraged to begin this process early, especially if consultation, retesting or corrective action is required. This process may take from six weeks to four months.

If you are a competitive candidate, you will receive instructions for taking the qualifying medical examination directly from:

### The Department of Defense Medical Examination Review Board (DODMERB)

8304 Edgerton Drive, Suite 132  
U.S.A.F. Academy, CO 80840-2200  
(800) 841-2706 (Toll Free Number)  
(719) 333-3562 (Main Number)  
Website: <https://dodmerb.tricare.osd.mil/>

## IV. Communication with the Academies

The academies will start your candidate file when you complete the Pre-Candidate Questionnaire online. The questionnaire can be found on the websites of each academy. This ideally should be done during the SPRING of your junior year in high school. However, it can be completed up until December of the year you are applying.

The admissions office of each academy also coordinates a nationwide network of trained Academy Liaison Officers. Once you have made initial contact with the academies, you will be able to receive assistance and guidance throughout your admissions process.

### Academy Admission Contact Information

U.S. Naval Academy  
117 Decatur Road  
Annapolis, MD 21402-5019  
Phone: (410) 293-1858  
Website: [www.usna.edu](http://www.usna.edu)

U.S. Air Force Academy  
2304 Cadet Drive, Suite 200  
Colorado Springs, CO 80840-5020  
Phone: (800) 443-9266  
Website: [www.usafa.edu](http://www.usafa.edu)

U.S. Coast Guard Academy  
31 Mohegan Avenue  
New London, CT 06320  
Phone: (800) 883-8724  
Website: [www.cga.edu](http://www.cga.edu)

U.S. Merchant Marine Academy  
300 Steamboat Road  
Kings Point, NY 11024-1699  
Phone: (866) 546-4778  
Website: [www.usmma.edu](http://www.usmma.edu)

U.S. Military Academy  
West Point Admissions  
Building 606  
West Point, NY 10996  
Phone: (845) 938-4041  
Website: [www.usma.edu](http://www.usma.edu)

**NOTE:** The U.S. Coast Guard Academy does not require a congressional nomination. To be considered for an appointment you must contact the academy directly.





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## Nomination and Appointment Process

### Academy Forum

In the Fall, Congressman Molinaro hosts an "Academy Forum" for students of the 19th Congressional District who are interested in attending one of the U.S. Service

Academies. Students are introduced to the nomination and appointment process, as well as have an opportunity to listen to presentations by Academy Liaison Officers who represent the U.S. Air Force, Merchant Marine, Coast Guard, Military and Naval Academies. There is also an opportunity to meet one-on-one with the liaison officers to ask questions and learn more about each academy.

### Summer Seminar

The service academies hold seminar programs for high school juniors that are high academic achievers. The program is traditionally held during the summer months and consists of academic workshops, military training, physical fitness training and intramural athletics. Information can be found on the website of each academy. It is strongly recommended that prospective candidates consider attending one of these seminars to see if academy life is right for them. Students are required to pay a registration fee and cover the cost of travel.

### Nomination Procedures

Each applicant must meet the eligibility requirements highlighted in the Academy Requirements section of this packet as well as complete a nomination file with Congressman Molinaro's office by November 1st.

#### *A nomination file consists of the following items:*

- A completed Application for Nomination;
- Three Letters of Recommendation from non-relatives (see Frequently Asked Questions section included in this packet for suggested individuals to provide Letters of Recommendation);

- SAT/AP scores: Test results for one or both can be sent directly to Congressman Molinaro from the testing service (use SAT Code 7476-Marcus Molinaro);
- High School and/or college transcripts;
- A recent 4x6 or 5x7 photo

### Selection Process

Applicants who have completed their file with Congressman Molinaro's office by the deadline and have been screened for meeting the minimum academy requirements will have an interview with the Congressman's Academy Interview Committee in early December. The committee, consisting of former/ current military, community/business leaders and educators in the 19th congressional district, will interview each candidate and make recommendations.

Students will be notified of their nomination status in mid-December and nominations will be submitted to each academy by January 31st.

### Nomination Method

Members of Congress are able to have a maximum of five cadets/plebes at each service academy at one time. Each year, Congressman Molinaro nominates one principal nominee and up to nine unranked competing alternate nominees to each academy.

### All information for your file is to be sent to the Binghamton Office

Congressman Molinaro  
49 Court Street, Suite 210  
Binghamton, NY 13901

Questions should be directed to Kate McKan, Academy Coordinator, who can be reached at (607) 242-0200 or by email at [kate.mckan@mail.house.gov](mailto:kate.mckan@mail.house.gov).

Please notify the Academy Coordinator of all significant developments in your academy admissions process that may affect your potential to be given a nomination from Congressman Molinaro.



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## Frequently Asked Questions

### Who do I ask to write a Letter of Recommendation?

Due to the fact that the academies hold to the “whole person” concept, it is important to ask individuals who have watched you develop in all aspects of your life. Therefore, it would not be to your benefit to submit five letters from teachers and forget to include people whom you may have worked with in your extracurricular activities.

Some suggestions are:

- Teachers
- Coaches
- Pastor/Priest
- Family Friends
- School Counselor
- School Administrators

The format and content should resemble a standard letter of recommendation. It is not necessary that the letter be sealed and can be sent to the office by the applicant or the person writing the recommendation letter.

### I am taking the SAT/ACT test again after the file deadline? Will I still be able to submit the new scores?

Yes, you are encouraged to take the SAT/ACT test(s) as many times as you can. The only requirement is that the new scores be available a week before the Academy Interview Committee meets in November.

### Does the information in my file at Congressman Molinaro’s office get forwarded to the Service Academy of my choice?

No. The nomination file at Congressman Molinaro’s office is only used to make a congressional nomination. Your service academy(s) file is maintained separately by the service

academy and it is the responsibility of the candidate to forward all necessary information and documentation upon request by the admissions office.

### What is a competing alternate nomination?

When a competing alternate nomination is submitted, the academy decides if that person will be admitted. In addition, in order to ensure that the principal vacancy is filled, the alternates will compete for the principal nominee’s slot in the event the principal nominee becomes disqualified for admission.

If you have an excellent academic and extracurricular activity record, you have a good chance of gaining admission with a competing alternate nomination. Each year several hundred of the best-qualified competing alternates are offered admission at the academies.

### Can I apply and receive a nomination to more than one academy?

Yes. It is strongly recommended that you apply to more than one academy. It is important to educate yourself on what all the academies have to offer in order to make the best decision for your career goals. It is not uncommon for a student to initially be interested in one academy and end up finding that another would better suit his/her goals.

Congressman Molinaro can nominate a candidate to more than one academy. It is often the case that a candidate is given a principal nomination to one academy and a competing alternate nomination to another.

### When can I send in my application?

You may start submitting materials for your application packet beginning in the summer after your junior year in high school.



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## Application for Congressional Nomination to the U.S. Service Academies

Please fill out the application form. Completed applications must be received in the Binghamton office no later than November 1st. Your application is considered complete when this completed application and the following materials are received by my office:

- Three to five Letters of Recommendation
- A copy of your SAT and/or ACT scores
- High School and/or college transcripts
- A recent 4x6 or 5x7 photo

### Personal Data

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Social Security Number \_\_\_\_\_ Applicant Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_

Mailing Address  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Permanent Address (if different from above)  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Medical/Physical Information

Height \_\_\_\_\_ Weight \_\_\_\_\_ Are you color blind? Yes  No

Is your eyesight 20/20 uncorrected? Yes  No

If not, what is your visual acuity uncorrected? Left Eye \_\_\_\_\_ Right Eye \_\_\_\_\_

Do you have any physical defects that might affect your performance at an academy? Yes  No

If so, please explain:

Academy Preference	
Check box if you have applied.	Rank 1st - 4th
<input type="checkbox"/>	Naval _____
<input type="checkbox"/>	Merchant Marine _____
<input type="checkbox"/>	Military _____
<input type="checkbox"/>	Air Force _____



# Application for Congressional Nomination to the U.S. Service Academies

## Academic Information

Currently Attending School? Yes  No

Name of Current School \_\_\_\_\_

Date Graduated or Expected to Graduate \_\_\_\_\_

High School (if not currently attending) \_\_\_\_\_

GPA \_\_\_\_\_ SAT \_\_\_\_\_ / \_\_\_\_\_ ACT \_\_\_\_\_ Class Rank \_\_\_\_\_ out of \_\_\_\_\_  
Verbal Math Composite

Are you planning on retaking the SAT or ACT before October 20th? Yes  No

Have you applied to any ROTC/NROTC Schools/Programs? Yes  No

If so, please describe: \_\_\_\_\_

Expected Career Path

Current Employment \_\_\_\_\_

Responsibilities

Summer Employment \_\_\_\_\_

Responsibilities

I am also seeking a nomination through \_\_\_\_\_

I have previously sent an application through (if applicable) \_\_\_\_\_

Results \_\_\_\_\_ Year \_\_\_\_\_

Summer Seminar: I was aware of the Summer Seminar Program: Yes  No

I applied for the Summer Seminar Program at \_\_\_\_\_

I attended the Summer Seminar Program at \_\_\_\_\_

I have visited the academy I am applying to: Yes  No



# Application for Congressional Nomination to the U.S. Service Academies

## Extra-Curricular/Leadership Information

### Athletic Participation

(Please mark each box to indicate involvement)

#### High School

	9th Grade	10th Grade	11th Grade	12th Grade
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheerleading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming/Diving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Track/Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water Polo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Non-School Athletics

List all activities in the space provided:

### Extra-Curricular Activities/Leadership Positions

(Please mark each box to indicate involvement)

ASB Office Holder	<input type="checkbox"/>	Forensics	<input type="checkbox"/>
Band/Orchestra	<input type="checkbox"/>	Interact JROTC/	<input type="checkbox"/>
Boys/Girls State	<input type="checkbox"/>	ROTC Key Club	<input type="checkbox"/>
California Scholarship Federation (CSF)	<input type="checkbox"/>	Link Crew Mock	<input type="checkbox"/>
Choir	<input type="checkbox"/>	Trial Mathletes	<input type="checkbox"/>
Church Group/Club	<input type="checkbox"/>	National Honors	<input type="checkbox"/>
Class Office Holder	<input type="checkbox"/>	Science Club	<input type="checkbox"/>
Drama	<input type="checkbox"/>	Scouting	<input type="checkbox"/>
Drill Team	<input type="checkbox"/>		<input type="checkbox"/>
Editor, Newspaper	<input type="checkbox"/>		<input type="checkbox"/>
Editor, Yearbook	<input type="checkbox"/>		<input type="checkbox"/>
Fellowship of Christian Athletes	<input type="checkbox"/>		<input type="checkbox"/>

Please list all other awards or leadership positions in the space provided:

Other \_\_\_\_\_





# Application for Congressional Nomination to the U.S. Service Academies

## Essay

On a separate page, provide a written or typed essay (250 words or 1-2 pages) answering the following questions (the essay must be submitted with this application):

1. Why are you seeking a nomination?
2. Why do you feel you are qualified?
3. Why do you want to be commissioned?

I affirm that the foregoing statements made in this application are true and complete to the best of my knowledge, and I understand that if I have not submitted all necessary data by the November 1st deadline, I may not be considered for a nomination.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

I certify that my son or daughter is a legal resident of the 19th Congressional District.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Please Note: Completed application packets must be physically in the District Office by 5 PM on November 1st - postmarks are not sufficient.**