**Introduction**

The Detachment 550 New Cadet Orientation Program (NCOP) will introduce you to the AFROTC program and prepare you for college life as a cadet. Professionalism, physical fitness, motivation, and most of all, teamwork, will be stressed throughout the program. Run by cadet training staff, with supervision by our active-duty cadre members, NCOP will be an opportunity for you to learn basic military customs and courtesies, participate in drill and ceremonies, learn how to wear the uniform, and develop physical aptitude.

**Cost:** Only $20. NCOP is a voluntary, cadet-funded program. Make checks payable to “Cadet Fund.” Other payment methods (e.g., PayPal) are not currently available.

**Typical Daily Activities:**
- Physical Training
- Meal Times
- Informative Briefings
- Drill and Ceremonies
- Group Leadership Projects
- Evening Sports
- Air Force Frisbee
- Team Competitions

**Physical Fitness**

College life and military life are physically demanding. It is highly recommended you prepare yourself for the AFROTC physical training program by engaging in a physical fitness regimen prior to attending NCOP. The Air Force measures physical fitness by administering a Physical Fitness Assessment (PFA).

The PFA consists of:
- 1-Min Push-Ups
- 1-Min Sit-Ups
- 1.5-Mile Run

ROTC Cadets take the PFA once a semester.

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<tr>
<th>MAXIMUM / MINIMUM PFA SCORES</th>
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<tr>
<td>EVENT</td>
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<tr>
<td>Push-Ups (1-Min)</td>
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<td>Sit-Ups (1-Min)</td>
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<td>1.5-Mile Run</td>
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<td>Abdominal Circumference</td>
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For more information on the PFA please visit: [http://www.airforce-pt.com/](http://www.airforce-pt.com/)

**Paperwork**

Except for those documents required from you prior to arrival (see checklist), all paperwork will be accomplished during NCOP. Be sure you bring all requested documents with you during check-in. (see checklist). Failure to arrive with requested documents will necessitate a delay in participation.

**Commitment**

Unless activating an AFROTC scholarship, joining incurs NO Air Force commitment. Commitments are incurred either by activating a scholarship or upon entering the Professional Officers Corps in your junior year in the program. Likewise, attending NCOP incurs NO commitment to join AFROTC.

**Schedule:**

Day 1: Check-in 9:00am-2:00pm
Move-in time 9:00-2:00pm

Day 2: Drill and Ceremonies Practice
Paperwork
Sports
Group Leadership Projects

Day 3: PT
Drill and Ceremonies Practice
Group Leadership Projects
Sports
Cadet Q&A
Program Checklist
MUST send to NCOP by 08 August

- NCOP Registration Form
- Uniform Sizing Worksheet
- Registration Fee $20 payable to “Cadet Fund”

MUST Bring to NCOP

- Original Health Insurance Card (will be returned) - (absolutely must have in order to participate)
- AFROTC Pre-Participatory Sports Physical - (absolutely must have in order to participate)
- Copy of ACT and/or SAT Scores (from website)
- Original Birth Certificate (will be returned)
- Original Social Security card (will be returned)
- Selective Service Registration Number (males only, printed from website)
- Photo ID
- DD214 and/or DD785, if applicable
- JROTC and/or CAP documentation, if applicable
- Any/all college transcripts

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- Belt (black or brown) (1)
- Plain navy-blue polo shirt
- Shoes (black or brown, walking, not sneakers) (1 pair)
- Shoes (all-purpose athletic) (1 pair)
- Socks (3 pairs black, cotton; 4 pairs all-white, athletic)
- Pants (khaki, no cargo pockets) (1 pair)
- T-shirts (white, cotton, V-neck) (3)
- Sweatshirt & sweatpants (lt grey, long-sleeve)
- Undergarments (4 sets minimum)
- Blister treatment (moleskin)
- First aid: Band-Aids, aspirin, bug-spray, sunscreen
- Notebook & pens (black ink)
- Alarm clock!!
- Personal toiletry items and prescriptions

Map and Directions

Physical (GPS) Address:
1686 15th Street, Troy, NY 12180-3590

From the West: Take I-90, the New York State Thruway, to exit 24. From exit 24, continue onto I-90 East. Exit onto I-90 North. Take I-787 to Route 7 East.

Directions to Campus: From Route 7 East, stay in the right hand through lane. Turn right on 15th Street. Travel south on 15th Street about 1/2 mile to campus. Parking is on street or in the Visitors’ Information Center parking lot (behind Public Safety), located just south of the pedestrian bridge and next to the armory.

Directions to Armory: The Alumni Sports and Recreation Center (“The Armory”) is located along 15th Street, just south of Public Safety and connected to the Mueller Center. Enter the Mueller Center and proceed to suite 321 on the 3rd floor via the central stairwell. Our phone number is 518-276-6236 should you need assistance.

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