

New Student Indoctrination 2026 Mandatory Information Package

Frequently Asked Questions

1. How can I prepare for the physical training at NSI?

Navy and Nurse Option Midshipman Candidates are **highly encouraged** to prepare for NSI by visiting the [Navy App Locker](#) website and by downloading the Official Navy Physical Fitness Assessment (PFA) app on their mobile device. The app offers current guidance regarding all aspects of the Navy's Physical Readiness Program, including information on appropriate nutrition, health, fitness, aerobic capacity, muscular strength, muscular endurance, and body fat composition.

Marine Option Midshipman Candidates are **highly encouraged** to prepare for NSI by downloading the USMC Squad Bay App for their mobile device. The Squad Bay app challenges aspiring Marines to track fitness progress and learn about the Marine Corps and the demanding and transformative process of Officer Candidates.

- The Apple Store URL to download the free app: <https://apps.apple.com/us/app/usmc-squad-bay/id1447026436>
- The Google Play URL to download the free app: https://play.google.com/store/apps/details?id=com.usmc.squadbay&hl=en_US&gl=US

It is recommended the MCs conduct a “mock” body fat composition and physical fitness assessment/test monthly, with an objective observer, prior to attending NSI to make sure they can pass their inventory body fat composition and physical fitness assessment/test.

2. How can I submit an error free NSI Package?

Please follow the example package we provided as an attachment to the “NSI 2026 Invitation” email and read all instructions carefully.

3. What are the common errors Midshipman Candidates make when submitting their NSI package?

NSI package errors can significantly slow down the processing of your NSI package and ultimately your official assignment to NSI. The most common NSI package errors are:

- a. Illegible forms. Just because you can read your handwriting doesn't mean everyone else can. We've made all the Naval Service Training Command Forms fillable PDFs and request that you type in the all information.
- b. Missing information on the Preparticipation Physical “History” Form. If you do not have any past and current medical conditions, have not had any past surgical procedures, do not take any medicines or supplements, and do not have any allergies; state “NONE” on the form. If you leave it blank, we will ask you to fill that information in. If you answer “YES” to questions 1-32, explain it in the space provided.
- c. Missing information on the Preparticipation Physical “Physical Examination and Medical Eligibility” Forms. Yes, we need your height, weight, blood pressure, pulse and visual acuity.

- **NOTE:** Visual acuity is not a complete eye examination. This can be conducted by your doctor or school nurse using the Snellen Eye Chart (the “Big E” chart).
- d. The date of the examination and medical eligibility must be on the same date or after the date you/your parent sign the “History Form”. You should fill out the “History Form” and bring it with you to the exam, so the doctor can go over it with you and address any concerns **BEFORE** they determine your eligibility to participate.
 - e. Missing shots or incomplete shot record information. The MMR, TDaP, Meningococcal ACWY and Varicella vaccines are **mandatory, not optional**. If you do not have these vaccines and do not intend to get them, you will not attend NSI. Additionally, the DTaP and Meningococcal B shots do not meet the requirement for the TDaP and Meningococcal ACWY shots. If you provide proof of only receiving a “Meningococcal” vaccine without specifying serogroups ACWY, we will ask you for proof of the proper vaccine.
 - f. Different last names on forms. If you have had a name change we will need legal documentation of the name change. The Navy/Marine Corps only recognizes your legal name.

4. If I’m under 18 years of age, do I need to sign the Standard Release?

A Midshipman Candidate (MC) signature is ALWAYS required on the standard release form. If a MC is under age 18, this form must also be signed by a parent/legal guardian and notarized, as instructed.

5. Do I still need to do a DoDMERB Physical once I submit my Pre-Participation (Sports) Physical?

Yes. You still need to complete the DoDMERB Physical in order to activate your NROTC scholarship.

6. Can I bring Over The Counter (OTC) medicines to NSI?

No. If you require medicine during training, it will be dispensed by the base pharmacy.

7. I cannot get a copy my newborn sickle cell blood test results. Will you accept a sickle cell blood test from a private laboratory?

Yes. We will accept Sickle Cell Solubility, Hemoglobin Electrophoresis, High Performance Liquid Chromatography (HPLC) blood test results. We have included examples of private laboratory exams of each type for your reference.

8. How do I get assigned an NSI Iteration?

There are three (3) NSI Iterations you can be assigned to; several factors go into determining your iteration, including commitments you have during the summer with your family, NROTC Unit/university or outside organizations. You will be assigned to NSI, by the CMGO, **based on the information you submit in your package.**

9. My NROTC Unit assigned me to an NSI iteration, why are you assigning me to a different NSI?

As stated in the answer to question 8, the CMGO at Naval Service Training Command is responsible for making official NSI assignments. NROTC Units do not have situational awareness of the factors mentioned above. Therefore, if your NROTC unit tells you that you've been assigned to a different NSI than the CMGO; it's not official. **Official NSI assignments only come from the CMGO.**

10. I am currently waiting to see if I will be accepted into a Service Academy. Should I still send in the required documents for NSI, or should those documents only be sent if I am 100% sure that I am doing NROTC?

It's best to begin the NSI process now. Your scholarship will not be activated until you complete NSI and go to your NROTC unit. If you get accepted to a Service Academy and decide not to use your NROTC Scholarship, please let us know and we will decline your NROTC Scholarship and dispose your NSI package.

11. If I have decided to attend a Service Academy or changed my mind and I am not accepting an NROTC scholarship, who needs to be notified?

The CMGO, Placement Office, and the NROTC unit at the university you applied to.

12. What will my mailing address be while I'm in training?

Due to the short duration of training, Midshipman Candidates do not receive mail during NSI.

13. If I turn my package in late, will I be able to attend NSI?

No. Our staff is processing packages for ~2,000 Midshipman Candidates. Therefore, it is incumbent upon you, as a future Naval/Marine Corps Officer, to meet the package submission deadline.

14. Will my NROTC scholarship be activated if I don't attend NSI?

No. In order to activate your NROTC Scholarship, you must successfully complete NSI. This is why it's important for you to plan and coordinate any commitments you have this summer with your family, outside organizations, and your NROTC unit/university. Communicating this information to the CMGO is the biggest factor you can control in determining which NSI you will be assigned to. Until your scholarship is activated, **you will be responsible for all tuition and expenses normally covered by the NROTC Scholarship.**

15. What are the dates for the NSI Graduation Ceremony?

The NSI Graduation Ceremony will be held on the final day of NSI. For NSI 2026 those dates are:

NSI 1: 22 June 2026

NSI 2: 13 July 2026

NSI 3: 3 August 2026

Please do not contact the CMGO with questions regarding the graduation ceremony. As we get closer to NSI, you will receive forms, information, and a point of contact with all the necessary information.