

**COMMITMENT TO SUCCESS**

NAVCRUIT 1131/15 (05-2019)

Supporting Directive COMNAVCRUITCOMINST 1131.2

Per COMNAVCRUITCOMINST 1131.2, Section 3, the contact is required to complete this form during initial processing. Then, if applicable in Section 4, have the Enlistee/Officer complete this form during the 72 Hour Indoctrination. Once the form is completed during the 72 Hour Indoctrination, upload a signed copy into PRIDE MOD II and retain the original in the collegiate/officer candidate's residual folder.

**SECTION I (Must be completed by all applicants.)**

- Naval Officer Delayed Entry Program (DEP) Guide to Success**  
I have received and reviewed the Naval Officer Delayed Entry Program Guide to Success. I have been encouraged to review the Personnel Qualification Standards (PQS) to help me prepare for my transition to Officer Candidate School (OCS) or Officer Development School (ODS).
- Navy's "Zero Tolerance" Drug Policy**  
I have been informed about the Navy's "Zero Tolerance" drug policy. If I am an active duty collegiate, I also understand I will be required to participate in the Navy Recruiting District's Command Urinalysis Program.
- Physical Fitness**  
The Navy considers a physically fit body as important as a sound mind. The objective of the physical training classes at Officer Training Command Newport (OTCN) is to develop strength, endurance and to improve your overall physical condition so you can meet demanding physical fitness requirements. Physical training instruction begins immediately upon arrival. You are required to be within navy body fat standards per OPNAVINST 6110.1 upon arrival. Within the first two days of training, you will be weighed and measured and you must pass a Physical Fitness Assessment (PFA) with a minimum score of Satisfactory Medium per the Navy Physical Readiness Program Instruction (OPNAVINST 6110.1). You should complete the Navy Pre-Entry Physical Training Program at <http://www.navy-prt.com/trainingplan.html> or an equivalent program prior to reporting.

**SECTION II (Must be completed by OCS candidates only.)**

- "Faces of OCS" video**  
I have viewed the video "Faces of OCS." I understand that Officer Candidate School is a physically and mentally challenging program and I am prepared for the rigors of this training. The "Faces of OCS" video is available for viewing at [http://www.public.navy.mil/netc/nstc/otcn/ocs\\_selected\\_officer\\_candidates.aspx](http://www.public.navy.mil/netc/nstc/otcn/ocs_selected_officer_candidates.aspx)
- OCS Website**  
I have accessed the OCS website at <http://www.netc.navy.mil/nstc/otcn/index.html> and reviewed its contents.
- Navy Recruiting Command Fitness and Nutrition Guide**  
I have received a copy of the Navy Recruiting Command Fitness and Nutrition Guide and was informed of the physical fitness requirements listed in OPNAVINST 6110.1 series. I understand that I will have to pass the third class swim test before the 9th week of training or risk being dropped from the program.
- OCS Physical Fitness**  
Physical training at OCS includes strength and conditioning exercises to include push-ups, curl-ups, running, and various other conditioning exercises. You must be able to perform aerobic activity, muscular strength exercises and endurance exercises at a high and sustained level. You will be required to complete three Physical Readiness Tests (PRTs) and one PFA while assigned to OCS. I have been informed that I must obtain a minimum score of Satisfactory Medium on all three events of the Initial Strength Test (push-ups, curl-ups, 1.5 mile run) during the first week at OCS or risk being dropped from the program.

**SECTION III (Must be completed by ODS candidates only.)**

- ODS Website**  
I have accessed the OCS website at <http://www.netc.navy.mil/nstc/otcn/index.html> and reviewed its contents.
- ODS Physical Fitness**  
You are required to be within the U.S. Navy body fat standards per OPNAVINST 6110.1 upon arrival. Physical training instruction begins immediately upon arrival. Physical training will consist of strength and conditioning exercises to include push-ups, sit-ups, running, and various other conditioning exercises. Aerobic activity will include, but is not limited to, running and swimming. You will be required to complete two PRTs while assigned to ODS and are required to pass a 3rd class swim qualification per MILPERSMAN 1414-010.

Typed or Printed Name of Applicant		
Signature of Applicant / Date (Required at time of initial processing)	Signature of Witness / Date	Typed or Printed Name of Witness
Signature of Applicant / Date (Required at 72 Hour Indoctrination)	Signature of Witness / Date	Typed or Printed Name of Witness