



OFFICER CANDIDATE SCHOOL
1356 Meyerkord Ave
Newport, RI 02841

From: Director, Officer Candidate School – Officer Training Command Newport
To: Prospective Navy Officer Candidate School Candidate
Subj: OFFICER CANDIDATE PREPARATION AND EXPECTATIONS

Dear Prospective Officer Candidate,

1. Congratulations on your selection to Officer Candidate School (OCS) and thank you for making the decision to serve your country as a Naval Officer. Very few individuals meet the numerous screening requirements and have the dedication and desire to earn a seat at OCS. To successfully complete this program, you will need to exhibit mental toughness, physical strength and conditioning, and perseverance. The following information is provided to help you properly prepare for the intense training that you will experience at OCS and to ensure you are aware of the expectations for all officer candidates.

Note: Your recruiter should provide you with an OCS Delayed Entry Program (DEP) guide book, which provides detailed information on numerous aspects of OCS, including reporting requirements and basic military knowledge. You should also be provided with a Fitness and Nutrition Guide and sign a “Commitment to Success” form. You are required to visit the OCS website for additional information regarding your training schedule:

<https://www.public.navy.mil/netc/NSTC/otcn/index.aspx>

Ensure you check the “Selected Officer Candidates” tab where the above documents are also provided. Finally, review the “Faces of OCS” video from Naval Service Training Command under this same section. An updated video is under development and will be linked to the OCS website once complete; however the current video gives a fairly accurate view of what candidates should expect while progressing through training.

a. Physical Readiness.

(1) Naval Officers are expected to be a model of physical fitness to their sailors and the American public. You must be physically strong and have superior endurance to hold up against the numerous challenges you will face at OCS and as a Naval Officer.

(2) You **MUST** arrive at OCS physically prepared to meet the rigorous standards of our training. You will physically train (PT) five to six days a week, which includes a mix of running, calisthenics, and various upper, lower, and core body exercises. A list of exercises you may experience at OCS is located at: <https://www.navyfitness.org/fitness/nofffs/>

(a) Initial Strength Test (IST). During your first week at OCS, you will be tested per the Navy Physical Readiness Test (PRT) to determine if you are physically ready and safe to train with your class. Typically you will take the IST on the first Tuesday you are onboard and be able to retake it on Thursday if you fail to score a minimum of **Satisfactory Medium** for your age and gender in all three events. **All candidates must perform a 1.5 mile run (alternate cardiovascular options are not authorized at OCS for the PRT). Note: If you do not meet the minimum physical requirements, you will be subject to a transfer to Remedial Holding Company or be immediately separated from OCS.**

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(b) The PRT consists of completing the maximum number of push-ups in 2 minutes, the maximum number of curl-ups in 2 minutes, and a timed 1.5 mile run. OCS enforces proper form for **ALL** exercises, especially for push-ups. For example, you must lower your body until your elbows make a right angle, bringing your body parallel to the deck in the down position; Curl-ups require that your hands never leave your shoulders, with elbows touching a portion of your thighs. Ask your recruiter to show you the proper form for both curl-ups and push-ups and refer to the OCS DEP guide and website for further information on Navy physical standards.

(c) You **MUST** arrive at OCS within Department of Defense Body Composition standards. Failing a Body Composition Analysis (BCA) in your first week may result in immediate separation from OCS. If you are unsure if you are within standards, ask your recruiter for a courtesy measurement and refer to the before mentioned resources regarding body composition and Navy height/weight standards.

(3) Candidates that arrive in poor physical condition are much more susceptible to injury. Injuries will result in delays in your training and perhaps jeopardize your ability to complete training and earn your commission. Proper diet, exercise, hydration, and rest, all contribute to a strong and prepared body.

b. Medical Readiness.

(1) Physicals. During your first week at OCS, you will report to Medical for initial commissioning physicals and flight physicals as necessary. During these physicals, conditions are occasionally discovered that were not required to be checked for during your Military Entrance Processing Station (MEPS) physical. These findings may result in a “Not Physically Qualified” (NPQ) status for you in your designator. If a waiver is not possible for said condition but you are physically qualified for another designator, you will have the opportunity to apply for a different designator while you continue in training.

(2) Medications. If you are taking prescription medications prior to your arrival at OCS, it is vital that you bring enough with you to last at least two weeks. **DO NOT** conceal prescription medications from your recruiter, MEPS, or any Navy medical providers. **Doing so will result in disciplinary action.**

(3) Eye Glasses. If you have prescription glasses, you need to bring them with you. You will **NOT** be authorized to wear contact lenses until your final stages of training at OCS. You are required to wear your glasses beginning on Check-in Sunday. You will be issued glasses from Navy optometry after your physical exam.

(4) Pre-Existing Conditions. Candidates are routinely discharged from OCS and returned home because they arrived with a pre-existing condition not disclosed to their recruiter that precludes them from being commissioned because they are NPQ to continue in training at the present time. Candidates in NPQ status will be separated from OCS but can typically reapply six months after the identified condition has been addressed and the individual is cleared by qualified Navy medical personnel to reapply to OCS.

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c. Personal Readiness.

(1) Mental Readiness. OCS is charged with preparing future officers to serve in highly stressful and demanding environments. As such, OCS will put you in various stressful situations to assess your ability to work under pressure within limited time constraints to accomplish numerous tasks, both individually and as a team. OCS has incorporated a Warrior Toughness program that will teach you various mechanisms to manage stress and function at a higher level.

(2) Motivation. It is important that you have a high level of intrinsic motivation. We expect candidates to be committed and motivated to serve, first and foremost, as United States Naval officers. You will be challenged in numerous ways during your training at OCS; those without the motivation to succeed typically do not complete the program. Be ready to challenge yourself!

(3) Communication. After your arrival at OCS, you will not have communication with family or friends other than hand-written letters and weekly phone calls for the first nine weeks of training. You will be authorized a phone call upon arrival at OCS to let a designated family member or loved one know that you arrived safely. Following Week-3 of training, you will have an established Navy email account as well to use for communication. You will not have access to your cellular phone until after Week-9. Your designated family member, friends, or loved ones will receive a letter from me following your arrival that provides them with additional information about the program, your mailing address, information about visitation, and your graduation ceremony.

(4) Visitors. Visitors are not authorized until further notice due to COVID-19 safety measures. In the event that these measures are lifted, Officer Training Command will provide further instructions on reaching out to your families to inform them of the change and provide guidance for visitation.

(5) Accurate Information. As stated above, you are required to review our website: <http://www.netc.navy.mil/nstc/otcn/index.aspx> and watch the “Faces of OCS” video. We also have an active Facebook page (search “Officer Training Command Newport”) that posts recent photos and videos of candidates in training. **DO NOT** trust what you read on blog sites such as Air Warriors; there is a lot of inaccurate and outdated information on many of these sites and as they are not official Navy webpages, we cannot confirm their accuracy or validity.

(6) What to Bring. Ensure you bring all of the required items listed on our webpage under the “Required and Recommended Items” tab; especially all of the documents needed to enroll you into the military pay system as well as enroll your dependents into the military healthcare system. If you bring items that OCS designates as unauthorized or contraband, you will be required to either dispose of them, mail them home, or store them until you have completed training. **Candidates are strongly encouraged to bring a current pair of athletic shoes (typically the shoes you have been using to work out with) for use in the event of a size**

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or backorder discrepancy for issued running shoes. If your athletic shoes are found serviceable by our athletic trainer, you will not be required to purchase new athletic shoes. If your athletic shoes are found unserviceable, you will be fitted and required to purchase a new pair of athletic shoes, which will be issued on Check-in Sunday.

(7) Knowledge Preparation. You will be required to memorize various military information verbatim during your first few weeks of training. You can best prepare by reviewing and memorizing this knowledge prior to reporting. The following are some memorization items that you will be responsible for:

- (a) General Orders of the Sentry;
- (b) Articles of the Code of Conduct; and
- (c) Navy & Marine Corps Officer and Enlisted rank structure and rank insignia.

This, along with other mandatory knowledge is found in the DEP Guide and is also linked to on the OCS webpage.

d. Travel & Reporting.

(1) Flights. For those of you flying to Rhode Island, you will most likely fly into TF-Green airport in Providence on Saturday. It is your responsibility to arrange transportation from the airport to Naval Station Newport and to secure accommodations for yourself for the night prior to Check-in Sunday; incoming candidates are not authorized to reside in our barracks prior to your check-in time. **Candidates report to OCS no later than 0900 on Check-in Sunday.** You may be able to reserve lodging on base at the NGIS ahead of time:

<http://www.dodlodging.net/>. The USO at the airport does NOT provide transportation or housing. There are numerous cab companies and Uber/Lyft are transportation options to get you to Newport; however, most do not have access to enter the base. Orange Cab is one company that is authorized to enter the base and can drop you off directly to Nimitz Hall, Bldg 1356 on Sunday morning where you will report for check-in; however Orange Cab's ability to drive onto base may change due to COVID-19 mitigation measures. Ensure you have your travel orders with you and keep all travel and hotel receipts as you can claim these expenses for reimbursement when you do submit your travel claim. Detailed directions to Naval Station Newport and information on accommodations is listed on the OCS website under the "Travel/Check-In" tab. There is also a Naval Station Newport base map in this section. If you experience travel delays, inform the OTCN Command Duty Officer (CDO) at **(401) 862-4321**. The CDO will then inform your respective class team leaders.

(2) Personal Vehicles (POV). If you drive your POV to Newport, you will be able to park it in the student long-term lot on base. Ensure you have all required registration, insurance, and license information, as this may be checked at any time by base security.

(3) Reporting to OCS. Arriving through Gate 17 at Naval Station Newport; follow the blue "OCS Arrivals" signs once on base. They will direct you to Training Country. **Report to Nimitz Hall, Bldg 1356 no later than 0900 on Check-in Sunday.** Our doors are open to receive check-ins starting at 0700. It is **IMPORTANT** that you arrive early. The first day is

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extremely busy with numerous check-in requirements that must be accomplished. Report in business casual clothing.

(4) Enhanced Social Distancing (ESD). In an effort to prevent any potential spread of the Coronavirus Disease 2019 (COVID-19), the Commanding Officer has implemented a 14-day Enhanced Social Distancing (ESD) policy for officer candidates reporting to Officer Training Command Newport (OTCN). This action is to ensure the welfare of Sailors and the continuity of OTCN's essential mission of training the next generation of Naval Officers. In accordance with guidance from the Department of Defense and Navy students will execute a 14-day Enhanced Social Distancing (ESD) policy to protect you and our team from the potential spread of COVID-19. You will receive further guidance on this ESD and what it entails the week prior to arrival at Officer Training Command. During this 14-day period you will have academic, administrative, and medical materials to complete or become familiar with to prepare you to enter training. You will be restricted to your designated berthing room, which will be located in Nimitz Hall, Bldg 1356 until the expiration date provided to you. You are not to leave your berthing location unless deemed medically necessary by a healthcare provider or under the supervision of an OTCN staff member. There may be limited opportunities for personal physical training outdoors during this period. At the expiration of this 14-day period, you will be screened by medical personnel and begin the formal check-in process for OCS. **As such, it is imperative that you pack enough clothing, laundry detergent, and money, to last for this 14-day ESD.** If you are traveling by air, consider checking your luggage to prevent your laundry detergent from being discarded by the TSA (pending airline policy, one checked bag is free since you are executing military orders). Additionally, you can expect further information once you receive confirmation of the OCS class you have been assigned to attend.

(5) Frequently Asked Questions. An FAQ link is located at the bottom of the main OCS webpage. If you have questions and are unable to find an answer through the webpage or your recruiter, you may email our admin account at OTC_Admin@navy.mil.

2. With proper preparation, motivation, mental, and physical toughness, you will successfully complete OCS and earn your commission as a Naval Officer. My instructors will challenge you in ways you may not have experienced before and push you to levels of excellence that few would think possible. My team and I look forward to your arrival. Once again, congratulations on achieving this first milestone on your path to earning your commission!

A handwritten signature in black ink, appearing to read 'D. S. Waisanen', with a small 'CDR' written below the signature.

CDR Derek S. Waisanen, USN
Director, Officer Candidate School