



WELCOME ABOARD



Career Orientation and Training for Midshipmen



CORTRAMID EAST 2019



Name _____ Company _____

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DEPARTMENT OF THE NAVY
CORTRAMID EAST, BUILDING B-30
NAVAL STATION NORFOLK
NORFOLK, VIRGINIA, 23551

From: Officer in Charge (OIC), CORTRAMID EAST
To: CORTRAMID East 2019 Midshipmen

Subj: WELCOME ABOARD CORTRAMID EAST 2019

Encl: (1) CORTRAMID East Organization and Information
(2) Personal Conduct and Liberty
(3) Naval Station Norfolk Recreation Facilities
(4) Introduction to Submarine Warfare Week
(5) Introduction to Surface Warfare Week
(6) Introduction to Aviation Week
(7) Introduction to Marine Week
(8) Sea Bag Inventory

1. Welcome to Career Orientation and Training for Midshipmen (CORTRAMID) East (CE) 2019! During the four weeks of CE you will gain firsthand appreciation for the warfighting capabilities of the finest Navy and Marine Corps the world has ever known. You are out of the university environment and now have the opportunity to learn things about your chosen career path that cannot be taught in a classroom. The Navy and Marine Corps have specific goals for your CE experience:

- a) To enable midshipmen to make an informed decision about future career options.
- b) To familiarize midshipmen with the mission, tasks, and equipment within the various warfare areas: surface, subsurface, aviation, and Marine Corps.
- c) To introduce midshipmen to the career development ladder within each warfare area.
- d) To emphasize the importance of military courtesy, smartness, and discipline.
- e) To reinforce leadership training through practical application of basic leadership.

2. Your CE staff consists of Navy and Marine Corps active duty and civilian personnel from NROTC units across the country, all of whom are dedicated to helping you achieve your training objectives. Because of the fluid nature of operations, you may experience delays, cancellations and rescheduling of events. The staff will work hard to minimize the impact of schedule changes and maximize your training. Your positive attitude, professionalism, and resourcefulness will go a long way in mitigating these challenges and are the marks of a well-prepared junior officer.

3. While assigned to CE you will be expected to conduct yourself with the utmost professionalism. This is not summer vacation. You are on active duty, getting paid to train, and are subject the Uniform Code of Military Justice (UCMJ) and my orders, and those of my staff. You must know and obey all regulations, including, but not limited to, those concerning fraternization, sexual misconduct, hazing, underage use of alcohol, forgery (fake IDs). These rules apply whether you are engaged in training or on liberty. While assigned, you will be evaluated for your overall performance and potential for service as a commissioned officer; explicit expectations of performance are contained in this package. You will have no difficulties provided you are well-versed on standards of conduct and performance, follow all regulations and instructions, exhibit professionalism in and out of uniform, and show up at each evolution on time, ready to train.

4. This month is a once in a lifetime opportunity. Significant planning and coordination have been executed to ensure the manpower, resources, and equipment of the Fleet are available for your training. Therefore, I expect you to be here for ALL the training. I will not support arriving late or departing early unless it is a true emergency. Do not make plans for vacations, days off, weekend travel events, or anything else that will keep you from being fully involved in CE. Although you will have some liberty and the opportunity to experience the Hampton Roads area, movement between locations will affect some weekends. Requests for leave or overnight liberty will not be approved during CE.

5. My staff has put together an outstanding program, but it is up to you to step up when someone asks for volunteers to drive the ship, fly in an aircraft or lead your squad into a "combat town." It is up to you to request events that are not on the schedule. It is up to you to ask Sailors and Marines about their jobs and to thank them for their time. Remember - the success of your CORTRAMID experience is ultimately in your hands.

6. ENCLOSURES (1) THROUGH (8) ARE PROVIDED TO HELP YOU PREPARE, SO TAKE THE TIME TO READ THEM. Arrive mentally prepared, with an understanding of CE requirements and expectations, and with ALL of the required items in your sea bag. Again, welcome aboard!



J. R. SCHMIDT

IMPORTANT PHONE NUMBERS

Emergency (Police, Fire, Medical Response)	911
Norfolk Naval Base Security	757- 322-2550/2551
Norfolk Naval Base Emergency	757- 444-3333
Norfolk Naval Base CDO Quarterdeck	757- 322-2365
Base Information	757- 444-0000
Wall Manor/Penn Hall Front Desk	757- 402-4553
Maury Hall Front Desk	757- 402-7002
Ely Hall Front Desk	757- 402-4552

Ambulance

Police Emergency Dispatch	757- 444-2324
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Hospitals

Naval Medical Center Portsmouth	757- 953-5008
Chesapeake General Hospital	757- 312-8121
Lake Taylor Hospital	757- 461-5001
Sentara Norfolk General	757- 388-3000
Sentara Virginia Beach General	757- 395-8000
Sentara Leigh	757- 261-6000
Sentara Independence	757- 363-6100
Sentara Obici Hospital	757- 934-4000

COMUSFLTFORCOM

Watch Officer	757- 836-5397
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CORTRAMID EAST STAFF 2019
BUILDING B-30, NAVAL STATION NORFOLK

<u>POSITION</u>	<u>NAME</u>	<u>UNIT</u>
Officer in Charge (OIC)	CAPT Schmidt	University of South Florida
Asst Officer in Charge (AOIC)	CDR Ratkovic	Norwich University
Operations Officer (Ops)	LT Lopez	Oregon State
Logistics/Transportation	Mr. Robinson	Florida A&M
	Mr. Moses	Marquette University
	Mrs. Davis	Kansas
Administration	Mrs. Armstead	Ohio State
	Mr. Jesse	Notre Dame
	Mr. Hagey	Oregon State
Submarine Coordinator	LT Gimbert	George Washington
Aviation Coordinator	LT Franke	Rochester
Surface Coordinator	LT Davis	Southern University

COMPANY OFFICERS - 2019

ALPHA Company	LT Rorapaugh	Duke
BRAVO Company	LT Cero	Wisconsin
CHARLIE Company	LT Gresla	Miami
DELTA Company	LT Ewing	Arizona State
ECHO Company	LT McKee	George Washington
FOXTROT Company	LT Butler	Maryland Consortium
GOLF Company	LT McDaniel	Oklahoma
HOTEL Company	LT Chambers	Rice

Company Officers and Assistant Company Officers provide continuity, coordinate transportation and trainer attendance, answer questions, and take care of matters necessary to ensure midshipmen training goes smoothly. All company movements shall be escorted by a Company Officer.

U.S. NAVY STAFF, SUBMARINE WEEK, SAN DIEGO, CA

OIC Submarine Week	CAPT Prokopius	Notre Dame
Operations Officer (Ops)	LT Boyce	Texas A&M
Company Staff	LT Arnold	Rochester
Company Staff	LT Benavides	SUNY Maritime College

U.S. MARINE CORPS STAFF, MARINE WEEK, CAMP LEJEUNE, NC

OIC Marine Week	Col Culbertson	Philadelphia Consortium
AOIC	Maj Culligan	RPI
Operations Officer (Ops)	Capt Del Rosario	Rutgers & Princeton
Logistics Officer	Capt Kulczewski	Texas A&M
Commander of Troops	Capt Gantt	Texas

FLEET LIAISON OFFICERS

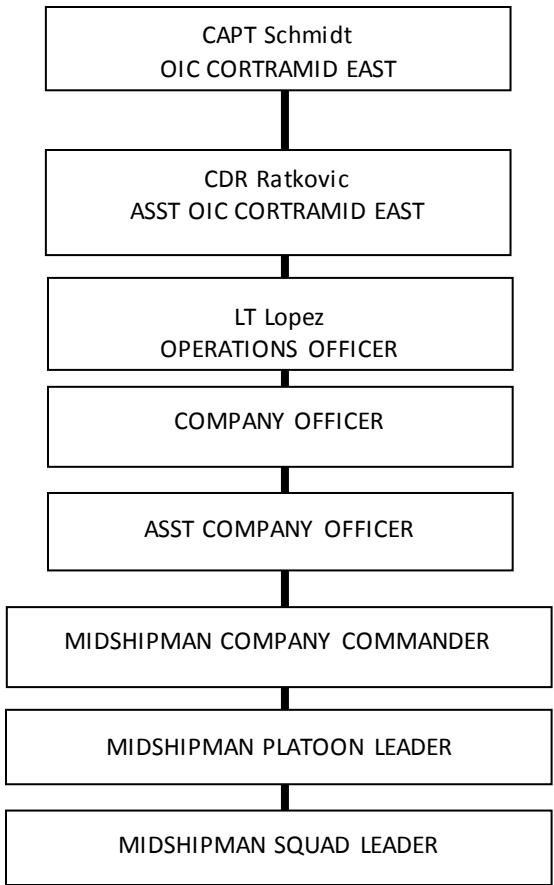
Aviation Liaison Officer	CDR Rubino	AIRLANT
Sub Liaison Officer	LT Tribble	SUBLANT
Surface Liaison Officer	LT Graham	SURFLANT

MIDSHIPMEN ORGANIZATION

There are eight companies of midshipmen, each divided into two platoons (approximately 25 midshipmen each) with three squads (approximately 7 midshipmen each). Each company will have a Company Commander, Executive Officer, two Platoon Leaders, and six Squad Leaders. The Squad leader will serve as mustering officer and mail officer. Leadership billets shall be briefed on their duties by the Staff Company Officer. The Midshipman Company Commander (supported by his or her staff) will have the following specific duties and responsibilities:

- **Know each day's training schedule.**
- Conduct reveille for members of the company each weekday morning and submit muster report to the Staff Company Officer.
- Assemble and muster his or her company following breakfast, lunch, and prior to departure from any training site. Submit muster reports to the Staff Company Officer.
- Organize the company into teams for athletics and other events.
- Ensure his or her company is in the proper uniform and prepared for each training event.

MIDSHIPMEN CHAIN OF COMMAND



DUTIES AND RESPONSIBILITIES OF MIDSHIPMEN

As midshipmen on active duty for training, you are subject to the NROTC Regulations in CNSTCINST 1533.2, U.S. Navy Regulations, and the Uniform Code of Military Justice (UCMJ). Violations of rules and regulations may result in termination of your training and return to your NROTC unit. Serious violations may be adjudicated under the UCMJ.

TRAVEL TO CORTRAMID

Personally operated vehicles (POVs) are not advised for travel to CE. Parking and storage space may be limited. Commercial air travel to Norfolk International Airport is recommended, and should be used unless you obtain specific authorization to travel to CE in a POV. Midshipmen are not to exchange their airline ticket issued by NAVPTO for alternate flights unless their original flight is canceled or severely delayed. Notify the CE staff immediately in the event of flight cancellations or significant delays. A CE representative will meet all midshipmen at Norfolk International Airport. Students who attend submarine week during the last week of CE will have return travel booked directly from San Diego back to their unit or their home – they will NOT return to Norfolk.

BERTHING

You will be staying in Navy Gateway Inn and Suites (NGIS), a Combined Bachelor Housing (CBH) facility onboard Naval Station Norfolk, VA during Aviation and Surface weeks. During Marine Week, you will be billeted in quarters at Marine Corps Base Camp Lejeune, NC. Quarters during Marine Week will be more austere, consisting of open squad-bays and one night in a field environment. During Submarine Week, you will be billeted in a hotel in San Diego. **Please remember that your berthing facilities are NOT college dorms. Since you will be checking out of your rooms every week, you are expected to keep rooms clean and organized!** We share them with other commands and it is extremely important that you behave in a courteous manner and follow the CBH rules of conduct to the letter. Pay particular attention to the rules restricting **alcohol** and **visitors** in your room. Navy Gateway Inn and Suites (NGIS) information and regulations are covered in the NGIS Welcome Aboard Guide located in your room. Additional rules that apply:

- The Hampton Roads area is known for hot and humid summers. Keep doors and windows closed to maximize air conditioning efficiency and to conserve energy.
- Lock your door and safeguard your key. Security watches will not be assigned during scheduled training periods.

- Cleanliness of spaces is the responsibility of all hands. Upon arrival, your room should be neat and clean. It is your responsibility to ensure that it stays that way.
- When in the NGIS lobby area, you shall wear the prescribed uniform or appropriate civilian attire.
- Complete the Room Discrepancy sheet immediately following check-in. Failure to do so may result in your being charged for pre-existing damages. Report all discrepancies in the berthing facilities to the NGIS Desk Watch. If the problem is not resolved, inform your Company Officer.
- **Women are not permitted in men's rooms, and men are not permitted in women's rooms!**
- Everyone shall be in the room assigned to them at curfew.
- Room swapping is not authorized.
- Use of **phone cards or personal cell phones is highly** encouraged for long distance calls. The phone rate from your NGIS room is approximately \$0.10 a minute.
- Keep rooms clean and well organized.

MESSING

Messing aboard ships and at other sites has been arranged and will be included in the Plan of the Day. Messing ashore/galley procedures for midshipmen include:

- Presentation of military ID.
- Signing of name and DOD ID number after proceeding through the line at the registers.

Uniforms or appropriate civilian attire, including clean athletic gear, may be worn to meals. No athletic gear is allowed in Marine Corps Chow Halls. Military uniform or proper civilian attire only.

If you are dissatisfied with the food or the service at the Mess Hall, obtain a Mess Evaluation Form from your Company Commander, complete it, and then return it to the Staff Duty Officer, your Assistant Company Officer or the Mess Hall Master-at-Arms. Also, inform the Operations Officer via your Company Commander.

IDENTIFICATION CARDS

ID cards will be carried on your person **at all times**. NAVSTA Norfolk checks **all** personnel for ID cards at every gate. Additionally, **a copy of your orders and your ID card** are required to enter the Commissary or Navy Exchange (NEX).

UNIFORMS

Midshipmen will be expected to report with a sea bag, **packed in accordance with the gear list provided below**. There will be a sea bag inspection on the day of arrival and Company Commanders will report any discrepancies, such as missing or unserviceable items, to the CE Supply Officer. Uniform requirements for the various evolutions shall be listed in the Plan of the Day.

- The Navy option uniform for most training events will be the Navy Working Uniform (NWU). The Marine option uniform for most training events will be Woodlands MARPAT.
- The NWU/MARPAT will be required during firefighting and damage control trainers and shipboard underway periods.
- A Navy khaki garrison cover will be worn with the flight suit for Aviation Week.
- Civilian casual clothes may be worn to the picnics.
- **The uniform for travel to and from CORTRAMID is battalion polo shirt and khaki pants/slacks.**
- The uniform for liberty is appropriate civilian attire.

3RD CLASS SUMMER CRUISE (CORTRAMID 2019) SEA BAG INVENTORY

Uniform Group	ITEM DESCRIPTION	Navy Option	Marine Option
CM	Bag, Duffel, NYLON Olive Drab	1	1
CM	Belt, Trousers/Slacks Khaki Gold Tip	1	1
CM	Boots, Black Leather 9" Steel Toe (NWU)	1	0
CM	Boots, Tan U.S.M.C.	0	1
CM	Buckle, Brass (N.O. Male & Female Styles)	1	0
CM	Buckle, M.O Belt Brass (Camouflage)	0	1
CM	Insignia, Collar—Class 3 rd (or 2 nd , if	1	1

	applicable)		
CM	Insignia, Collar Device EGA USMC	0	1
CM	Insignia, Garrison EGA USMC	0	1
CM	Socks, Cushion Nylon/Cotton Black	6	6
CM	Undershirt Green	0	6
CM	Cover, Garrison (w/ Insignia)	1	1
MD	Name Tapes, MARPAT, (Name only – NO U.S. Marines on utilities)	0	2
MD	Trousers, MARPAT, Woodlands	0	2
MD	Blouse, MARPAT, Woodlands	0	2
MD	Cover (Cap), MARPAT, Woodlands	0	1
NWU	Blouse, Navy Working Uniform	2	0
NWU	Cap, Eight Point NWU	1	0
NWU	Name Tapes (ID)	4	0
NWU	U.S. NAVY Service Tapes	2	0
NWU	Straps, Blousing	2	0
NWU	Trousers, Navy Working Uniform	2	0
NWU	Undershirt, Cotton, Brown, Crewneck	6	0
NWU	Parka Black Fleece Liner	OPT	OPT
PTM	Physical Training Uniform Short, USMC	0	2
PTM	Physical Training Uniform Sweatshirt, Marine	0	OPT
PTM	Physical Training Uniform Sweatpants, Marine	0	OPT
PTN	Physical Training Uniform Shirt, Navy	2	0
PTN	Physical Training Uniform Short, Navy	2	0
PTN	Physical Training Uniform, Navy Fitness Suit	OPT	0
PT	Reflective Belt	1	1
	Furnished at own expense:		
	Black or Coyote Brown Boots (NWU Type 3 only) Boots non-steel toe for Marine Week	OPT	0
	Camelback – type Water System, backpack worn, 1.7 - 2.5 ltr	OPT	OPT
	Laundry Detergent	1	1
	Bag, Laundry	1	1
	Bag, Sock	1	1
	Bra, (Female) 4 should be sport type	6	6
	Flashlight	OPT	OPT
	Kit, Sewing	OPT	OPT

	Kit, Shoeshine	1	1
	Kit, Toiletry	1	1
	Lock, Combination	2	2
	Shoe, Gym (Running/Walking)	1	1
	Shoes, Shower	1	1
	Socks, Athletic	4	4
	Swim Suit	1	1
	Towel Bath (White)	2	2
	Underwear	8	8
	Washcloth, White	2	2
	Mouth Guard	1	1
	Sunscreen	1	1
	Fleece, Jacket, or Sweater (for Submarine Week underway) if no Parka Liner provided	1	1
	Linens for twin size cot, Fitted sheet and flat sheet	1	1

CIVILIAN ATTIRE

Appropriate civilian attire shall be worn when entering or leaving the base, at all Navy Exchange facilities, NGIS, mess halls, special services facilities, and off base.

The following is NOT considered appropriate civilian attire: tank top shirts, shirts with offensive words or slogans, derogatory signs or drug related slogans, undershirts worn as outer garments, exposed undergarments, short shorts, cut-offs, halters or tops which display a bare midriff, and items of military clothing except shoes and undergarments.

The wearing of collared shirts is always appropriate and highly desired. "Polo" or golf-style shirts (short or long sleeve) are considered collared shirts.

Physical training gear is appropriate when actively engaged in individual physical training. Organized CORTRAMID physical training shall be conducted in the USN or USMC physical training uniform. Shirts must be worn while running onboard the Naval Station. Base police will stop individuals not wearing shirts. Additionally, the use of headphones is strictly prohibited while walking or jogging on base.

Joggers, fitness walkers and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region Mid-Atlantic

installations during times of darkness or reduced visibility. They are not required for organized sports on established playing fields or on closed loop tracks. Reflective belts are available at the gyms.

CORTRAMID STAFF DUTY OFFICER

A member of the CORTRAMID STAFF will be on duty 24 hours a day, including the weekends. **The Duty Officer will be available by cell phone anytime at (915)-525-8167** (*phone will be active from 08 July until 12 August)

PLAN OF THE DAY

The Plan of the Day (POD) will list the training schedule for your company. Your Company Officer or Assistant Company Officer will provide you with specific details regarding each training event.

OPERATIONAL CONSIDERATIONS

Every effort has been made to make your orientation productive and meaningful. However, there may be instances when changes to the schedule occur due to operational necessity. You will be advised as early as possible regarding any changes to the training schedule. You are expected to act professionally in response to changing situations.

TRANSPORTATION

Bus and van transportation will be provided. Details on schedules and routes will be made available to Midshipmen Company Commanders for dissemination. **BE ON TIME.** Personal vehicles are **not** authorized and shall not be used for any official training activities. **When riding in government furnished transportation, seat belts shall be worn at all times.**

MAIL

"Mail Call" will be held each day at B-30. Your mailing address during CORTRAMID is:

MIDN 3/C John/Jane Doe
CORTRAMIDEAST, Company ___
Regional Mail Center
9225 Third Ave
Norfolk, VA 23551

Mail received while midshipmen are at Camp Lejeune (Marine Week) or San Diego (Submarine Week) will be held in Norfolk until your return to Norfolk. CORTRAMID EAST is not responsible for forwarding mail received after you have departed Norfolk for the final time. Ensure you notify anyone sending mail to you during CORTRAMID to send mail **NO LATER THAN 31 JULY 2019** to ensure you receive your package before departing Norfolk.

SOCIAL ACTIVITIES

Each group will have the opportunity to attend one or more picnics. Fleet officers will be invited to attend at least one of these events. Volleyball and other outside activities will be available. There may also be opportunities to attend other officer social functions on an individual or group basis. If you are specifically interested in participating with a given warfare community in wardroom social activities, ensure that your Company Officer is aware of your desires.

In addition to picnics and officer socials, CORTRAMID will offer several special recreational events and trips which will be introduced weekly.

ALCOHOLIC BEVERAGES

Virginia, Georgia, North Carolina, and California state laws prohibit the purchase or consumption of any alcoholic beverage by anyone under the age of 21. If you are over 21, you may choose to consume alcoholic beverages while on liberty.

While you are on CORTRAMID, there is **ZERO TOLERANCE** for over-indulgence, public intoxication, driving under the influence or underage drinking. The following violations will be vigorously prosecuted: contributing to underage drinking by midshipmen, drunk and disorderly conduct, any arrest for DUI, and a DUI conviction. If you engage in any of these activities, your training will be terminated and you will be returned to your unit for subsequent disciplinary action. At your unit, you can expect to receive an adverse Fitness Report, a Performance Review Board, and possibly a recommendation to NSTC for disenrollment from the NROTC program. Furthermore, drunk and disorderly conduct is a violation of the UCMJ, and state laws are quite strict with regard to driving under the influence. If you are arrested for DUI or drunk and disorderly conduct, you will face significant civilian and military criminal charges. Let there be no doubt, **you will be held accountable for your actions!**

FRATERNIZATION POLICY

Navy and Marine Corps prohibitions against fraternization apply to you during this training period. Keep your relationships with your classmates professional and consistent with the concept of “shipmate.” This measure is required expressly for the purpose of maintaining good order and discipline. Due to the unique nature of your assignment, **midshipmen shall also refrain from establishing unduly familiar relationships with active duty personnel, enlisted or officer. This restriction applies both on and off base.**

SEXUAL HARASSMENT/ASSAULT

Sexual assault is a crime and has no place in the military. It is an attack on the values we defend and the cohesion our units demand. Per the Manual for Courts Martial, sexual harassment includes: influencing, offering to influence, or threatening the career, pay, or job of another person in exchange for sexual favors, and deliberate or repeated offensive comments or gestures of a sexual nature. Sexual assault is defined as: a sexual act upon another person by threatening or placing that other person in fear; causing bodily harm to that other person; making a fraudulent representation that the

sexual act serves a professional purpose; or inducing a belief by any artifice, pretense, or concealment that the person is another person; a sexual act upon another person when the person knows or reasonably should know that the other person is asleep, unconscious, or otherwise unaware that the sexual act is occurring; or a sexual act upon another person when the other person is incapable of consenting to the sexual act due to: impairment by any drug, intoxicant, or other similar substance, and that condition is known or reasonably should be known by the person; or a mental disease or defect, or physical disability, and that condition is known or reasonably should be known by the person.

Any instance or report of sexual harassment or sexual assault will be dealt with immediately. As in the active duty force, CORTRAMID shall abide by a **zero-tolerance policy for sexual innuendo, jokes, cartoons, or other offensive behavior of a sexual nature.** If you are a victim of sexual harassment/assault during CORTRAMID, your well-being and follow-on care shall be our primary concern. Ensure you are familiar with the reporting and support options available to you while at CORTRAMID. If you are the perpetrator of sexually inappropriate behavior, you will be held accountable for your actions and will face significant civilian and military criminal charges.

SICK CALL

Sick call will be held each weekday morning at the first formation of the day or at 0700, whichever comes first. Your Company Officer or Assistant Company Officer will obtain your medical record from the CORTRAMID administrative office prior to you reporting to sick call at the medical clinic. On weekends or outside normal working hours, contact your Company Officer or Assistant Company Officer, or the Staff Duty Officer, who will arrange transportation to a medical facility.

RELIGIOUS SERVICES

Religious Services are conducted in Building C-7, Frazier Hall (Base Chapel) at the following times (the Chapel office phone number is 757-444-7361):

Catholic	Sunday	1000	Protestant	Sunday	1030
Jewish	Friday	1930	Muslim	Friday	1300

The duty chaplain can be reached after working hours through the Naval Station Norfolk quarterdeck at (757) 322-2365.

OTHER INFORMATION

- The Navy Exchange offers many services you may require during CORTRAMID. You need your ID card and a copy of your orders to use them.
- Restricted Areas: There are a few areas on military installations that are "off-limits". They are clearly marked by fences and/or signs. These areas could contain classified material or equipment and/or safety hazards.
- Sun bathing: "Catching some rays" is one of the more popular activities in the beach area. Remember, over exposure could result in severe sunburn, sickness, and termination of your training.
- Hitchhiking: **Hitchhiking is illegal** and can be dangerous.
- Photography: Ask before you start taking pictures, especially on base. In the post-9/11 environment, base security is very sensitive to photography and may detain you if you are seen taking pictures.
- Valuables: Don't put temptation in the way of an otherwise honest person. Keep your valuables locked up or on your person.
- **Be on time.** The responsibility for moving 400 midshipmen is a tremendous task that will require you to muster on time at the designated point. Continuous communication with your Company Commander will assist you in this task. **"I did not know,"** is not a valid excuse.

- Military protocol requires the rendering of salutes to all commissioned officers as a matter of tradition, courtesy, honor, and respect. This rule applies both on and off base while you are in uniform, whether or not the officer you are saluting is personally in uniform. If you recognize the individual as a commissioned officer from any service, it is appropriate to salute and render a pleasant greeting such as “Good morning, ma’am,” or “Good evening, sir.” “What’s up,” is not an appropriate greeting. The general rule is, when in doubt ... SALUTE.
- Cell phones use, to include texting, is not authorized while driving on any base in the Hampton Roads area. You WILL be issued a citation. Cell phone use in uniform has additional restrictions. Ensure you are in compliance with Navy Region Mid-Atlantic policies.
- While on liberty there are numerous off limit establishments. Your company commander will provide you with the names of establishments you are not authorized to patronize. Anyone who is caught visiting an off limit establishment will be held accountable.
- **Leave is not authorized during CORTRAMID.** Your sole responsibility while on Active Duty orders is to conduct safe and efficient summer training.
- **Overnighters will NOT be granted for the duration of CORTRAMID East.**

SURFACE WARFARE ORIENTATION

Training Objectives:

1. Indoctrinate midshipmen in the missions of the surface forces of the Navy.
2. Familiarize midshipmen with the duties of a surface warfare junior officer and the career path of surface warfare officers.
3. Provide an introduction to shipboard damage control and firefighting, as feasible.
4. Provide midshipmen time at sea in a surface ship or ship visits which should consist of maximum hands-on exposure.

Goals

The goals of surface warfare week are to familiarize midshipmen with many facets of the modern surface fleet and to motivate midshipmen toward careers in surface warfare. These goals will be accomplished by getting midshipmen on board many different ships as much as possible and through a series of hands-on training events. Plans are to involve midshipmen in everything from ship handling to utilization of small arms for anti-terrorism and force protection to damage control and firefighting. All training will emphasize "doing" rather than "seeing." Energized and engaged midshipmen will learn more and be more likely to be invited to participate in more activities. Midshipmen must remain fully engaged during this demanding week by participating and asking questions.

Schedule of Events

Each midshipman will experience the many facets of the surface warfare community and its support elements during this week. Midshipmen will have the opportunity to meet and work with newly-commissioned ensigns on their first assignment, as well as meet

other surface warfare officers and enlisted Sailors who are the backbone of today's most professional and technologically advanced Navy. Day one will begin with a welcome-aboard brief by RADM Wilson, Commander of Naval Surface Forces Atlantic (COMNAVSURFLANT). In the following days, midshipmen will participate in a number of activities to include: a session in the ship handling simulator; a visit to the maritime operations center; a session in the firearms training simulator (FATS); a day underway on a surface ship; and a session at the firefighting school. Midshipmen will also have an amphibious day to include: tours of a LHD or LPD ship; LCU/LCAC static displays; and demonstration of an amphibious landing. Surface week will conclude with a social picnic (hosted by the finest chiefs' mess on the water front!) where the midshipmen will be able to interact with senior leadership and wardrooms from the waterfront.

Preparation and Safety

As a safety precaution, a medical screening will be conducted prior to the first week of training. Barring any unforeseen medical problem, all midshipmen are expected to participate in high-risk training (i.e. damage control, live-fire events, small boat operations, etc.).

The uniform for all events in surface week will be NWU or MARPAT.

Many people have worked hard to ensure this week will be interesting, demanding and professionally rewarding. We are sure this week will be one of the most memorable experiences of your naval career. Take advantage of this terrific opportunity, have fun and ask questions!

SUBMARINE WARFARE ORIENTATION

Training Objectives:

1. Indoctrinate midshipmen in the roles and missions of attack and fleet ballistic missile submarines (SSBN).
2. Provide midshipmen with an appreciation of the duties of a junior officer in submarines and the career path of submarine officers.
3. Provide an introduction to shipboard damage control, as feasible.
4. Provide midshipmen, as feasible, two days at sea and two days of ashore training and orientation.

Schedule of Events

Each midshipman will rotate through most or all of the following facets of the Submarine Warfare community and its support elements:

- Career brief
- Submarine underway for 48 hours
- Submarine ship control simulator
- Damage control wet trainer
- Attack center simulators

Every attempt will be made to get all midshipmen underway on a submarine, but with limited resources, Navy option midshipmen will be prioritized. Transit to, embarkation, and debarkation from fleet units will be made by small boat. Brief Stop for Personnel (BSP) may take up to seven hours, so be prepared for a long boat ride. You must wear a life jacket when transferring to and from the submarine at sea. Personnel transfers at sea can be hazardous evolutions; pay particular attention to directing personnel during these evolutions and once aboard the submarine. Do not loiter topside.

What to Bring for the At-Sea Period

- Navy Working Uniform
- Sneakers
- Towel
- Change of underwear and socks
- Personal hygiene/shaving kit (non-aerosol shaving cream)
- NWU parka liner or equivalent personal fleece, sweater, or jacket for cold spaces onboard to wear with your NWUs. A unit sweatshirt or other item that fits this description with your command logo is a good idea.

What Not to Bring for the At-Sea Period

- Civilian clothes
- Brasso/shoe polish (atmospheric contaminant)
- Aerosols (atmospheric contaminant)
- Valuables (such as large amounts of cash, etc.)
- Cell phones, laptops or any device with a camera. Electronic devices are **STRICTLY PROHIBITED** on MIDN cruises

If you are taking prescription medication, bring the bottle including label with you and inform the ship's Independent Duty Corpsman (IDC) as soon as you come aboard.

What to Bring to the Damage Control Trainer

You will have an opportunity to train in a wet trainer which simulates a flooding event at sea. It's a lot of fun but you will need a change of clothes at the end of the session. **No contact lenses** are allowed in the trainer, so bring and wear your glasses.

AVIATION WARFARE ORIENTATION

Training Objectives:

1. Indoctrinate midshipmen in the concept, roles and mission of naval aviation.
2. Provide midshipmen with an appreciation of the duties of a junior officer in naval aviation and the career patterns of naval aviators and naval flight officers.
3. Provide midshipmen, as feasible, flight time in a fleet or training aircraft.

Goals

Provide each Midshipman with an opportunity to observe and participate in various aspects of naval aviation.

Preparation

You will be given an aviation flight screening upon arrival at CORTRAMID East. If you are cleared, you will receive an aeromedical “up-chit.” **This “up-chit” is your key to being able to fly in an aircraft so DO NOT LOSE IT!** To help ensure a better medical screening experience, if you wear contacts - don’t. Midshipmen are required to travel to CORTRAMID in glasses if you have/wear them.

Be sure that your ears are cleaned thoroughly before the aviation flight screening as excessive build-up of wax may prevent you from being medically cleared.

If you have been medically cleared following your flight screening and are at least a second-class swimmer, you will actively participate in water survival during the first day of aviation week.

In addition to classroom lectures and practical application in the water, you will be required to complete a 25-yard swim wearing

flight suit and boots, without stops or support, using three different survival swim strokes in addition to a two-minute tread/drown-proof.

You must bring the following items with you in order to participate in the aviation physiology training: military ID card, aeromedical up-chit, bathing suit (females must have a conservative one-piece suit) and towel. Do not bring any jewelry or valuables.

As a planning factor, the Sunday prior to aviation week will be dedicated to gear issue and other preparatory requirements prior to the start of training.

This year aircraft are in high demand and may hinder the availability of resources for CORTRAMID. If there are a limited number of flights available, Navy option midshipmen will be prioritized.

Assignment Criteria for Aviation Week

Assignment will be based on the following factors:

1. Aeromedical up-chit signed by a flight surgeon.
2. Sickle cell (HSS) and hematocrit (HCT) test results. A missing or unsatisfactory HSS or HCT test result will only allow a “low altitude” assignment because of the physiological impact on blood cells when in a low-pressure (high altitude) environment. If you know you have this condition, speak up!
3. Successful completion of aviation water survival, including second class swimmer qualification.
4. Successful completion of aviation physiology training.
5. NROTC Swim Qualification: All midshipmen must be at least third class swim qualified to attend summer training. Second class swim

qualification is highly desirable for all prior to commencement of training. Swim qualifications will be used to further determine aircraft assignment.

6. Military ID for daily messing.

7. Flight suit with blue t-shirt, khaki garrison cover and boots should be worn each day. Limit jewelry to wedding band on no-fly days. No jewelry shall be worn on the flight line. Do not carry loose change or other small objects in your flight suit pockets. Flight suits will be issued to you.

8. Glasses that correct your vision to 20/20 shall be worn during all flight events.

Schedule of Events

Midshipmen will be exposed to a variety of information and opportunities at NAVSTA Norfolk and Naval Air Station Oceana during aviation week. Midshipmen will have the opportunity to sit in on aviation mission briefings, tour F-18s, P-8s, E2-Cs, and H-60s. Midshipman will also get a firsthand experience of the training for water survival, culminating in H-60 rides around the Naval Station Norfolk area. While the CORTRAMID staff are actively pursuing T-6 rides for all midshipman, limited resources restrict the number of midshipmen who get rides. Aviation week will end with an aviation outing where midshipman will have the opportunity to meet with senior enlisted Sailors to learn what makes a good Naval/Marine Corps officer in the eyes of the enlisted Sailors!

MARINE CORPS ORIENTATION

Training Objectives:

1. Demonstrate to Midshipmen the types of tactical knowledge, military skills and leadership qualities demanded of a Company Grade Officer in the Marine Corps.
2. Introduce Midshipmen to the training environment of the Company Grade Officer in the Marine Corps.
3. Introduce Midshipmen to the various career opportunities available to officers commissioned into the Marine Corps.
4. Provide Midshipmen an opportunity to operate and/or become familiar with the individual and crew-served weapons organic to the Marine infantry battalion.
5. Demonstrate the capabilities of equipment organic to the Marine Air-Ground Task Force (MAGTF).
6. Provide Midshipmen exposure to Marine physical fitness and combat conditioning (obstacle course, Marine Corps Martial Arts demo) and maintain the fitness level of midshipmen during Marine Week.
7. Marine Week training will include the confidence course, Pugil Sticks, NBC instruction and confidence exercise, rappelling, obstacle course, Military Operations in Urban Terrain, live fire of infantry weapons, simulator training, fundamental tactics, techniques and procedures, field hygiene and security operations and much more.

Safety

A comprehensive safety brief will be provided to all Midshipmen on the first day of Marine Week. Additionally, all exercises, training evolutions and physical fitness events will be preceded by a safety

briefing. It is essential that all Midshipmen are attentive to and adhere to all safety guidelines for each event.

Expectations

1. The Marine Week of CORTRAMID East 2019 is an extraordinary opportunity to experience life in the Marine Corps. It is challenging but, year after year, highly valued by CORTRAMID Midshipmen who experience it. You are encouraged to take away all that you can and learn as much as possible during your week with the Marines. **DO NOT WASTE THIS OPPORTUNITY** – ask questions! This week will provide you with additional insight to assist you in making an informed decision about your future as an officer on the Navy/Marine Corps team.

2. The primary expectations of all Midshipmen at Marine Week are two-fold:

a. Conduct yourself as professionals and adhere to and uphold the established standards. In order to achieve the maximum possible benefit from your participation in Marine Week, you must be fully prepared to be challenged, to apply yourself to the training and to learn as much as possible in a short period of time. The most important key to your success during Marine Week is your mental state of readiness and a positive attitude toward training: a positive and enthusiastic frame of mind is important. Your physical readiness will also play a significant role in your ability to make the most of Marine Week. Therefore, you must ensure you take advantage of any rest periods, eat properly (including MREs), constantly hydrate, and be attentive to any physical problems you encounter (sunburn, blisters, dehydration, etc.).

b. Take the initiative to be fully prepared for all evolutions. Bring all specified, required, recommended gear and equipment for training.

Additional detailed expectations will be provided to you in the “Rules of the Road” for Marine Week brief. In addition, Midshipmen will spend a night in the field, either in tents or under the stars and are expected to follow proper procedures for living in a field environment.

3. Much of the Marine Corps’ long history of success in combat is directly correlated to the training provided to Marines prior to combat operations. The Marine Week of CORTRAMID will provide limited exposure to the training required to develop Company Grade Officers and to uphold the longstanding heritage of success of the Marine Corps. Marine Week is designed to give Midshipmen a glimpse of how the Marine Corps trains and fights using a combined arms approach to warfare with a focus on the roles and responsibilities of the Company Grade Officer.

4. Refer to the CORTRAMID East Sea Bag Inventory for gear needed for training.

a. All personal hygiene items required will be permitted and should be brought by all Midshipmen. This should include any personal feminine hygiene items required.

b. Mobile/smart phones are authorized, but access will be restricted during training periods. Midshipmen are authorized to bring small cameras and will be given specific guidance on when they will be allowed to take photographs. Due to the physical demands of training, Midshipmen are responsible for properly safeguarding this item from damage and/or loss.

c. Midshipmen will be living in field conditions and sleeping in squad bays at Camp Geiger. Midshipmen will have a wall locker in order to secure their personal gear and organizational-issued equipment. Midshipmen should ensure they leave no gear adrift in the squad bay while they are training at Marine Week.

WHAT TO DO ON BASE NORFOLK & NAVY EXCHANGE (NEX) PHONE NUMBERS

Internet:

Wind & Surf Internet Café, C-9, 444-2888, Hours: Monday-Thursday 1100-2300, Friday 1100-2400, Saturday 1200-2400, Sunday 1200-2300

Wind & Sea Recreation Center, C-9, 444-4033, Hours: Monday-Thursday 1100-2300, Friday 1100-2400, Saturday 1200-2400, Sunday 1200-2300; Amenities: Wi Fi internet, snack bar, pool tables, ping pong table, individual television viewing area, PS2, PS3, Xbox, & Xbox360, Wii with a large game library, large theater room with 800+ titles from Navy Motion Picture Service

Wind & Sea at Q-80, 444-1216, Hours: Monday-Friday 1100-2000, Saturday-Sunday 1300-2100.

Bowling:

Liberty Lanes, P-86 (near Gate 3A), 451-0100/0500, Hours: Monday-Wednesday 1000-1400, Thursday 1000-2230, Friday 1000-2400, Saturday 1200-2400, Sunday 1300-1930.

Pierside Lanes, CEP-127 (near Gate 5), 451-0600, Hours: Monday-Wednesday 1000-2200, Thursday 1000-2230, Friday 1000-2400, Saturday 1200-2400, Sunday 1300-1930

Movie Theater:

Main Gate Movies 10, CD-12, 440-1500,
<http://www.phoenixtheatres.com/>

Fitness & Sports:

NSN Gymnasium, N-24, 444-2276, Hours: Monday –Friday 0500-2000, Weekends and Holidays 0900-1300.

McCormick Sports Center, CEP-58 Gymnasium (just inside Gate 5), 444-4016, Hours: Monday - Friday 0500-2000. Weekends and holidays closed.

Waterfront Athletic Complex, Q-80, 444-1267/1292, Hours: Monday - Friday 0500-2100 Saturday - Sunday 1300-2100. Holidays 1200-1900.

Pools:

Waterfront Athletic Complex (Q-80) Indoor Pool, 444-1288, Monday - Friday 0500-2000 (Lap swim only until 1400), Saturday-Sunday 1300-1900 Open swim & lap swim

Fleet Recreation Park, Indoor Pool Lap swim only, Hours Monday - Friday 0600-0800 & 1100-1800, Saturday 0800-1200, Outdoor Pool, 444-2134, Wednesday-Sunday 1100-1800.

Lagoon Waterpark, Hours Thursday – Tuesday 1100-1800

Marina & Boating:

Norfolk Naval Sailing Center, LAG-77, 444-2918, Hours: M- Sunday 0800-1900; Sailing Center has the following boats for rent: dinghy sailboats - Lasers, 420s, Hobie Waves, Hunter 170s; Keelboats - C&C24, Catalina 25&310, Hunter 260, Endeavor 32, and Tartan 34; Motorboats - 19ft Carolina Skiffs and Triumph 170s. Qualification required for renting. Classes offered. Call for information and prices.

Hobby /Wood Shop:

Craftech Hobby Store, C-9, 445-0301, Hours Monday – Thursday 1000-2000, Friday – Saturday 1000-1700

Wood Shop, P-4, 445-0301, Hours Wednesday & Thursday 1200-2000, Saturday 1000-1700

Golf: There is a 5-hole course between the NGIS and the carrier piers.

Sewells Point Golf Course (18-hole par-71), CA-99 660 Ruthven Road (next to Camp Allen), 444-5572, hours 0630-sunset, you can rent clubs.

Navy Exchange Mall & Retail Store, Located in building CD-13, 440-2200; General hours of operations: 0900-2100 Monday-Saturday, 0900-1900 Sunday. The NEX includes a grocery store, uniform store, department store, barber, food court and the Information, Ticket, and Travel (ITT) office.

Food:

Food Court, CD-13. Variety of name brand food concepts. Open 0700-2100 Monday-Saturday; 0800-1900 Sunday. Hours for some concepts may vary.

DeVary Food Court, C-9, Corner of Bacon and Gilbert Streets. **Sub Sandwich Shop**, 440-1252, Open 0900-2200 Daily.

Other restaurants, 423-4186, Open 0800-2300 Monday-Friday, 0900-2300 Saturday and Sunday

McDonalds: CEP 127 (near Gate 5)

Personalized Services: CD-13, 440-2254; Open 0900-2100 Monday-Saturday, 0900-1900 Sunday.

Barber/Beauty Shop, 440-2385, 440-2108; **Optician**, 489-1083; **Optical**, 489-1081; **Engraving**, 440-2254; **Laundry & Dry-Cleaning**, 440-2223; **One Hour Photo**, 440-2126; **Western Union**, 440-2254.

Gasoline available at all the following locations:

NEX Mall CD-11, 423-3602: Open 0700-2130 Monday-Saturday, 0900-1930 Sunday

U113, 440-2106; 0700-1700 Monday-Friday, and closed on Saturday and Sunday

P64, 440-2202; 0700-1800 Monday-Friday; and closed on Saturday and Sunday

CEP 66, 440-2315; 0600-1830 Monday-Fridays 1000-1600 Saturday and closed Sunday

Mini Marts at the following locations:

V-57, 440-2320: Open 0800-1900 Monday-Friday and 1000-1800 Saturday-Sunday

CEP-66, 440-2315: Open 0600-1830 Monday-Fridays, 1000-1600 Saturday, closed Sunday

P-64, 440-2265: Open 0700-1900 Monday-Fridays, 0800-1800 Saturday, closed Sunday

Navy Lodge, 489-2656 ext. 480: Open 0800-1830 daily, including holidays.

C-9, 440-2009: Open 0900-2000 Monday-Friday, 1000-1800 Saturday-Sunday.

Auto Port, P-64, 440-2202: Open 0700-1900 Monday-Friday, Saturday 0800-1600. Closed Sundays and holidays. Automotive service, parts, gasoline and Mini Mart.

Barber Shop, 440-2235: Open 0800-1800 Monday-Fridays, 0900-1800 Saturday and Sunday, closed holidays.

Coin-operated Laundromat, No phone, Open 0900-2300 Daily.

Amusement Machines, No Phone, Open 0900-2300 Daily

Mini Mall, V-57, 440-2321; Mini Mart Open 0800-1900 Monday- Friday and 1000-1800 Saturday and Sunday.

Other services: A sub sandwich shop, 440-2478: Open 0900-1900 Monday-Friday, 1000-1800 Saturday and Sunday, closed holidays;

Barber Shop, 440-2328: Open 0800-1700 Monday-Friday, 1000-1700 Saturday, closed Sundays and holidays.

Laundromat/Vending, 363-3370; Most facilities are open 24 hours.

CEP-89 Laundromat/ Vending

CEP 168 Laundromat/ Vending

CORTRAMID EAST 2019 TRAINING CALENDAR													CORTRAMID EAST 2019 TRAINING CALENDAR																													
July													August																													
Date	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10										
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