



DEPARTMENT OF THE NAVY
NAVAL RESERVE OFFICERS TRAINING CORPS
UNIVERSITY OF COLORADO BOULDER
374 UCB FOLSOM STADIUM
BOULDER, COLORADO 80309

1 June 2026

Congratulations on joining the University of Colorado Naval Reserve Officer Training Corps (NROTC)! We are excited to have you on our team this fall as you begin your journey towards becoming a Navy or Marine Corps Officer. As an NROTC student, you are entering a challenging and rewarding program that will require dedication, self-discipline, and teamwork to be successful. You represent less than two percent of the United States' population who serves in the military and I commend you for choosing this path.

This year's New Student Orientation (NSO) program will prepare you for your freshman year at the University of Colorado. Most of you will have attended New Student Indoctrination (NSI) at Naval Station Great Lakes, where you received basic military instruction on customs and courtesies, uniform wear, physical fitness, and other foundational subjects. NSO is NOT a second edition of NSI. NSO is an opportunity to meet and form relationships with the other members of your class, become familiar with the campus, NROTC spaces, and how we conduct training throughout the year as well as an opportunity to complete required administrative work to activate your scholarships. There will be one physical training session each day during NSO and we are "Forged at Altitude"! For those who have never trained at 5,430 feet, there is a significant difference in oxygen from sea level. Ensure you arrive in excellent physical condition and that you are well hydrated prior to arrival.

You are joining an organization with some exceptional young leaders whom you will maintain relationships with for the rest of your life. Becoming an officer is a process and you must work on it every day. We look forward to being a part of your journey and seeing you in August.

Respectfully,

A handwritten signature in black ink, appearing to read "M. P. Zummo", is written over the typed name.

M. P. ZUMMO
Colonel USMC



Freshman Welcome Packet

Check-In Overview

Check-in will take place on 10 August 2026 at Folsom Stadium, Gate 6 at 0630. New Student Orientation (NSO) will begin immediately after check-in from 10 – 13 August. If you are going to be late or unable to attend due to last-minute or unforeseen circumstances, contact SSgt Caparell immediately. There will be a ceremony to conclude NSO on 13 August in Grusin Music Hall at 1130. Please see the enclosed map for the locations of both check-in and graduation; the locations are also enclosed. Family members are welcome to observe and participate as unit staff will be present to answer any questions.

Check-In Forms

The uniform sizing sheet must be submitted **NO LATER THAN 1 JULY** to SSgt Caparell (see contact roster below.) The Confirmation Sheet must be submitted **NO LATER THAN 1 JULY**. All other required forms or documentation will be noted on the checklist and should be brought to check-in.

Transportation

Incoming scholarship students are authorized transportation not to exceed the cost of a one-way government rate airline ticket. In general, the government rate is significantly lower than the cost of a commercial ticket, so it is recommended to purchase the least expensive ticket possible.

Any transportation costs other than riding from the airport are reimbursable. Be sure to keep all receipts during your travel.

If you plan on flying, Boulder is serviced by Denver International Airport (DIA). Transportation from the airport is your responsibility. There are several ground transportation options from the airport including RTD bus, Uber and Lyft. Please refer to the following website for more information: [Parking and Transportation | Denver International Airport \(flydenver.com\)](https://www.flydenver.com)

If you need a hotel, the following list consists of hotels near campus:

Best Western Plus Boulder Louisville - (303) 327-1215

Homewood Suites by Hilton - (303) 499-9922

Note: Any lodging expenses before moving into the dormitories are not reimbursable.

Housing

If you need a place to stay until the dorms open for move-in, please ensure that you fill out the appropriate portion of the confirmation sheet.

Parking

Parking permits will not be issued. You will be responsible for finding and purchasing your own parking. Parking fees will not be reimbursed. Please refer to the following website for further information: <https://www.colorado.edu/pts/parking>

Uniforms

The uniform sizing sheet must be submitted NO LATER THAN 1 JUL to MIDN Shearer and SSgt Caparell. Uniforms will be issued and tailored at no cost. You will receive a sea bag containing the uniform items required. If you attended NSI, you would have received all required uniforms – bring the provided sea bag and equipment with you.

Appearance and Grooming Standards

All midshipmen MUST arrive at NSO with a haircut that falls within Naval grooming standard guidelines. Female midshipmen will be instructed on the proper wear of their hairstyle. All students must comply with the standards as set forth in U.S. Navy and Marine Corps Uniform Regulations.

Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or “conservative” or “eccentric” grooming and personal appearance, the good judgment of leaders at all levels is key to enforcement of Navy and Marine Corps grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

For your reference, see: Navy: [2101 - General Information \(navy.mil\)](#)

Marine Corps: [MCO 1020.34H v2.pdf \(marines.mil\)](#)

Drug Testing

All incoming Midshipmen will be subjected to a urinalysis upon arrival. You will also be signing a Drug Use Statement of Understanding if you have not previously done so. Failure of the drug test will prevent you from joining the NROTC program as either a scholarship or college program student.

Medical

If you are entering this program as a 4-year scholarship student, please ensure that you have completed all steps in the Department of Defense Medical Examination Review Board (DODMERB) Physical Exam process including any remedial tests, if applicable. You must submit any forms and dental x-rays that you received from DODMERB upon arrival. It is highly recommended that all physical exams be conducted by DODMERB contract physicians and not a Military Treatment Facility as they are sometimes slow in getting paperwork in. If you already used them, be sure you are in close contact with them to ensure timely completion.

If you have not completed the full DoDMERB exam, this will impact the activation of your 4-year scholarship. If you are entering the program as a College Programmer or your DoDMERB is not complete you need to arrive with a sports physical done within 30 days of arrival. If you have any medical issues that will limit your physical training, notify SSgt Caparell as early as possible and bring a doctor's note to document and explain your condition. You must arrive with all required shots completed.

Activation of a scholarship does not occur until after NSO. Scholarship recipients will need to be covered under a medical coverage plan until NSO has been completed. For college program students, your medical coverage is your responsibility. Medical coverage through the university will begin on the first day of the semester, NOT during NSO.

Physical Training

The air is less dense above 5,000 feet and altitude sickness is a concern. To combat this, arrive at check-in in good shape; consider arriving early to acclimate. You should drink nothing but water and electrolytes/sport drinks prior to and upon your arrival. A physical fitness test will be administered during NSO for all students and is used as a baseline to determine your fitness level.

For scholarship students, your DODMERB **physical will serve as qualification to begin physical training**. For College Program students, your sports physical serves as qualification to

begin physical training. Below are benchmarks to strive for to be prepared for NSO and follow on training:

- 4-mile run < 30 minutes
- 3-mile hike with 30lbs ruck
- 15 pull-ups (men)
- 7 pull-ups (women)
- 3 min 30sec plank
- 1.5 mile < 11 min
- 40-50 push-ups (men)
- 30-40 push-ups (women)
- 40-50 min uninterrupted running

Familiarize yourself with the standard Navy Physical Readiness Test (PRT), Marine Corps Physical Fitness Test (PFT) and Marine Corps Combat Fitness Test (CFT) scores and guidelines. Both scholarship and program students will be held to these standards. All pertinent information regarding height and weight standards can be found at the links below.

Navy: [Guide 4-Body Composition Assessment BCA JAN 2023.pdf \(navy.mil\)](#)

USMC: [MCO 6110.3A with CH-3.pdf \(marines.mil\)](#)

Academics

NAVR 1010 (Introduction to Naval Science, meets MWF 0905-0955 or MWF 1010-1100) is required for the Fall 2026 semester. The naval courses will NOT show if searched up by name. To add the course, search for the respective 5-digit course ID code of the class you wish to take, you may choose different times depending on the course:

- NAVR 1010 (Sec. 100 & 110): MWF at 0905 – 0955
 - Add with code **32262** & code **32263**
- NAVR 1010 (Sec. 200 & 210): MWF at 1010 – 1100
 - Add with code **32264** & code **32265**

All freshmen midshipmen are required to sign up for a minimum of 15 total credit hours their first term, including NAVR 1010. NROTC requires Navy option scholarship students to take one year of calculus (Calc I+II) and one year of calculus-based physics (Physics I+II). It is recommended that you enroll in Calculus no later than the spring semester of your freshman year, or as your specific program dictates.

Marine-option midshipmen ARE NOT required to take calculus or physics unless it is required for your major. More requirement information can be found on Table 3-1 and Table 3-2 below. Physics I (PHYS 1110) and Calculus I (MATH 1300/APPM 1350) should not be taken during the same semester unless you have a substantial high school background in calculus.

If you are a College Program midshipman, it is strongly suggested that you take Calculus your freshman year as it will significantly aid you in your attempts to earn an NROTC scholarship. When you meet with your university counselor, be sure to let them know that you will be with the NROTC unit and have required classes to take.

All weekly battalion PT, training and labs will take place in the mornings prior to any scheduled class times.

Table 3-1 below outlines the academic requirements for the program outside of Naval Science courses. It is recommended to schedule several of these courses for your first semester.

Table 3-1: Specified Courses

Complete By End of	Sem Hrs	College Program							
		Scholarship		Advanced Standing		Nurse	STA-21 ²	SSMP	
		Navy	USMC	Navy	USMC				
3/C	Calculus	6	•	+	+	+		•	
	English	6	•	•	•	•	•	•	•
2/C	Physics (calculus based)	6	•	+	+	+		•	
	College Algebra or higher	6			•				•
1/C	American History or National Security Policy	3	•	•	•	•		2	
	World Culture and Regional Studies	3	•	+	•	+	•	2	
	Physical Science	6			•				

•: Required

+: Advised to make student competitive for USN scholarship

² [STA-21 Program Authorizations](#) take precedence over these requirements

Courses that meet the NROTC above requirements are on the CU NROTC website at Academics | Naval Reserve Officers Training Corps under, “Approved Courses that Satisfy NROTC Requirements”. Students may petition through their advisor, to have other courses not on this list considered.

Table 3-2 below outlines all Naval Science courses you are required to take and during which year you are expected to complete them.

TABLE 3-2: NROTC COURSE REQUIREMENTS

Typical Timing		Scholarship or Advanced Standing					
		Navy	USMC	Nurse	MECEP	STA- 21	SSMP
4/C	Introduction to Naval Science	•	•	•		NSI	•
	Sea Power and Maritime Affairs	•	•	•		NSI	
3/C	Leadership and Management	•	•	•		•	
	Navigation	•				NSI	
2/C	Strategic Sealift Officer Course						•
	Naval Ship Systems I (Engineering)	•				NSI	
	Naval Ship Systems II (Weapons)	•				NSI	
1/C	Evolution of Warfare		•		• ¹		
	Naval Operations and Seamanship	•				NSI	
	Fundamentals of Maneuver Warfare		•		• ¹		
All terms	Leadership and Ethics	•	•	•	•	•	•
	Naval Science Laboratory	•	•	•	•	•	•

•: Required

NSI: Course requirement met by completion of NSI

¹ PNS may waive course under conditions in 3-5 4.d. (2)

Scholarship Activation

To activate a national scholarship, the following must be verified beforehand:

1. Accepted as a student at the university.
2. Accepted in the major/tier specified on the scholarship offer letter.
3. Medically qualified by DoDMERB or have an approved BUMED waiver letter or a sports physical within 30 days of check-in if DoDMERB is not complete.
4. Within Navy or Marine Corps height/weight standards outlined above per their scholarship offer letter.
5. Pass the Navy PRT with a “Good Low” score or the Marine Corps PFT/CFT with a “First Class” score per their scholarship offer letter. They must maintain a Good Low/First Class to keep their scholarship activated. For College Programmers, your goal should be higher than a Good Low/First Class to be competitive for 3-, 2-, and 1-year scholarship applications.
6. The student must not have tattoos or piercings that violate Navy/USMC regulations.
7. Be a citizen of the United States of America.
8. Be at least 17.

9. Not committed any crimes involving moral turpitude.
10. Any prior drug/alcohol use conforms to OPNAVINST 5350.4 (Series).
11. Not a recipient of VA compensation for a disability incurred in military service.

Failure to meet any of these requirements will prevent the activation of scholarship benefits, including tuition, book stipend, and monthly stipend.

College Program Activation

To activate a college program student, the above requirements must be met with the following exceptions:

1. Medically qualified by an approved and current Sports Physical (within 30 days).
2. Within Navy or Marine Corps height/weight standards outlined above. Failure to meet these standards will result in the termination of the college program offer.
3. Pass the Navy PRT with a “Good Low” score or the Marine Corps PFT/CFT with a “First Class” score. Failure to meet this minimum during the physical fitness test will result in the termination of the college program offer.

Confirmation Sheet

Complete this sheet Digitally and return to SSgt Caparell by 1 July 2026

NAME (Last, First, Middle Initial): _____

PHONE NUMBER: _____

DATE OF BIRTH (Month/Day/Year): _____

Branch (select one): Navy Marine Corps

Option (select one): Scholarship College Program

NSI Attendance (select one): Attended Did not attend

EMAIL ADDRESS (@colorado.edu if set up): _____

EXPECTED MAJOR (approved major if on scholarship): _____

FOOD ALLERGIES (List if any): _____

Confirmation (check all that apply):

I will be participating in the NROTC program during the Fall of 2026 at CU Boulder.

I will be participating in New Student Orientation beginning on Tuesday, 10 August 2026.

My parent(s) are planning to attend the parent program brief (1030) and graduation (1130) on Thursday, 13 August.

Total number of guests (excluding myself):

I will NOT be checking-in and have no plans to join NROTC at this time.

Move-In Plans (check all that apply):

My current dorm move-in date is: _____

My plan after new student orientation is to:

Stay at home. I live in the local area.

Stay in a hotel.

Other: _____

NSO CHECKLISTS

The following forms are all required to participate in NSO and must be brought to check-in:

- Birth certificate (Must be original, or a certified copy. We will make copies)
- Social Security Card (Must be original. We will make copies)
- Passport, if you have one (Must be original. We will make copies)
- Bank information (So you can be paid monthly stipends, travel costs, etc.)

(Scholarship students only)

- o Name of bank: _____
 - o Account number (checking or savings): _____
 - o Routing number: _____
- Immunization record (all shots, from the day you arrived on this Earth)
 - o The following is a list of required immunizations that each midshipman must receive:
 - Tuberculin (PPD) skin test (performed within past 24 months)
 - Tetanus-Diphtheria (Tdap) (within past 10 years)
 - Measles-Mumps-Rubella (MMR) vaccine
 - Varicella (Chickenpox)
 - Meningococcal (1 quadrivalent meningitis and 1 meningitis B)
 - Polio vaccine (once)
- All lab reports/records from your doctor, including but not limited to the following:
 - o Sickle Cell Test
 - o Blood Type
- Copy of SAT or ACT scores
- Travel orders, plane tickets, travel receipts (**Scholarship Students Only**)
- Any Medical records you received from DoDMERB
- Sports Physical, completed within 30 days of NSO start – August 10th (**College Program Only or if DoDMERB is NOT Complete**)

Packing List Items Needed For NSO

The following items shall be packed in a black or neutral duffel bag, separated from the rest of your personal belongings. The items on this list are the minimum supplies needed for NSO.

Hygiene Articles:

Male: shaving cream, razor, wash cloth, soap, shampoo, deodorant, toothbrush, toothpaste

Female: above items plus feminine hygiene products, bobby pins, hair gel and natural hair-colored or black hair ties

1 Water bottle

2 towels

10 pair of underwear

3 white crew neck t-shirts

Any prescriptions or medications (with a doctor's letter)

Eyeglasses (contacts are not permitted for NSO)

1 pair of running shoes

10 pair of white athletic socks

5 athletic bras (females only)

Sunscreen (50 SPF or higher)

Chapstick

1 combination lock

1 swimsuit - females only: one piece, either black or navy blue (Males: PT shorts will serve this purpose)

1 pair of black/blue rubber "flip flop" shower shoes

1 Pillow and white pillowcase

1 pair of blue or black athletic shorts

1 Medium-Large Laundry Bag (NSI Laundry Bag Works for those issued it)

- 1 small package of non-liquid detergent
- 2 Black narrow tip permanent marker
- 4 Black pens
- One small can of black shoe polish (such as KIWI)
- Two polishing rags (for shoes and brass)
- Sea Bag with **all issued uniform items from NSI** (MIDN who completed NSI)
 - Students who didn't attend NSI will be issued gear at NSO

Cellular phones, iPods, iPads, and all other communications technology will be collected and securely stored by the NSO Staff and will not be accessible during NSO. If there is an emergency or other compelling reason for you to call or otherwise contact your parents or relatives, the NSO staff will make the arrangements. If your parents need to contact, you for an emergency, please have them call the Command Duty Officer (CDO), LT Zagone, or GySgt Hall.

Contact List

Name	Email	Phone
MIDN Shearer, William (NSO CO)	William.Shearer@Colorado.Edu	469-534-2940
SSgt Caparell, Kollin (NSO XO)	Kollin.Caparell@Colorado.Edu	904-548-8062
GySgt Hall, DeVante (AMOI)	DeVante.Hall@Colorado.Edu	303-429-2584
2 nd LT Cervantes, John (POC)	John.Cervantes@Colorado.Edu	323-334-5075
LT Zagone (CDO)	Chris.Zagone@Colorado.Edu	303-492-5362

MIDSHIPMEN SIZING WORKSHEET

Return completed form to SSgt Caparell

No later than 1 July 2026

Name (Last, First)		PTU Shirt Size (S/M/L/XL)	
Navy/ Marine Corps		PTU Bottom Size (S/M/L/XL)	
Gender		Shoe Size	
Phone			
Email			

Height (IN)		SDB Jacket Size	
Chest/Bust (IN)		SDB Trouser Size	
Waist (IN)		SDB Blouse Size	
Hips (IN)			
Sleeve Length (IN)			
Inseam (IN)			
Head circumference (IN)			
Neck (IN)			

