



## ILLINOIS CONGRESSIONAL NOMINATING SOURCES

<p><b>U.S. Representative Raja Krishnamoorthi (CD-8)</b></p>	
Service Academy Liaison:	Yasmeen Bankole
Service Academy Liaison Contact:	<a href="mailto:yasmeen.bankole@mail.house.gov">yasmeen.bankole@mail.house.gov</a>
Application Website:	<a href="http://www.rajakrishnamoorthi.house.gov">www.rajakrishnamoorthi.house.gov</a>
Application Deadline for Office:	Thursday, October 31, 2019
Interview Date and Location:	November 2019 (by appointment)
<p><b>U.S. Senator Tammy Duckworth</b></p>	
Service Academy Liaison Contact:	<a href="mailto:nominations@duckworth.senate.gov">nominations@duckworth.senate.gov</a>
Application Website:	<a href="http://www.duckworth.senate.gov">www.duckworth.senate.gov</a>
Application Deadline for Office:	Friday, September 27, 2019
Interview Date and Location:	By appointment
<p><b>U.S. Senator Dick Durbin</b></p>	
Service Academy Liaison:	Kaylee Gholson
Service Academy Liaison Contact:	<a href="mailto:Kaylee_Gholson@durbin.senate.gov">Kaylee_Gholson@durbin.senate.gov</a>
Application Website:	<a href="http://www.durbin.senate.gov">www.durbin.senate.gov</a>
Application deadline for Office:	Friday, November 1, 2019
Interview Date and Location:	By appointment

## **ILLINOIS RECRUITMENT POINTS OF CONTACT**

<p><b>U.S. Military Academy</b> Great Lakes Region 606 Thayer Road West Point, NY 10996 845-938-5728 <a href="http://www.usma.edu/admissions">www.usma.edu/admissions</a></p>	<p><b>Elmhurst College AROTC &amp; AFROTC</b> Office of Admission 190 Prospect Avenue Elmhurst, IL 60126 630-617-3400 <a href="mailto:admit@elmhurst.edu">admit@elmhurst.edu</a></p>
<p><b>U.S. Naval Academy</b> 52 King George St. Annapolis, MD 21402 410-293-1858 <a href="http://www.usna.edu/admissions">www.usna.edu/admissions</a></p>	<p><b>Wheaton College ROTC</b> Welcome Center 301 N. Chase St. Wheaton, IL 60187 800-222-2419 <a href="mailto:admissions@wheaton.edu">admissions@wheaton.edu</a></p>
<p><b>U.S. Air Force Academy</b> Region 3 HQ USAFA/RR 2304 Cadet Dr, Ste 2300 USAF Academy CO 80840 800-443-9266 <a href="http://www.Academyadmissions.com">www.Academyadmissions.com</a></p>	<p><b>UIUC AROTC, NROTC &amp; AFROTC</b> Office of Undergraduate Admissions 901 West Illinois Street Urbana, IL 61801 217-333-0302 <a href="mailto:admissions@illinois.edu">admissions@illinois.edu</a></p>
<p><b>U.S. Merchant Marine Academy</b> Midwest Territory 300 Steamboat Road Kings Point, NY 11024 516-726-5639 <a href="http://www.usmma.edu/admissions">www.usmma.edu/admissions</a></p>	<p><b>Loyola University AROTC, NROTC &amp; AFROTC</b> Department of Military Science 1144 W. Loyola Ave. Chicago, IL 60626 773-508-8980 <a href="mailto:armyrotc@luc.edu">armyrotc@luc.edu</a></p>

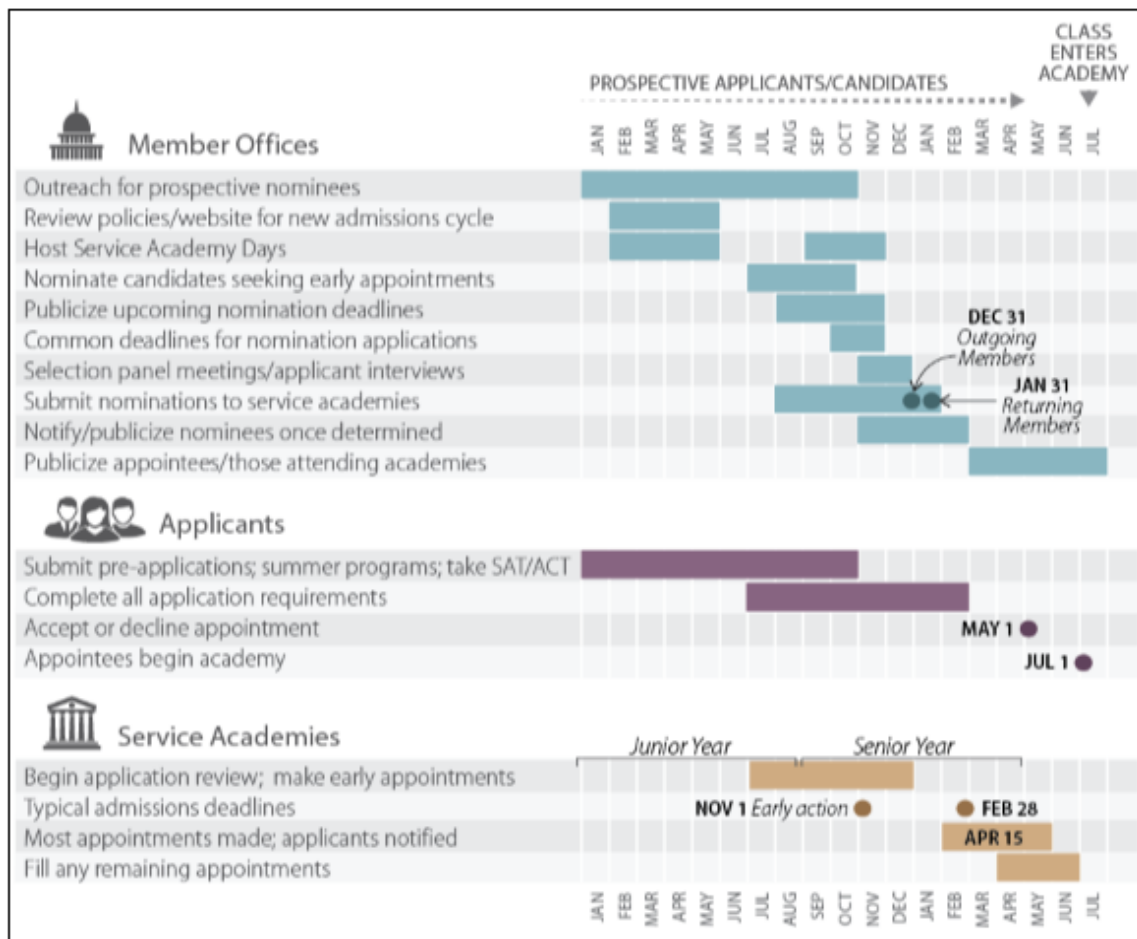
**U.S. Coast Guard Academy**

Midwest Territory  
 31 Mohegan Avenue  
 New London, CT 06320  
 800-883-8724  
[www.cga.edu/admissions](http://www.cga.edu/admissions)

**Lewis University AROTC & AFROTC**

Lewis University  
 1 University Parkway  
 Romeoville, IL 60446  
 815-836-5339  
[veterans@lewisu.edu](mailto:veterans@lewisu.edu)

**Figure I. General Timelines for Service Academy Nomination Application, and Appointment Processes**



**Source:** CRS compilation based on information from the service academies' websites and congressional guides. Graphic created by Amber Hope Wilhelm, Visual Information Specialist.

**Notes:** This figure illustrates the typical events and activities congressional offices, applicants, and the service academies might undertake in the 18 months prior to the intake of a new academy class. Bars represent generalized information, representing when these events most frequently occur. Circles represent specific dates in the process. Many applicants undertake this process during high school, during the grade levels corresponding with "Junior Year" and "Senior Year," however, some applicants may not be current high school students. For more guidance, contact the service academies' admissions offices.

# **UNITED STATES SERVICE ACADEMY NOMINATIONS**

## **2019 FREQUENTLY ASKED QUESTIONS**

### **How many Academies are there?**

There are five Service Academies:

- U.S. Military Academy at West Point, New York
- U.S. Naval Academy at Annapolis, Maryland
- U.S. Air Force Academy at Colorado Springs, Colorado
- U.S. Merchant Marine Academy at Kings Point, New York
- U.S. Coast Guard Academy at New London, Connecticut

### **What is a nomination?**

Members of Congress may nominate applicants who meet the eligibility requirements established by law (10 C.F.R. § 4346). A candidate may seek a nomination from the following:

- A member of the U.S. House of Representatives who represents the congressional district in which the candidate resides
- Each U.S. Senator from his/her state
- Apply directly to the Vice-President of the United States

### **What is a Presidential nomination?**

Presidential, or Service-connected nominations are reserved for children of career military personnel. To qualify, the parent of the applicant must meet one of the following criteria:

- Be on active duty and have served continuously on active duty for at least eight years
- Passed away while on active duty
- Be retired with pay or have been granted retired or retainer pay, had they not died before reaching the age of 60
- Be a reservist or National Guard member with at least eight years of uninterrupted Service

- Passed away after being retired with pay or being granted retired or retainer pay
- Has begun adoption proceedings before the child's 15<sup>th</sup> birthday

### **What are the basic eligibility requirements?**

Each applicant must meet the following eligibility requirements as of July 1<sup>st</sup> of the year of admission to an Academy:

- Age: Be at least 17 years old, but not have passed the 23<sup>rd</sup> birthday
- Citizenship: Must be a U.S. citizen
- Must be unmarried
- Cannot be pregnant, and must be without legal obligation to support children or other dependents
- Residence: Must reside within the boundaries of the 8<sup>th</sup> Congressional District of Illinois
- Skill / Fitness: Must meet the medical, physical, and academic requirements of the Academy

### **How can I request an application?**

Prospective applicants can find and fill out an online application on Congressman Krishnamoorthi's website under Services > Military Academy Nominations.

### **When do I apply for a nomination?**

The nomination application period opens May 15<sup>th</sup> of each year for current high school juniors and above.

### **Can I apply for a nomination if I am active duty in the armed Services or reserves?**

Yes. Active duty Service members meeting the basic eligibility criteria are eligible for the four congressional nominations, in addition to a nomination through their branch of the armed Services. For more details, contact your commanding officer.

### **What is the deadline for completing a nomination file?**

The deadline for submitting a nomination application to the District Office is October 31<sup>st</sup>. Please contact the office for any additional information.

## **What must be included in my nomination file?**

A complete nomination file consists of the following items:

- High school transcript
- American College Testing Program (ACT) results and/or College Board Scholastic Assessment Test (SAT) results
- Resume of extracurricular activities
- An essay stating why you want to attend a Service Academy (500 words or less)
- Minimum of three letters of recommendation (See appendix A.1 for a letter to provide your recommenders that gives an outline of requirements)

## **Who should I ask to write a letter of recommendation on my behalf?**

Applicants typically seek recommendations from individuals such as:

- Teachers
- Counselors
- Employers
- Coaches
- Faith-based leaders
- Scout Leaders

A specific recommendation form is not required. A letter of recommendation is sufficient (See appendix A.1 for a letter to provide your recommenders that gives an outline of requirements).

## **What happens after I have completed my nomination file?**

Applicants who submit a completed nomination file will be scheduled for an interview in November or December.

## **What criteria is used in selecting candidates?**

Nominations are based on a “whole person” evaluation. Factors such as academic achievements, extracurricular activities, leadership skills, physical aptitude, character and motivation are taken into consideration and compared with other applicants.

**How many nominations may a member of Congress make?**

Five at a Time Rule: Each U.S. Senator and Representative may have a maximum of five charged cadets or midshipmen at each Service Academy over a four year period, or about one cadet per Academy per year.

**How will I know if I am nominated?**

Nominations are determined by mid-December, and all candidates will be notified via letter.

**Will I automatically be selected by the Academy after I receive a nomination?**

No. You will be placed among a select group of nominees, and the Academy of your choice will make the final decision. If selected, you will receive an offer of admission (an appointment) directly from the Academy.

**Are the requirements the same for all of the Service Academies?**

No. Although many of the qualifications are similar, each Academy operates under its own admissions guidelines. Visit each Academy's website for more information on specific admission qualifications. It is not necessary to seek a nomination to the Coast Guard Academy, as the U.S.C.G.A. accepts candidates based on their own testing criteria.

**What if I choose more than one Academy? Will I be nominated to a single nomination?**

You can be nominated to multiple Academies depending on your degree of excellence among this year's pool of candidates. It is also possible to be awarded multiple appointments.

**When will I know if I have been offered an appointment by an Academy?**

Academies will begin to notify candidates of their admission status in February. All offers of appointment are generally sent out by May.

### **Should I apply for an ROTC scholarship?**

Because the nomination and appointment process is competitive, not all candidates will receive a nomination or an appointment. The applicant may want to consider earning a military commission via the Reserve Officer Training Corps. (ROTC). Additional information is available at:

- Air Force ROTC: <http://www.afrotc.com/scholarships/application/>
- Army ROTC: <http://www.goarmy.com/rotc/college-students.html>
- Naval ROTC: <http://www.navy.com/joining/education-opportunities/nrotc.html>

### **If I do not receive a nomination or an appointment, can I apply again?**

Yes. Candidates may apply up until the age of 23, as long as they still meet the eligibility criteria.



## **MEDICAL EXAM/CERTIFICATION PROCESS**

Another component of the Service Academy Nomination process is the Medical Examination/Certification Process. Service Academies use this process to determine if the applicant has the medical qualifications to compete for an offer of appointment. The Medical Examination process will be carried out primarily by the Department of Defense Medical Examination Review Board (DoDMERB).

The applicant will be contacted by Concorde Inc, Philadelphia, PA (<http://www.dodmets.com>). From this website, the applicant will be able to see the name, address, and phone number of his/her assigned physician and optometrist. The applicant will schedule the exams at his/her convenience; complete his/her medical history online; and track his/her progress until the website reveals "CASE CLOSED".

From the "CASE CLOSED" date, wait approximately 7-10 days and log onto <https://dodmerb.tricare.osd.mil>. The applicant will be able to track his/her progress until a final determination is rendered. In the meantime, "remedial" status may appear in their account, which is a requisition for additional tests, consults, and/or information in order to render a final determination.

If it is determined that the applicant does not meet standards, the Service Academy Admissions office will decide if he/she is competitive enough for an offer of appointment. If so, their case will be reviewed for a possible medical waiver. The applicant is not required to take further action to initiate this process. The applicant will be notified via DoDMERB if a remedial is requested for the waiver review.

Please refer to the PDF Document titled "[DoD Medical Standards for Appointment, Enlistment, or Induction into the Military Services](#)"

**Questions about this process can be directed to:**

Larry Mullen

Deputy Director, DoDMERB

8034 Edgerton Drive, Suite 132

USAFA, CO 80840-2200

[Lawrence.E.Mullen.civ@mail.mil](mailto:Lawrence.E.Mullen.civ@mail.mil)

(719) 333-3562

## **CANDIDATE FITNESS ASSESSMENT (CFA)**

The Candidate Fitness Assessment (CFA) is a measure of strength, endurance, and athleticism, and is utilized by the Naval, Air Force, And Military Academies. The CFA is conducted as follows:

40 Minute Exam:

<b>Event</b>	<b>Test Start Time</b>	<b>Testing Time</b>	<b>Rest</b>	<b>Total Elapsed Time</b>
Basketball Throw	0:00	2 minutes	3 minutes	5:00
Pull-Ups	5 :00	2 minutes	3 minutes	10:00
Shuttle Run	10 :00	2 minutes	3 minutes	15:00
Crunches	15 :00	2 minutes	3 minutes	20:00
Push-Ups	20 :00	2 minutes	3 minutes	25:00
1-Mile Run	30 :00	10 minutes	5 minutes	40:00

Candidates are scored on a scale of 0-100 based on the results of each event. The maximum 100-point score can be achieved with the following performance scores:

	<b>B-Ball Throw</b>	<b>Pull-Ups</b>	<b>Shuttle Run</b>	<b>Crunches</b>	<b>Push-Ups</b>	<b>1-Mile</b>
<b>Male</b>	102	18	7.8	95	75	5:20
<b>Female</b>	66	7	8.6	95	50	6:00

The CFA must be administered by a high school/prep school physical education teacher, a coach, commissioned officer, or the candidate's Blue and Gold Officer.

## USCG Physical Fitness Assessment (PFA)

The U.S. Coast Guard utilizes a slightly different physical examination from the CFA, and is standardized as follows:

Male (age)	Push-Ups	Sit-Ups	Sit & Reach	1.5 Mile Run	12 Min/ Swim
<30	29	38	16.5"	12:51	500 yds
30-39	24	35	15.5"	13:36	450 yds
40-49	18	29	14.25"	14:29	400 yds
Female (age)					
<30	23	32	19.25"	15:26	400 yds
30-39	19	25	18.25"	15:57	350 yds
40-49	13	20	17.25"	16:58	300 yds

Body Fat Standards:

Age	Male	Female
Less Than 30	23%	33%
Less Than 40	25%	35%
40 or Greater	27%	37%

## Merchant Marine Combat Fitness Test (CFT)

The U.S. Marine Corps also utilizes a different physical examination from the CFA, and is standardized as follows:

Male (age)	880- Yard Run	Ammo Lifts	Maneuver Under Fire
17-26	3:48	45	3:29
27-39	4:00	45	3:55
40-45	4:19	44	3:57
46	4:30	43	4:28
Female (age)			
17-26	4:34	20	4:57
27-39	4:40	21	5:27
40-45	5:09	17	6:07
46	5:20	15	6:30

Body Fat Standards:

<b>Age</b>	<b>Male</b>	<b>Female</b>
<b>17-26</b>	18%	26%
<b>27-39</b>	19%	27%
<b>40-45</b>	20%	28%
<b>45</b>	21%	29%

For more information, visit the [USNA Candidate Fitness Assessment website](#) for the Naval, Air Force, and Military Academies, or the individual websites for Merchant Marine and Coast Guard.

## **A.1 Letter of Recommendation for Academy Nominations**

Dear Recommender,

One of my duties as a Member of Congress is to nominate outstanding young people from the 8<sup>th</sup> Congressional District of Illinois to our nation's military Service Academies. I greatly value this opportunity to meet with some of our district's best and brightest: motivated high school students or recent graduates, who wish to dedicate their talents and leadership to Service in our country.

Those selected to attend a United States Service Academy receive an unparalleled college education with tuition, room and board, and expenses fully paid. Upon graduation, they will receive their commission as an officer in the United States Armed Forces.

To be considered for an appointment to one of these Academies, an applicant must first receive a nomination from their Member of Congress.

There are four Service Academies that require a nomination:

- **United States Military Academy** at West Point, NY
- **United States Naval Academy** at Annapolis, MD
- **United States Merchant Marine Academy** at Kings Point, NY
- **United States Air Force Academy** at Colorado Springs, CO

The process to receive a nomination is a competitive one, with students across the state and district applying for a limited number each year.

This is why your letter of recommendation is imperative. Your letter carries great weight in the selection process because you have taught and guided applicants, and have watched them grow during their formative years.

When drafting your letter of recommendation, I would ask you to consider addressing the following character traits that you have observed in this applicant:

- **Ability to work under pressure**
- **Ability to work well with others**
- **Communication Skills**
- **Leadership potential**
- **Motivation**
- **Organizational skills**
- **Responsibility**

I am looking for students who have excelled academically and physically, and exhibit exceptional character and leadership.

Your letter should be included in the applicant's nomination packet, which must be completed and mailed to the District Office by **Thursday, October 31, 2019**. If you have any questions, contact my District Office at (847) 413-1959, or email [yasmeen.bankole@mail.house.gov](mailto:yasmeen.bankole@mail.house.gov).

Thank You,

Raja Krishnamoorthi  
Member of Congress