DENNY HECK
10TH DISTRICT, WASHINGTON

425 CANNON HOUSE OFFICE BUILDING
WASHINGTON, DC 20515
(202) 225-9740

Congress of the United States
House of Representatives
Washington, DC 20515–4710

ACADEMY NOMINATIONS

It is an honor for me to be able to nominate several outstanding young men and women each year to the U.S. Service Academies. The academies provide an excellent education and an exceptional opportunity to serve our country. Please make sure you read this packet in its entirety so that you have all the information you need to proceed through the nomination process.

There are four service academies to which I can make nominations: the U.S. Air Force Academy in Colorado Springs, Colorado; the U.S. Military Academy in West Point, New York; the U.S. Merchant Marine Academy in Kingston, New York; and the U.S. Naval Academy in Annapolis, Maryland. The U.S. Coast Guard Academy, New London, Connecticut does not require a nomination.

An applicant interested in a nomination to one of the service academies should contact their Member of Congress and both Senators. You should apply to all sources possible, however more than one nomination is not necessary. To be considered for admission to a service academy, the candidate must meet the eligibility requirements, qualify medically, pass an aptitude test, and obtain a nomination from a source authorized by Congress.

Requirements by my office: Each applicant must submit a completed nomination package to my district office in Lacey by November 18, 2013. It is extremely important that you read this entire packet before submitting your nomination package. If qualified, the applicant will be scheduled for an interview with a panel of retired and active duty military officers. The panel will review each package, conduct the interview, and then forward their nomination recommendations to me for final review. I will then nominate, to the academies, those applicants most qualified for appointment.

If there are extenuating circumstances which merit special attention, please contact my office for guidance. All information must be received in my office no later than November 18, 2013. Do not send any documentation to my Washington, D.C. office as it may not be forwarded to my Lacey district office by the deadline.

Denny Heck

Denny Heck
Member of Congress

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NOMINATION PACKAGE

1. **Submit all documents in a double pocket portfolio folder with your name on the front. Your folder must be organized, legible, and in order of numerical assignment. *******DO NOT submit your package until it is complete, any incomplete packages will be returned.*********
2. **Do not staple any of your paperwork**
3. **It is the responsibility of the applicant to ensure your package is received by this office no later than 5:00 pm November 18, 2013. You are encouraged to call and check the status of your package.**

REQUIREMENTS

1. Application Form: Your Tenth District Application should be typed. Please annotate on the form which of the academies with whom you have an open admissions file. **Please understand that you will not be considered for a nomination to an academy unless you have an open file with that particular academy.**

2. High School Transcript: Sealed and certified; it is submitted as part of the nomination package. Please do not have it forwarded directly from your school.

3. Your First Quarter senior grades or Quarter/Semester progress report. An official print out from your school website can fulfill this requirement. If you have graduated high school, you will also need to provide grades/progress report from all higher education institutions attended.

4. SAT/ACT Scores: **Official Student Score Reports or copies of these sheets only please.** Copied information on transcripts provided by your school is not acceptable.

5. Resume: Not to exceed two pages in length. You may use any standard resume format that best highlights your particular accomplishments.

6. Personal Letter: This is your best opportunity to express your thoughts, ideas, and goals. It can be as long or short as you wish, but remember the panel may use it as a basis for questions during the interview process. The letter should fully express to Congressman Heck your reasons for attending an academy as well as what your goals would be after graduation.

7. Letters of Recommendation: Three letters are required: one **must** be from either a guidance counselor or your principal. Letters of recommendation should be written by individuals who can assess your character, leadership ability, and participation in activities other than academic (i.e. Scouting, church, community service, employer). Submit your letters with your package**; please do not have individuals forward them directly to our office.**

8. Photo: Please submit one recent photograph of yourself no larger than 4x6 inches. This does not have to be a school photo. You may use this as another opportunity to express yourself as an individual or to highlight an accomplishment.

TENTH CONGRESSIONAL DISTRICT APPLICATION

FULL NAME (First Middle Last)

_____

PERMANENT ADDRESS

_____

_____

YEAR OF HS GRADUATION _____ HS GPA_____

HOME PHONE _____ CELL PHONE_____

EMAIL _____

DATE OF BIRTH _____

GENDER__M / F

SOCIAL SECURITY #_____

PARENT(S) OR GUARDIAN(S)

_____

ADDRESS (if different)

_____

_____

HIGH SCHOOL

_____

COUNSELOR _____ PHONE_____

*****Please rank in order only the academies you wish to attend and with whom you have an open admissions file***(1=highest, 4=lowest)**

Air Force _____ Merchant Marine _____ Military _____ Naval _____

Signature: _____ Date: _____

NOMINATION INFORMATION

In order to be considered for a nomination, a candidate must:

1. Reside in the 10th Congressional District. Applicants whose active duty military parents are stationed at Joint Base Lewis-McChord, but maintain legal residence in another state, should apply to the appropriate Congressional office from that state.

2. Be at least 17 years old, and not have passed your 23rd birthday on July 1 of the year of admission.

3. Be a United States citizen.

4. Be unmarried, not pregnant, and have not incurred obligations of parenthood.

5. Be of excellent moral character.

A competitive candidate will typically exhibit the following qualifications:

1. Minimum SAT scores of 500 verbal and 550 math, or ACT scores of 25 English and 28 Math.

2. A 3.7 GPA on a 4.0 scale, and a ranking in the upper 20 percent of his or her class.

3. Notable participation and performance in extracurricular activities, including leadership.

4. Excellent health (medical fitness) and physical aptitude.

SAT/ACT SCORES

Aside from your grades, your performance on the SAT or ACT is crucial to an academy's selection decision. The academies receive too many applications to judge each one on an entirely subjective basis. Most of what is known comes from your high school grades and standardized test scores. Once your file has been assessed it will be assigned a scaled score. Only if your scaled score is high enough will the other aspects of your resume be a factor in the admissions decision.

You should register for these tests early in your junior year. This will give you time to re-take the tests if you feel that your initial scores do not reflect your true potential, and we encourage retakes. Information regarding testing dates may be obtained through your high school counselor.

The Military, Air Force, and Naval Academies will consider your highest verbal and math scores if you re-take the test, but the Merchant Marine Academy will average your scores.

MEDICAL EXAMINATION AND PHYSICAL APTITUDE

Medical requirements vary from academy to academy. All candidates must take a Qualifying Medical Exam, please contact the academies directly if you have any questions about your eligibility. The Department of Defense Medical Examination Review Board (DoDMERB) will schedule the exam and evaluate the results once an admission file has been opened. If DoDMERB finds a disqualifying condition, it is up to the academy whether to issue a waiver or not. It is important to schedule your exam as early as possible to allow time to resolve any potential medical issues. There is no cost to you for the exam.

All of the academies require applicants to pass a Candidate Fitness Assessment (CFA). The purpose of this test is to evaluate your coordination, strength, speed, agility and physical endurance. You will receive information from the academy as to how the CFA must be conducted and it will be your responsibility to ensure the results are sent to the academy. It is very important that each applicant maintain a vigorous exercise program in preparation for attending the academies.

It is highly recommended that you have all your medical requirements and CFA completed before your interview.

INTERVIEW

Congressman Heck requires an interview prior to nominations. Interviews are conducted in December. You will be informed by mail/email of the date and time of your interview; if you have problems with the date/time please address them directly to the district office.

NOMINATION AND APPOINTMENT DATES

Congressman Heck will submit his nominations to the academies in mid-January. The academies notify applicants of an offer of appointment between January and mid-June.

All questions, concerns and requests for assistance must be addressed to the district office Point of Contact (POC) Rebecca Snyder. Contact information is as follows:

Address:

Congressman Denny Heck
ATTN: Rebecca Snyder
420 College Street SE, Suite 3000
Lacey, Washington 98503

Rebecca.Snyder@mail.house.gov

Phone Number: 360-459-8514
Fax Number: 360-459-8581

ADMISSIONS OFFICE

United States Air Force Academy
HQ USAFA/RRS
2304 Cadet Drive, Suite 200
USAF Academy, CO 80840-5025
(800) 443-9266
http://www.usafa.af.mil

United States Coast Guard Academy
15 Mohegan Avenue
New London, CT 06320-4195
(800) 883-USCG (883-8724)
http://www.cga.edu

United States Merchant Marine Academy
300 Steamboat Road
Kings Point, NY 11024-1699
(800) 732-6267
http://www.usmma.edu

United States Military Academy (West Point)
Director of Admissions
United States Military Academy
600 Thayer Road
West Point, NY 10996-9902
(914) 938-4041
http://www.usma.edu

United States Naval Academy
Dean of Admissions
United States Naval Academy
117 Decatur Road
Annapolis, MD 21402-5017
(800) 638-9156
http://www.nadn.navy.mil

Candidates interested in attending service academies should complete a pre-candidate questionnaire and/or initiate a candidate file to be open at the academy(s) they wish to attend.