



Military Academy Nominations

Military Academy Nominations

Congressman Dan Benishek M.D.
Michigan's First District



Military Academy Nominations

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Qualifications

To be eligible for a nomination from Congressman Dan Benishek M.D. you must:

- Be a citizen of the United States by the time you enter a military academy.
- Be a legal resident of Michigan's First Congressional District. If you need to check, please go to: <http://www.house.gov/> and enter your ZIP code.
- Be 17-years-old, but not yet past your 23rd birthday on July 1st of the year you enter a military academy.
- Earned an above average academic record.
- Achieved competitive standardized test scores (ACT/SAT).
- Scored near or above the published averages on the Candidate Fitness Assessment (CFA).
- Be medically qualified as determined by the Department of Defense Medical Evaluation and Review Board (DoDMERB).
- Have unquestionable strong moral character and display uncompromising integrity.



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Required Materials Checklist

All Materials Must Be Returned By

Friday, September 30, 2011

- Application for nomination** (See page 6)
 - > Complete entire application form.
 - > Please type or print neatly.
 - > Make sure to sign and date application form.

- Materials from your school**
 - > Current class schedule (may be included on transcript)
 - > Official academic transcripts from high school and college (if applicable)
 - > Disciplinary records from all four years of high school.
 - > Attendance records from all four years of high school.

- Standardized test scores** (ACT/SAT)
 - > May be included on transcript.

- Candidate Fitness Assessment scores** (See page 7)
 - > Please have examiner complete form and include with your application.

- Resume** (See example on page 5)
 - > Include extracurricular activities starting in 9th grade and employment history.

- Essay:** *"Why I want to attend a military academy..."*
 - > Please keep essay to 500 words or less.



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Letters of Recommendation

> You must include 3 letters.

> Should be from people who know you personally, and should attest to your character, motivation to serve, and integrity.

> Letters should be mailed directly to Congressman Benishek's Marquette Office (See address below).

One page explanation of your felony charge and/or conviction (if required)

*****Please mail your completed, signed, and dated application package to our Marquette office. Remember, all materials **MUST** be postmarked by **Friday, September 30, 2011**.

Please mail all materials to:

Congressman Dan Benishek M.D.
ATTN: Military Academy Application
307 S. Front St., Ste. 120
Marquette, MI 49855
Phone (906) 273-1661
Fax (906) 273-1663

Congressman Dan Benishek M.D.

Application for Nomination to a United States Service Academy

Please attach photo here.
It should be a recent picture and
no larger than wallet size.

Please Type Or Print Clearly

Full Name: _____

Preferred name: _____ Email Address: _____

Permanent Home Address: _____
Street City County Zip

Phone Number: () Cell Number: ()

Social Security Number: _____ - _____ - _____

Birth Place: _____ Birth Date: _____

Parent(s) (or guardian) Names: _____

High School Attended: _____ Graduation Date: _____

GPA: _____ Class Rank (#/total): _____ SAT: Critical Reading _____ Math _____ Writing _____ Comp. _____

ACT:

English _____ Math _____ Reading _____ Science _____ Reasoning _____ Writing _____ Composite _____

Have you applied through other sources? Please check all that apply:

_____ Senator Carl Levin _____ Senator Debbie Stabenow _____ Service Related _____ Other

You will be considered only for those academies for which you have applied. Do not rank an academy if you have not applied to that academy. Please rank those academies below with #1 being your first choice for a nomination. Again, please rank only those to which you have applied.

_____ US Air Force Academy

_____ US Military Academy

_____ US Naval Academy

_____ US Merchant Marine Academy

Have you ever been charged with or convicted of a felony? No _____ Yes _____ if yes please explain.

Acknowledgement:

I hereby state that I am a United States Citizen and a legal resident of Michigan's First Congressional District. In signing this application, I request that Congressman Dan Benishek M.D., consider my application for a Congressional nomination to one or more of the United States Service Academies. I understand and accept that the deadline for completed applications and all requested materials is: **September 30, 2011**

SIGNATURE _____ **DATE** _____

Congressman Dan Benishek M.D.
Military Academy Nomination Candidate Fitness Assessment

Instructions: Take this worksheet with you when you complete your Fitness Assessment. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). Your examiner should be your high school PE teacher or coach. If you are home-schooled you may use your PE teacher (if not your parent), your ROTC instructor (if applicable), or your Military Academy Admissions Liaison Officer.

*******NO FAMILY MEMBER MAY ADMINISTER THIS EXAMINATION.**

1. **Basketball Throw:** record three attempts to the nearest foot.
a) 1st Attempt (feet) _____ b) 2nd Attempt (feet) _____ c) 3rd Attempt (feet) _____
2. **Pull-Ups/Flexed Arm Hang :** Men must complete the pull-ups. Women may complete EITHER the pull-ups or the flexed arm hang.
a) Pull-Ups (number completed) _____
b) Flexed Arm Hang – women only (number of seconds) _____
3. **Shuttle Run:** Record two attempts to the nearest tenth of a second.
a) 1st Attempt (seconds and tenths of seconds) ____:____
b) 2nd Attempt (seconds and tenths of seconds) ____:____
4. **Modified Sit-Ups** (number completed) _____
5. **Push-Ups** (number completed) _____
6. **One Mile Run** (minutes and seconds) ____:____

Examiner Information

Name & Title: _____

Telephone Number: _____ - _____ - _____ home/business/cell (circle one please)

Email Address: _____

Remarks (any unusual circumstances): _____

Signature: _____ Date: ____ / ____ / ____



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Frequently Asked Questions

What is a nomination?

Members of Congress may nominate applicants who meet the eligibility requirements established by law. 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
- Both U.S. Senators from his or her state
- Apply directly to the Vice-President of the United States

What are the basic eligibility requirements?

Each applicant for a nomination must meet the following eligibility requirements as of July 1st of the year of admission to an academy:

- Age: Be at least 17 years old, but not have passed the 23rd birthday
- Citizenship: Must be a U.S. citizen
- Marital Status: Must be unmarried, not pregnant, and without legal obligation to support children or other dependents
- Residence: Must reside within the boundaries of the 1st Congressional District of Michigan.
- Skill / Fitness: Must meet the medical, physical, and academic requirements of the Academy.

Who do I contact to request an application?

Please go to <http://benishek.house.gov/serving-you/military-academy-nominations> to download the application or complete the one included in this packet.

When do I apply for a nomination?

My nomination application period opens May 15th of each year for those candidates who are high school juniors and will be seniors the following school year, or who have already graduated.



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What is the deadline for completing a nomination file?

The deadline for submitting a nomination packet to Congressman Benishek's Marquette District Office is Friday, September 30, 2011. Please contact my Marquette office at 906-273-1661 for more specifics.

What must be included in my nomination file?

A complete nomination file consists of the following items:

- Current photo
- 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

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, extra-curricular activities, leadership skills, physical aptitude, character and motivation are taken into consideration and compared with other applicants.

How many academies are there?

There are five service academies.

Three reside within the Department of Defense:

- U.S. Military Academy at West Point, New York
- U.S. Naval Academy at Annapolis, Maryland
- U.S. Air Force Academy at Colorado Springs

Two reside within the Department of Transportation:



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- [U.S. Merchant Marine Academy](#) at Kings Point, New York
- [U.S. Coast Guard Academy](#) at New London, Connecticut

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 the academy of your choice via the websites noted for each academy's particular admissions 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.

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

Some of the people applicants typically seek recommendations from include:

- Teachers
- Counselors
- Employers
- Coaches
- Clergy
- Scout Leaders

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.

What if I choose more than one academy? Will I be limited to a single nomination?

No. You can be nominated to multiple academies depending on how well you have competed among this year's pool of candidates. It is also possible to win 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.



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Sample Resume

Jane N. Doe

3418 Adams St • Tucson, Arizona 85355 • (555) 570-1212
JaneDoe@Gmail.com

Education

AGUA FRIA HIGH SCHOOL

- Attended 2001 to Present. Will graduate 24 May 2006
- 3.69 Cumulative GPA
- Top 5% of graduating class (100 students)

Extracurricular Activities

JROTC

- Kitty Hawk Air Society Commander (10,11,12)
- Executive Officer (11)

SCRAPBOOKING CLUB: Active member (9,10,11)

STUDENT COUNCIL

- Active member (9,10,11)
- Senior Class Secretary (12)

NATIONAL HONOR SOCIETY: Active member (10,11,12)

TENNIS

- Varsity letter (10,11,12)
- Junior Varsity (10)
- Team Captain (11,12)

Awards and Accomplishments

LEADERSHIP CONFERENCES

- Girls State, Tucson, Arizona (June 2004)
- National Youth Leadership Forum on Defense, Intelligence, and Diplomacy, Washington, DC (October 2003)
- Kitty Hawk Air Society Worldwide Conference, Daytona Beach, Florida (June 2002 and June 2003)

AWARDS

- Agua Fria School Board Award (2001-2002)
- American Legion Military Excellence Award (2003-2004)
- AIA Scholar Athlete Award (2001-2002, 2002-2003, and 2003-2004)

HONORS

- Member of the National Honor Roll (2004)
- Member of Who's Who Among American High School Students (2004)



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Community Activities

- ADOPT-A-HIGHWAY – Responsible for picking up trash along I-10 West of Phoenix
- HABITAT FOR HUMANITY – Assisted in building a home for those less fortunate
- GOOD SHEPHERD RETIREMENT CENTER – Visit with elderly and sick, assist nurses with various activities
- HOPE’S CLOSET – Volunteered time in a thrift store that benefits New Life Women’s Shelter
- ADOPT-A-FAMILY (Christmas) – Organized and was responsible for adopting one homeless family and providing them with a complete Christmas (gifts, meal, etc.)

Employment History

LITCHFIELD PARK RECREATION CENTER

- Recreation Aide – May 1999 to Present
 - Responsible for organizing and participating in Youth Sports Camps for children ages 5-12, including art, theater, sports, and outdoor activities
- Cashier/Receptionist – May 2003 to Present
 - Responsible for collecting money and passes for recreation activities, registering participants for classes, answering telephones, and providing quality customer service