2013

Service Academy Nominations

Congressman Dan Benishek M.D.

Michigan's First District

514 Cannon House Office Building
Washington, DC 20515-2201
www.Benishek.House.gov

DAN BENISHEK M.D.
MEMBER OF CONGRESS
FIRST DISTRICT, MICHIGAN

Congress of the United States
House of Representatives

514 CANNON HOUSE OFFICE BUILDING
WASHINGTON, DC 20515-2201
(202) 225-4735
WWW.BENISHEK.HOUSE.GOV

Dear Academy Applicant:

Thank you for your interest in a nomination to the United States Service Academies. I believe those who choose to serve in our nation's military are emblematic of the bravery and selflessness that has made America a beacon of freedom for over two centuries.

America's Service Academies have a rich history and have been training military officers in this country. From the fields of Gettysburg to the sands of Normandy's Omaha Beach, military leaders trained at these stellar academies have helped lead this country through some of its most difficult days. And their work continues today in places such as Iraq and Afghanistan where America's Armed Forces have continued to defend liberty for all those who seek it.

The Service Academies allow students to serve their nation while receiving a quality, tuition-free education at some of the nation's finest educational institutions. Making nominations to our nation's Service Academies is a privilege that I take very seriously. I am humbled by the opportunity to name some of Northern Michigan's finest young people to our Service Academies. Please use the information enclosed in this packet to submit an application to my office. And whether or not you are nominated, I would like to sincerely wish you the best of luck in your future endeavors.

Best wishes,

Dan Benishek M.D.
Member of Congress
Michigan's First District

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2013 SERVICE ACACEMY NOMINATIONS TIMELINE

May 15, 2013	**First Day to Apply for a Nomination**
October 25, 2013	**All Applications Must be Submitted**
November, 2013	**Nomination Interviews**
By January 31, 2014	**Nominees will be Contacted**

HOW NOMINATIONS ARE COMPLETED

Choosing the most qualified candidates to be nominated for a Service Academy nomination is no easy task. Congressman Benishek is committed to having a fair and open nomination process. Nominees are chosen strictly on the quality of their qualifications, past academic record, standardized test scores, resume, essay, and letters of recommendation. No other information will be used when selecting candidates for nomination.

In order to ensure the utmost level of fairness and quality in the fiercely competitive nomination process, Congressman Benishek has asked a number of qualified and experienced individuals to serve on a Service Academy Nomination Board. This board will review all applications, interview prospective nominees, and then choose who they feel is the most qualified candidates for Service Academy nominations.

There are undoubtedly many young people in Northern Michigan suitable for a nomination to a military academy, but Congressman Benishek believes this process is the most fair and efficient way to select the most skilled and qualified candidates to be nominated.

QUALIFICATIONS

To be eligible for a nomination from Congressman Dan Benishek M.D. one 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. To check, please go to: http://www.house.gov/ and enter your ZIP code.
- Be 17-years-old, but not yet past one's 23rd birthday, on July 1st of the year one enters a military academy.
- Be unmarried, not pregnant, and have no legal obligation to support children or other dependents.
- 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.

REQUIRED MATERIALS CHECKLIST (Pages 7 and 8)

All Materials Must Be Returned By **FRIDAY, OCTOBER 25, 2013**

☐ **Application for nomination** (See page 14)

> 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)

☐ **Standardized test scores** (ACT/SAT)

> May be included on transcript.

☐ **Candidate Fitness Assessment scores** (See page 15)

> Please have examiner complete form and include with application.

☐ **Resume** (See example on page 12)

> Include extracurricular activates starting in 9th grade and employment history.

☐ **Essay:** "*Why I want to attend a military academy…*"

> Please keep essay to 500 words or less.

☐ **Letters of Recommendation**

> Please include 3 letters.

> Should be from people who applicant knows personally, and should attest to applicant's character, motivation to serve, and integrity.

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

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

******Please mail completed, signed, and dated application package to Congressman Benishek's Gaylord office. Remember, all materials **MUST** be postmarked **by Friday, October 25, 2013**.

PLEASE MAIL ALL MATERIALS TO:

CONGRESSMAN DAN BENISHEK M.D.
ATTN: SERVICE ACADEMY APPLICATION
1349 S. OTSEGO AVENUE, SUITE 7A
GAYLORD, MI 49735

Telephone: 877.376.5613 Ext. 102
Fax: 877.504.0291

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 and click on "Serving You" and "Service 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.

What is the deadline for completing a nomination file?

The deadline for submitting a nomination packet to Congressman Benishek's Gaylord District Office is Friday, October 25, 2013. Please contact my Gaylord office at 877.376.5613 Ext. 102 for more information.

What must be included in my nomination file?

Please refer to the checklist on Page 7 if this document for a complete list of required nomination documents.

What happens after I have completed my nomination file?

Applicants who submit a complete nomination file by October 25, 2013 will be scheduled for an interview in November.

What criteria are 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 - www.usma.edu
- U.S. Naval Academy at Annapolis, Maryland - www.usna.edu
- U.S. Air Force Academy at Colorado Springs - www.usafa.af.mil

Two reside within the Department of Transportation:

- U.S. Merchant Marine Academy at Kings Point, New York - www.usmma.edu
- U.S. Coast Guard Academy at New London, Connecticut - www.cga.edu

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 through Congressman Benishek's office 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.

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)

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

CONGRESSMAN DAN BENISHEK M.D.

MICHIGAN'S FIRST DISTRICT

- U.S. SERVICE ACADEMY NOMINATION APPLICATION -

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

FULL NAME: _____

First Last

CURRENT ADDRESS:

_____

Street

_____

Apt./P.O Box

_____

City State Zip

PHONE NUMBER:

_____

CELL NUMBER:

_____

SOCIAL SECURITY NUMBER:

_____-_____-_____

EMAIL: _____

BIRTH DATE:_____

PARENT(S) NAMES: _____

SCHOOL LAST ATTENDED: _____

Enrollment Date Graduation Date GPA Class Rank

SAT SCORES:

Critical Reading Math Writing Comp.

ACT SCORES:

English Math Reading Science Reasoning Writing Comp.

APPLIED TRHOUGH OTHER SOURCES? Please check all that apply:

☐ Senator Carl Levin ☐ Senator Debbie Stabenow ☐ Other

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

I hereby declare 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: **October 25, 2013.**

SIGNATURE:_____ **DATE:**_____/_____/ 2013

Congressman Dan Benishek M.D.

MICHIGAN'S FIRST DISTRICT

- U.S Service 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 Service 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:**_____**/**_____**/ 2013**_____