



**Congress of the United States**  
House of Representatives  
Washington, DC 20515

**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.

There are four service academies to which I 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 Kings Point, 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.

**It is extremely important that you read this entire packet before submitting your nomination package.**

Requirements by my office: Each applicant must submit a completed nomination package to my Lacey District Office by November 18, 2024. If qualified, the applicant will be scheduled for an interview with my Academy Board. The Board will review each package, conduct the interview, and then forward their nomination recommendations to me for final review. **A point of emphasis for the Board will be the status of candidate's academy application to include: completion of application, interview with a Liaison Officer, completed DoDMERB, and completion of the CFA.** 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 Lacey District Office no later than November 18, 2024. 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.**

Sincerely,

Marilyn Strickland  
Member of Congress

# TENTH CONGRESSIONAL DISTRICT APPLICATION

FULL NAME (First Middle Last) / (Nickname):

Click here to enter text.

PERMANENT (10<sup>th</sup> District) ADDRESS: Click here to enter text.

Click here to enter text.

YEAR OF HIGH SCHOOL GRADUATION: Click here to enter text.

HOME PHONE: Click here to enter text. CELL PHONE: Click here to enter text.

EMAIL: Click here to enter text.

DATE OF BIRTH (X/X/XXXX): Click here to enter text.

GENDER (M / F): Click here to enter text.

SOCIAL SECURITY #: Click here to enter text.

PARENT(S) OR GUARDIAN(S):

Click here to enter text.

ADDRESS (if different from permanent address):

Click here to enter text.

HIGH SCHOOL: Click here to enter text.

COUNSELOR NAME: Click here to enter text. COUNSELOR PHONE: Click here to enter text.

**\*\*\*Please rank in order ONLY the academies you wish to attend and with whom you have an OPEN admissions file (1=highest, 4=lowest). DO NOT RANK ACADEMIES TO WHICH YOU ARE NOT APPLYING\*\*\***

Air Force: \_\_\_\_\_ Merchant Marine: \_\_\_\_\_ Military: \_\_\_\_\_ Naval: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 requirement numerical assignment. **\*\*\*\*\*DO NOT submit your package until it is complete, all incomplete packages will be returned to the applicant.\*\*\*\*\***
2. **DO NOT: staple or paperclip any paperwork, include any double-sided pages, use protective sheets or tabs.**
3. It is the responsibility of the applicant to ensure your package is received in the Lacey District Office no later than 5:00 pm November 18, 2024. You are encouraged to call and check the status of your package.

## REQUIREMENTS

### REMINDER YOUR PACKET OF MATERIALS MUST BE IN THIS ORDER

1. Application Form: Your Tenth Congressional District Application should be typed. Please annotate on the form which of the academies with whom you have an open admissions file. **Please understand 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. **Final first quarter senior grades** or Quarter/Semester progress report (dated no earlier than two weeks before packet deadline). 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 (you may print a copy from the College Board website).** 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; however, know that the Academy Board may use it as a basis for questions during the interview process. The letter should fully express to the Congresswoman your reasons for attending an academy as well as your goals after graduation.
7. Letters of Recommendation: Submit **three** letters - one **must** be from either a guidance counselor/advisor 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; **do not have individuals forward them directly to our office.**

8. Photo: 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.

## **NOMINATION INFORMATION**

To be considered for a nomination, a candidate must:

- Reside in the 10<sup>th</sup> 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.
- Be at least 17 years old, and not have passed your 23<sup>rd</sup> birthday on July 1 of the year of admission.
- Be a United States citizen.
- Be unmarried, not pregnant, and have no legal obligation to support children or other dependents.
- Be of excellent moral character.

A competitive candidate will typically exhibit the following qualifications:

- SAT scores of at least 600 Reading/Writing and 600 Math, or ACT scores of 26 English, 28 Math, and 26 Composite
- A 3.7 GPA on a 4.0 scale, and a ranking in the upper 20 percent of his or her class.
- Notable participation and performance in extracurricular activities, including leadership.
- 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; however, 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), also called a physical aptitude test. 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**

The Congresswoman requires an interview prior to nominations. Interviews are conducted by the Congresswoman's Academy Board in December, and you will be informed by email the date and time of your interview. If you have problems with the date/time, immediately contact the Congresswoman's Academy Coordinator.

## **NOMINATION AND APPOINTMENT DATES**

Congresswoman Strickland will submit her nominations to the academies in January. The academies will notify nominees of an offer of appointment between January and mid-June.

All questions, concerns, and requests for assistance must be addressed to the Academy Coordinator, Rebecca Snyder. Contact information is:

Address:

Congresswoman Marilyn Strickland

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

[Rebecca.Snyder@mail.house.gov](mailto: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.usna.edu/Admissions>

**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.**