



UNITED STATES
AIR FORCE
ACADEMY
ADMISSIONS
FLIGHT PLAN





SO YOU'RE INTERESTED IN THE AIR FORCE ACADEMY?

We couldn't be happier!

Whether you come from a long line of Academy grads, a family tradition of service, or are the first person in your family to serve or go to college, if you've got what it takes there is a place for you at the U.S. Air Force Academy.

Our cadets come from all walks of life, from countries around the world. All 50 states and 14 territories are represented – if you're a U.S. citizen, it doesn't matter where you live. All races, religions, sexual orientations and socio-economic backgrounds are welcome at USAFA. Once you put on that cadet uniform, the only thing we see is Air Force Blue.

Inside this Flight Plan you'll find out exactly what it takes to succeed at USAFA, what you can expect while you're here, why you should make USAFA your college of choice, what you need to do to

apply, and how you can prepare to succeed. If you're interested in joining the U.S. Space Force, we've got information for you, too.

The Air Force Academy is so much more than your typical college, and to go along with that we don't have typical requirements or application processes.

Our application process is complex and can take time, so read through and understand all the steps outlined here. If you still have questions, you can always contact us, attend an event – virtual or in-person – search FAQs or contact us on our website, academyadmissions.com.

There's nothing average about the U.S. Air Force Academy, or those who come here. It takes more than smarts and good grades. It takes grit. Show us you've got what it takes, and apply today!

NAVIGATION



Admissions/General Info



Why the Academy



PT/Athletics



Aviation



Military Training



Space Force



**Miscellaneous/
Glossary**



Waypoint

Throughout this Flight Plan you'll notice colors at the bottom of every page. You can quickly flip through and find the information you're looking for, based on the color strips.

There are also tidbits called "Waypoints" scattered throughout. These items are taken in large part from cadet knowledge books. Cadets are tested regularly on this knowledge, so if you want a head start, make yourself familiar with them. Each class has a new book, so you may not find all of these in yours.

WAYPOINT

The official colors of USAFA are blue and silver, but each class and building has their own. Red (administrative) represents the sun, blue (academic) is the sky, yellow (residential) is the grass on the plains and silver (athletics) represents the aircraft we fly. The first class in 1959 was gold, followed by blue, silver and red.



TAKE OFF WITH USAFA

If you've done your research and you think USAFA is the place for you, but you're unsure where to begin or how you'll stack up, this is the place to start.

One of the most important things to keep in mind when you're looking at this section, is that to us, you're more than a GPA. Even if you don't think you're competitive due to grades or test scores, apply anyway! We look at a whole lot more

than those numbers when we consider candidates.

When you're ready to begin your application, or if you need more information, our website is the place to go. You can find all the information you need, FAQs, contact information and more.

[ACADEMYADMISSIONS.COM](https://www.academyadmissions.com)

IMPORTANT DATES

Applicants typically begin the admissions process March 1 of their junior year of high school and conclude in their senior year, however, the process can be started later, as long as the student still meets the basic admission requirements outlined later in this publication.

Below is a general outline of important dates. **Applicants should check their portal for specific deadlines.**

Deadlines may differ from person to person.

MARCH 1: PRE-CANDIDATE QUESTIONNAIRE OPENS

MARCH/APRIL: RESEARCH NOMINATIONS AVAILABLE TO YOU AND INCREASE PHYSICAL FITNESS

JULY 1: CANDIDATE PORTAL OPENS

DECEMBER: ACT/SAT MUST BE TAKEN BY NOW TO ENSURE RESULTS REACH USAFA BEFORE REGULAR SELECTIONS

DEC. 31: DEADLINE TO SUBMIT PRE-CANDIDATE QUESTIONNAIRE

MARCH: MAJORITY OF OFFERS OF APPOINTMENT TO USAFA ARE SENT OUT

APRIL: LETTERS ARE SENT TO CANDIDATES WHO HAVE NOT BEEN SELECTED FOR APPOINTMENT

APRIL/MAY: MAJORITY OF OFFERS FOR ACADEMY PREPARATORY SCHOOL AND FALCON FOUNDATION SCHOLARSHIPS ARE MADE

MAY 1: ACCEPTANCE DEADLINE

PRE-CANDIDATE QUESTIONNAIRE

This is where it all begins. When you're ready to apply, go to our website, academyadmissions.com and click the "Apply Now" button.

You can start as early as March 1 of your junior year of high school and must be complete by Dec. 31 the same year. Your GPA, test scores, class rank and answers

to questions regarding your situation and activities will determine whether you will be granted candidate status.

Once you complete your pre-candidate questionnaire, an ALO (admissions liaison officer) and counseling team will be assigned. You will find their contact info in your portal.

NOTES ON NOMINATIONS

Congressional nomination deadlines vary by office. Research the process and timeline for ALL your eligible nominating sources and be sure to apply for every one you qualify for:

Both U.S. State Senators

U.S. Congressional Representative

Vice President

Additionally, some candidates may be eligible for military-affiliated or U.S. Territory nominations.

Be on the lookout for Service Academy Days for your nominating officials. Most are held in spring or fall. Check your nominating authority's website for specific dates and processes.

To find more information on specific nomination types, visit our website at: academyadmissions.com/apply/nomination

HOMESCHOOLERS

Good news! You're just as competitive as students from more traditional school settings.

We do, however, place more emphasis on standardized tests, in the absence of graded coursework, so be sure to test early and often to get the highest scores.

When you apply, you will need to indicate if your program is recognized by your local school board or state board of education.

You can find more information at:

academyadmissions.com/prepare/high-school/homeschoolers/

U. S. CITIZENS LIVING ABROAD

If you are a U.S. Citizen living abroad and meet all other requirements, you are eligible to apply and will follow all the same steps as a citizen living in the U.S., but will possibly need to seek a different nomination.

If your parents claim residence and pay taxes in a state or territory, you can seek your nomination from those representatives.

If they do not, you can seek your nomination from the vice president.

Don't forget, if you qualify, you can receive a nomination in other categories, such as military-affiliated or territorial.

You can find more information regarding all nomination categories and processes at: academyadmissions.com/apply/nomination

COLLEGE STUDENTS

If you are currently in college and meet all basic requirements for admission to USAFA you may apply.

If you are accepted, you will take several validation tests. You may be awarded transfer credit, however, regardless of the total transfer and/or validation credit, a cadet must earn 131 semester hours

in residence and must spend four years in residence for graduation. In all cases, individual academic departments determine whether or not to award credit.

More detailed information on the application process can be found here: www.academyadmissions.com/prepare/college-students

ENLISTED AIRMEN

If you've already enlisted, you can still attend USAFA and earn your degree and commission.

You will still need to meet all the basic requirements of any other cadet, including age, marriage and dependent regulations.

The Base Education Office will be able to give you information about the Lead-

ers Encouraging Airman Development (LEAD) Program.

The LEAD program delegates the authority to unit commanders to nominate Airmen. Commanders have the opportunity to identify outstanding and deserving Airmen with officer potential for this commissioning program. Find more information at: academyadmissions.com/prepare/enlisted

PREFLIGHT CHECKLIST

STAY ON TRACK FOR SUCCESS

If you're promoted to the candidate phase, additional deadlines will be posted in your portal. Deadlines are unique to each person.

□ Check your Eligibility: an individual must be a citizen of the United States, unmarried with no dependents, be of good moral character, and at least 17 years of age, but less than 23 years of age by July 1st of the year they enter the Air Force Academy.

□ Complete your PCQ: You may begin as early as March 1 of your junior year of high school. It must be completed by Dec. 31 of the same year. Your GPA, test scores, class rank and answers to questions regarding your situation and activities will determine whether you will be granted candidate status.

□ Seek your nomination: By law, you must be nominated by a legally autho-

riized entity. You can review our Nominations page at academyadmissions.com to determine the categories for which you are eligible. You should request a nomination in all categories for which you are eligible, and do so as early as possible.

□ Request transcripts and teacher evaluations: In the PCQ phase, you will self-report your GPA and class rank. Once in the Candidate phase, you will request official transcripts from your school as well as the three required teacher evaluations.

□ Take the CFA: In order to qualify for admission to any of the service academies, you must take the Candidate Fitness Assessment.

PREFLIGHT CHECKLIST

□ Complete your extracurricular activities record and resume: Participation in athletic and non-athletic activities is an asset and is a competitive factor in your application. Sustained participation and leadership in a few activities is desirable.

□ Complete your writing sample and personal interview: You will be required to submit a writing sample and conduct a personal interview with an Admissions representative.

□ Submit your personal data record and drug/alcohol abuse statement: USAFA wants individuals of high moral character

to further develop into future leaders of the Air Force and our nation.

□ Complete your medical evaluation: All candidates must meet the medical and weight standards for a commission in the U.S. Air or Space Forces. The Department of Defense Medical Examination Review Board is responsible for determining your medical qualification. Be advised that it can take up to 30 days to schedule your initial medical evaluation, 60 days for completion and possibly another 30 days for a medical waiver (if required). This can result in up to a four-month process for candidates.

WAYPOINT

Integrity First, Service Before Self,
and Excellence In All We Do.

Air Force Core Values

**IF YOU'RE INTERESTED IN
OTHER AIR FORCE
OPPORTUNITIES, CHECK OUT
AIRFORCE.COM OR
AFROTC.COM.**

HOW DO YOU STACK UP?

To be eligible for the Academy, you must be:

- A U.S. citizen
- Unmarried with no dependents
- Of good moral character
- At least 17 and must not have passed your 23rd birthday on July 1 of the year you would enter

The following are recommended minimums:

Four years English

(with a college prep class in writing)

Four years math

(geometry, algebra, trig and precalculus)

Four years lab-based science

(should include biology, chemistry and physics)

Three years social studies

(to include a course in U.S. history)

Two years modern foreign language

(Latin counts, ASL does not)

One year of computer study

(computer science, coding, programming, or web development)

ACADEMIC DATA

TEST	MID-RANGE	MEAN
ACT ENGLISH	26-34	30.6
ACT READING	29-34	30.8
ACT MATH	28-32	29.9
ACT SCIENCE	28-33	30.5
SAT EBRW	630-700	661
SAT MATH	640-700	673

PROFILE OF A TYPICAL CADET CLASS

PRES/VP OF CLASS	18%
VALEDICTORIAN/SALUTATORIAN	11%
TOP 10% OF HS CLASS	56%
ATHLETIC LETTER	82%
BOYS/GIRLS STATE/NATION	17%
NATIONAL HONOR SOCIETY	69%
SCOUTING	23%

If you do not receive an appointment and would like to reapply, we recommend you enroll in another college and join AFROTC. It is not uncommon to reapply, and many of our cadets did not receive an appointment the first time they applied.

20%

EXTRA-CURRICULAR
Athletics, work experience, leadership and community involvement

30%

ADMISSIONS
Faculty and staff review of candidate's fitness evaluations, Admission Liaison Officer interviews and writing sample

50%

ACADEMIC COMPOSITE
High school and college academic performance and SAT or ACT scores

WHEN WE CONSIDER A CANDIDATE, WE LOOK AT MORE THAN GRADES. WE LOOK AT YOU.

We're looking for well-rounded candidates. Both athletic and non-athletic activities help you prepare for the demanding program at USAFA.

As part of the application process, you'll have to interview with an Admissions Liaison Officer. Make sure you prepare for your interview just as you would prepare for a job interview. This is your opportunity to sell yourself, so think beyond your GPA and school life.

USAFA "super scores" the ACT and SAT. We only count your highest scores, so we recommend taking the test early and often.

WAYPOINT

Altimeter Check
"Sir/ma'am, my altitude is 7,250 feet above sea level, far, far above that of West Point or Annapolis."

LET'S MEET

You think you want to attend USAFA, but you're not sure. What's life like at 7,250 feet? Can you really have a "normal" college experience at a service academy? What are cadets really like?

Luckily, you can get answers to those questions and more, thanks to our outreach programs. And no matter where you live, we've got an option for you, from virtual tours to in-person programs.

O U T R E A C H

From college fairs and high school visits to Academy Days, we've got someone local to answer your questions.

Hear from recently graduated lieutenants about what to expect from life at the Academy. Speak to admissions counselors to find out how to get a leg up and

make your application as competitive as possible. Or speak to graduates who are not so recent, and find out how USAFA has changed their life.

Find out what events are happening in your area and sign up at: www.academyadmissions.com/meet/outreach-events/

WAYPOINT

In 1954, seven years after the Air Force became a separate service, Congress authorized creation of USAFA. Secretary of the Air Force Harold E. Talbot selected Colorado Springs as the permanent site of USAFA.

Please note, most outreach events are not hosted by USAFA. You will need to contact the hosting organization for the most up-to-date information.

T O U R S

Get a glimpse of our historic campus, nestled at the base of the Rocky Mountains and see what it really means to rise above the rest. We offer guided and self-guided options.

Guided tours are offered both in-person or virtually. You can ask questions and get answers from admissions advisors and current or former cadets. Discover exactly what life as a cadet is like from those who live it.

You must sign up in advance for all tours.

Tours are intended for students aged 13-22, and may be canceled at any time due to weather or other circumstances.

In-person tours are not appropriate for everyone. There is a significant amount of walking, often uphill or stairs, at elevation.

Please visit our website to check availability or sign up for tours. Tours may not always be available, due to base operating status. www.academyadmissions.com/meet/



S U M M E R S E M I N A R

Summer Seminar offers rising seniors the unique opportunity to get the USAFA experience first-hand. You'll gain an understanding about the rewards and challenges of cadet life – academic, physical and military.

During this week-long program you'll live in cadet dorms, eat at the dining facility, explore academics and research labs and participate in a variety of workshops, including some to assist with your application. This is truly an immersive look at cadet life and is a great way to decide if USAFA is right for you.

You'll even have a cadet with you almost 24 hours a day as your mentor and guide.

You must apply to attend. The application window opens every year in December and closes in January. You can find application information at

www.academyadmissions.com/prepare/high-school/summer-seminar/

Space is limited for this program, but if you don't get a slot, don't worry! Summer Seminar is NOT a prerequisite for admission and is not considered in our selections process.



OTHER PROGRAMS

FALCON VISITATION EXPERIENCE

You may hear about another program we offer, the Falcon Visitation Experience, or FVE.

Very similar to Summer Seminar, this program is by invitation only.

FUTURE FALCON

This program is designed for middle school students or those not yet old enough to begin an application.

You will be put on an email list and will receive updates whenever an event is happening in your area.

The program will be expanding in the future, so stay tuned.

NATIONAL FORUM

A single-day event hosted at USAFA including presen-

tations, tours and open house. Learn about Academy life and the application process from admissions staff, cadets and recent grads. Representatives from the Air Force, Army, Naval and Coast Guard Academies, as well as Colorado congressional staff will be available to answer questions.

Open to all students, parents, advocates and educators.

Registration is required.

WAYPOINT

The wingman is absolutely indispensable. I look after the wingman. The wingman looks after me... Wars are not won by individuals. They're won by teams.

Lt. Col. Francis S. Gabreski, USAF

TIDBITS

LANGUAGE REQUIREMENTS

We look for modern foreign languages with an emphasis on strategic languages such as Arabic, Chinese, Japanese, Spanish, German, French, Portuguese, and Russian. While not a modern foreign language, Latin is acceptable. American Sign Language is not an acceptable course based on our requirements.

COMPUTER STUDY

You may have noticed we encourage applicants to take one year of computer study to be competitive. Computer

study includes classes such as computer science, programming and introductory classes. One year is considered four quarters or two semesters.

ADMISSIONS LIAISON OFFICERS

We've changed the role of the ALO a bit in the last few years. You won't be assigned an ALO until after you complete your pre-candidate questionnaire. When that happens, you'll find their contact information in your portal as well as the contact information for your counseling team.

WAYPOINT

"A man has integrity if his interest in the good of the service is at all times greater than his personal pride, and when he holds himself to the same line of duty when unobserved as he would follow if his superiors were present."

General S.L.A. Marshall, British Army, Great Britain



WHY THE AIR FORCE ACADEMY?

You've learned all about applying to the Air Force Academy, but why should you? After all, it's a long and involved process, and a service academy certainly isn't for everyone.

But that's just it. It *isn't* for just anyone, and it's certainly not your typical college experience. But that's what makes it so rewarding. It takes grit.

USAFA is physically, mentally and academically challenging, there's no getting around that. But the rewards are worth it. You'll get a world-class, tuition-free education, you'll gain invaluable skills and have a guaranteed job when you graduate.

You'll make friends that will last a lifetime, and have so much more than a "typical" college experience.

We've got clubs for practically every interest, and you can absolutely have a social life.

Colorado has so much to offer, and our cadets are always out enjoying it, whether it's hitting the ski slopes in the winter, going for hikes in the summer or seeing concerts at Red Rocks.

And while life at USAFA is challenging, it's by no means impossible. We have all kinds of resources to help you succeed. Our student-to-teacher ratio is almost unheard of in higher education and you can literally get one-on-one help, whenever you need it.

Whether you decide to serve a lifetime, or get out after your initial commitment, an education for USAFA will set you up for a lifetime of success.

WHAT TO EXPECT

There are a lot of similarities, and some major differences between life at USAFA and any other college. If you're prepared for those differences, your time at USAFA will be hard work, but enjoyable.

When you arrive, you will go through in-processing, get a haircut if needed, be issued uniforms and swear in as a member of the United States Air Force.

This is not an optional step.

You'll attend Basic Cadet Training on base, and military training will continue throughout your time at the Academy. Some of the training will be in the field, some in classrooms, and some in more informal settings.

After BCT, you will be assigned a squadron, made up of approximately 110 cadets, of all class ranks. You will live and

operate with your same squadron until your second year, when you will be assigned a new squadron.

Many new appointees are given a sponsor family, to provide a "home away from home." These families provide a place for cadets to unwind, away from campus. Many sponsor families remain lifelong friends with their cadets.

During your fourth degree year, you will have the most limited freedoms, but will earn more as time goes by.

The academic year is divided into Blue and Silver weekends. Silver weekends are devoted to military training and generally last from Friday afternoon through early Saturday afternoon. Blue weekends are "free" and cadets can leave the academy if they have liberty.

LIFESTYLE

In a lot of respects, life at USAFA is similar to other colleges. Sure, you must live in the dorms, and you wear a uniform to class every day, but you get to choose your major, and you have free time.

While not every weekend is completely free, there is plenty of time to study, work out, join a club, go off base, attend religious services or just relax. We know

how important it can be to decompress, and there are plenty of opportunities.

Trips are frequently offered through Outdoor Rec, and you can always find cadets willing to carpool to Denver or ski.

Find out more about life at USAFA at www.academyadmissions.com/why/cadet-life/



RANKINGS

With more than 4,300 degree-granting postsecondary institutions in the United States, it can be hard to narrow down your choice. Every school out there will tell you how great they are, but we've got the rankings to back it up.

#3 Top Public Schools

#3 Aerospace, Aeronautical, Astronautical

#5 Best Undergrad Engineering Programs

#10 Electrical, Electronic, Communications

#10 Mechanical Engineering

#28 National Liberal Arts College

#29 Innovative School

#43 Best Undergraduate Teachings
2021 Rankings, U.S. News & World Report

#7 Public Colleges

#9 In the West

#14 Liberal Arts Universities

#43 Top Colleges 2019
2019 Forbes

WAYPOINT

Academy graduates must have the intellectual agility, ethical strength, discipline and courage to defend our country and to make any sacrifice required for that cause. This is the key difference between a military service school and a civilian university.

Brig. Gen. Robert S. Delligatti, USAFA Class of 1959

ACADEMICS

When it comes to academics, USAFA offers a number of majors consistently ranked in the top 20 undergraduate programs in the United States.

Offering a variety of majors and minors, from English and Fine Arts to Space Operations, all cadets graduate with a bachelor of science.

If you're not sure what to choose, don't worry. Each semester, the Academy hosts a major's night to help you explore your options, speak with department representatives and academic advisors.

All cadets must maintain a minimum 2.0 cumulative GPA and complete eight semesters in residence and 131 semester hours. They must also complete professional military education, leadership lab experience and four Center for Character and

Leadership Development programs.

Cadets must also complete five hours of physical education courses, participate in intramural, club or intercollegiate athletics and pass the proficiency in physical fitness and aerobic fitness test.

You can find more information on what majors are currently offered, accreditation information for each program, what's involved, sample courses, potential careers and department contact information at www.usafa.edu/academics/majors-minors/

WAYPOINT

The first class to enter USAFA chose the falcon as the mascot because it possessed characteristics which typify the Air Force – speed, graceful flight, courage, alertness and noble carriage.

PREPARATORY SCHOOL

Because we look at more than grades and test scores, we occasionally come across people who we think would make outstanding cadets, but who may need a little academic help to get there.

That's where the Prep School comes in. Located six miles south of the main cadet area, the Prep School is designed to take good cadet candidates and make them outstanding.

This 10-month program focuses on academics, athletics, character develop-

ment and military training, and is designed to help candidates succeed at the Academy.

There is no independent application process for the Prep School. When you apply to USAFA, you will automatically be considered for admission to the Prep School if you are not offered a direct appointment.

If you attend the Prep School, you are not guaranteed an appointment to the Academy, but will earn consideration and a recommendation from the Preparatory School Commander. Upon completing the program, you will need to reapply to USAFA.

WAYPOINT

The Core Values of "Integrity First, Service Before Self, and Excellence In All We Do," were developed at USAFA and have been part of the cadet experience since the first cadets arrived in the summer of 1955. In 1995, they were adopted Air Force wide.

Get more information on the Prep School at www.usafa.edu/prep-school/

RESEARCH

USFA is home to 24 research centers and institutes, representing focus in areas from warfighter effectiveness to high-performance computing.

These world-class facilities offer hands-on experience in real-world settings with cutting edge technology, frequently unavailable at any other college.

Many of our research programs are sponsored by industry leading companies, meaning cadets are working to solve real problems, and can see the effects of their efforts.

Get more information on these programs at www.usafa.edu/research/research-centers/



SUMMER PROGRAMS

Ever wanted to intern on a NASCAR team? Or live in a foreign country for a summer, learning language and culture through immersion? Or maybe you want to go to MIT and work on missile defense, or work at NATO headquarters.

These opportunities and many more are available to cadets during the summer months.

While traditional classes are suspended, USAFA cadets are out enjoying opportunities rarely offered to college students, and furthering their education in ways not possible in the classroom.

Don't worry, you'll still get a summer vacation. But you'll also get the opportunity to put what you've been learning to use, and expand on it in unique ways.

CLUBS

We understand finding a work-life balance that works can be an important key to success at USAFA, and clubs play an important part of that. About 75 percent of cadets are involved in at least one of our more than 90 active clubs.

Run by cadets, for cadets, oversight is provided by senior Air Force officers, en-

listed members or civilians on staff. From affinity and culture clubs to sports, recreational, and academic, there is sure to be a club that fits your interests. And if there's not, you can start your own.

You can find more information on active cadet clubs at www.usafa.edu/cadet-life/clubs/

BENEFITS

The Academy offers several unique benefits to cadets, not found at traditional colleges.

USAFA, like all service academies, is tuition free. You won't have to pay for room and board, classes or most of the expenses associated with a traditional college.

In addition, cadets are considered members of the armed forces, and as such, draw a stipend and have access to the same health care as any other active duty service member.

All cadets who graduate will commission as second lieutenants in the Air or Space Force and will have a guaranteed job.

OBLIGATIONS

To attend USAFA we ask for something more valuable than tuition: Commitment.

When you arrive, you'll sign an agreement to fulfill the following obligations:

You will complete the course of instruction unless you are dis-enrolled by the proper authority.

You will accept an appointment and

serve as a commissioned officer in the U.S. Air or Space Force for at least eight years after graduation, five of which must be active duty.

You will become eligible to request a separation after five years of service.

You can find more information at: www.academyadmissions.com/apply/commitment/

RESOURCES

Life at USAFA can be a challenge. But we don't want you to ever feel overwhelmed, or that you can't do it, and there are many resources available to help you cope.

Whether it's academic, spiritual, mental or physical, help is always available, and we strongly encourage cadets to take advantage of all the resources we offer.

You can always reach out to fellow cadets, faculty and staff or certified professionals, whether you need help, or just want to talk. No problem is too big or too small.

You can find more information at www.academyadmissions.com/why/cadet-life/support/ or www.usafa.edu/cadet-life/cadet-support-services/



AFTER THE ACADEMY

At many colleges and universities, once you graduate you're on your own.

That's not the case with USAFA. Upon graduation, you'll commission as a second lieutenant, and be responsible for fulfilling your service obligation.

You'll have a guaranteed job, in a chosen career field, and there's always the opportunity to cross-train into another

career, if you'd like. You can find a full list of Air Force officer careers at www.airforce.com/careers/browse-careers/ or explore possible careers based on majors at www.usafa.edu/academics/majors-minors/

Whether you decide to make a career out of the Air Force or not, our graduates have gone on to do some amazing things.

DISTINGUISHED GRADUATES

- 39 astronauts, including Kevin P. Chilton (Class of 1976, only astronaut to reach 4-star rank, former commander of Strategic Command and pilot of STS-49 and 59)
- 19 professional athletes and coaches, including Ben Garland (Class of 2010, lineman for San Francisco 49ers) and Gregg Popovich (Class of 1970, head coach of the San Antonio Spurs)
- Numerous politicians, legislators, and government officials, including Air Force Chiefs of Staff
- Charles E. Phillips Jr., Class of 1981, founder of Oracle
- Chesley Sullenberger, Class of 1973, known for the "miracle on the Hudson" flight
- Susan Grant, Class of 1982, Bestselling author of more than 20 books



ATHLETICS

THE IMPORTANCE OF SPORT

There's no two ways about it, life at USAFA is physically demanding. At more than 7,000 feet above sea level, just walking to class can leave you winded if you're not prepared.

But physical fitness runs a lot deeper than just getting to class without wheezing. In the military, it's a way of life.

Cadets take physical fitness tests every semester, and are expected to take 10 PE courses. That's a minimum of 1 semester hour every semester for four years.

Additionally, every cadet participates in competitive sports, at some level. Whether it's club, intramural or intercollegiate, there's always a game or practice going on.

USAFA is home to 27 different men's and women's Division I NCAA teams from football to swimming, boxing and everything in between. We have 10 different intramural programs, with more than 3,000 cadets participating and 18 club sports. And if you can't find your sport, you can start your own club.

Sports are so important at USAFA, not just for the physical conditioning, but for the mental toughness they encourage, grace under pressure, leadership, followership, determination to win and ability to deal with loss, and come out stronger on the other side.

For more information on athletics at USAFA, visit www.usafa.edu/athletics/ or www.goairforcefalcons.com

FITNESS

CANDIDATE FITNESS ASSESSMENT

S T A R T T R A I N I N G

Fitness is key at USAFA; you'll hit the ground running with BCT, and continue with sports and physical education. The CFA was designed to ensure you have what it takes to succeed, before you start.

While the CFA is required for admission to all service academies, keep in mind USAFA is located 7,250 feet above sea level. Training to excel will help you adjust to life at elevation.

The six events of the CFA are adminis-

tered consecutively with specified start, finish, and rest times. Do your best, but keep in mind, the events are sequenced to produce a loading effect. After completing the first five events, you probably won't score your best on the 1-mile run. This has been considered in the scoring standards.

Your exam may be administered by any P.E. teacher, service academy liaison officer or JROTC instructor. It is your responsibility to arrange for a qualified person to conduct your exam.

T O D A Y

CANDIDATE FITNESS ASSESSMENT

EXERCISE	MEN		WOMEN	
	MAX.	GOAL	MAX.	GOAL
BASKETBALL THROW	102'	69'	66'	42'
PULL-UPS (MEN/WOMEN)	18	12	7	2
FLEXED ARM HANG (WOMEN)			63 SEC	31 SEC
SHUTTLE RUN	7.8 SEC	8.1 SEC	8.6 SEC	9.4 SEC
MODIFIED SIT-UPS (CRUNCHES)	95	81	95	78
PUSH-UPS	75	62	50	41
ONE MILE RUN	5:20	6:29	6:00	7:30

BASIC CADET TRAINING

Your first year will be one of the most physically demanding of your life. Many new cadets arrive at the Academy in poor shape and unprepared for the rigors of Basic Cadet Training. BCT is designed to push you to your physical limits, no matter what shape you're in, and the altitude will take a toll on your physical performance.

To help you arrive in top physical form, Academy instructors have created a Pre-Arrival Cadet Training regimen for incoming cadets. This regimen can be customized to your fitness level and the amount of time you have to train before you enter the Academy.

DO NOT WAIT TO START TRAINING!

SOME THINGS TO NOTE

- The Academy's primary measure of aerobic fitness is the 1.5 mile run. Current cadets run 1.5 miles in 10:18 on average. To predict how altitude will impact you, add 00:48 to your run time.
- Women participate in the same strenuous programs as men. Female applicants should include exercises to increase upper-body strength in any preparation program. You must be able to do at least one pull-up and should strive for more.
- You will take aquatic classes while at the Academy, so if you do not already know how to swim, you need to learn.

THE PACT REGIMEN: 12+ WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

RUN MORE THAN 5 MILES COMFORTABLY

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12
REPS X 2 SETS

PUSH-UPS: MAX REPS X 1 SET

JOG: 1/2 MILE X 2 REPS (WALK 1/4 MILE BE-
TWEEN REPS)

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 20 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

RUN 3-5 MILES COMFORTABLY

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12
REPS X 1 SET

PUSH-UPS: MAX REPS X 1 SET

JOG: 1/2 MILE X 2 REPS (WALK 1/4 MILE BE-
TWEEN REPS)

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 1 SETS

DUMBBELL CALF RAISE: 20 REPS X 1 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 12+ WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN
JOG 1 MILE TO LOOSEN MUSCLES

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 20 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULLDOWN: 12 REPS X 2 SETS

BICEP CURLS: 12 REPS X 2 SETS

SPRINT: 100 YARDS X 3 SETS (2 MIN REST)

SPRINT: 200 YARDS X 2 SETS (4 MIN REST)

WALK: 1/4 MILE

CRUNCHES: MAX REPS X 1 SET

DUMBBELL CALF RAISE: 20 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN
JOG 1/2 MILE TO LOOSEN MUSCLES

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 15 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULLDOWN: 12 REPS X 1 SETS

BICEP CURLS: 12 REPS X 1 SETS

SPRINT: 100 YARDS X 2 SETS (2 MIN REST)

SPRINT: 200 YARDS X 2 SETS (4 MIN REST)

WALK: 1/4 MILE

CRUNCHES: MAX REPS X 1 SET

DUMBBELL CALF RAISE: 20 REPS X 1 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 12+ WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS: 12 REPS X 2 SETS

PUSH-UPS: MAX REPS X 1 SET

JOG: 1 MILE

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 20 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1/2 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS: 12 REPS X 1 SETS

PUSH-UPS: MAX REPS X 1 SET

JOG: 1 MILE

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 1 SETS

DUMBBELL CALF RAISE: 20 REPS X 1 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 6-12 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 2 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 3 SETS

PUSH-UPS: MAX REPS X 2 SET

RUN: 3/4 MILE X 2 REPS (WALK 1/4 MILE BETWEEN REPS)

BENT LEG SIT-UP: MAX REPS X 2 SET

BACK EXTENSION: 12 REPS X 3 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1.5 MILE TO LOOSEN MUSCLES

FAIR PHYSICAL CONDITION

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 2 SET

PUSH-UPS: MAX REPS X 1 SET

JOG: 1/2 MILE X 2 REPS (WALK 1/4 MILE BETWEEN REPS)

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 1 SETS

DUMBBELL CALF RAISE: 20 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1.5 MILE TO LOOSEN MUSCLES

THE PACT REGIMEN: 6-12 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 25 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULL: 12 REPS X 3 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 3 SETS

SPRINT: 100 YARDS X 4 SETS (2-3 MIN. REST BETWEEN SETS)

MED. RUN: 1/4 MILE X 2 REPS 2-3 MIN. REST BETWEEN SETS)

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 2 SET

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 20 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULL: 12 REPS X 2 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 2 SETS

SPRINT: 100 YARDS X 3 SETS (2 MIN. REST BETWEEN SETS)

SPRINT: 200 YARDS X 2 SETS (4 MIN. REST BETWEEN SETS)

WALK: 1/4 MILE

CRUNCHES: MAX REPS X 1 SET

DUMBBELL CALF RAISE: 2 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 6-12 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1.5 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 2 SET

BICEP CURLS: 12 REPS X 2 SETS

PUSH-UPS: MAX REPS X 2 SET

JOG: 2 MILE

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 2 SET

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 1 SET

BICEP CURLS: 12 REPS X 2 SETS

PUSH-UPS: MAX REPS X 1 SET

JOG: 1 MILE

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 1 SET

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 20 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 0-6 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 3 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12
REPS X 3 SETS

PUSH-UPS: MAX REPS X 3 SET

RUN: 1.5 MILE X 2 REPS (6-8 MIN. REST)

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 3 SET

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 2 MILES TO LOOSEN MUSCLES

FAIR PHYSICAL CONDITION

DAY 1 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 2 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12
REPS X 3 SET

PUSH-UPS: MAX REPS X 2 SET

JOG: 3/4 MILE X 2 REPS (WALK 1/4 MILE BE-
TWEEN REPS)

BENT LEG SIT-UP: MAX REPS X 2 SET

BACK EXTENSION: 12 REPS X 3 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

DAY 2

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1.5 MILES TO LOOSEN MUSCLES

THE PACT REGIMEN: 0-6 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 30 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULL: 12 REPS X 3 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 3 SETS

SPRINT: 100 YARDS X 2 SETS (2-3 MIN. REST BETWEEN SETS)

MED. RUN: 1/2 MILE X 2 SETS (2-3 MIN. REST BETWEEN SETS)

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 3 SET

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 3 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

PUSH-UPS: 25 REPS

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

WIDE GRIP LAT PULL: 12 REPS X 3 SET

BICEP CURLS WITH DUMBBELLS OR BARBELL: 12 REPS X 3 SETS

SPRINT: 100 YARDS X 4 SETS (2 MIN. REST BETWEEN SETS)

MED. RUN: 1/2 MILE X 2 SETS (2-3 MIN. REST BETWEEN SETS)

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 2 SET

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

THE PACT REGIMEN: 0-6 WEEKS FROM ARRIVAL

GOOD PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 2 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 3 SET

STANDING LONG JUMP: MAX DISTANCE X 5 REPS

BICEP CURL: 12 REPS X 3 SET

PUSH-UPS: MAX REPS X 3 SETS

JOG: 3 MILES

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 3 SET

BACK EXTENSION: 12 REPS X 3 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

FAIR PHYSICAL CONDITION

DAY 4

JOG 1/4 MILE AND STRETCH 10-15 MIN

JOG 1.5 MILE TO LOOSEN MUSCLES

DAY 5 WARM UP

JUMPING JACKS: 40 REPS

FLUTTER KICKS: 40 REPS

ARM CIRCLES: 20 EACH DIRECTION

JOG: 1/4 MILE

LIGHT STRETCHING: 10 MIN.

WORKOUT

PULL-UPS: MAX REPS X 2 SET

BICEP CURLS: 12 REPS X 2 SETS

PUSH-UPS: MAX REPS X 2 SET

JOG: 2 MILES

WALK: 1/4 MILE

BENT LEG SIT-UP: MAX REPS X 2 SETS

BACK EXTENSION: 12 REPS X 2 SETS

DUMBBELL CALF RAISE: 25 REPS X 2 SETS

COOL DOWN

STRETCHING: 10 MIN

CLUB SPORTS

We get it; not all sports are for everyone. Maybe you don't have the time to dedicate to a intercollegiate team, or your sport of choice isn't offered elsewhere. That's where club sports come in.

With almost 20 men's, women's and co-

ed sport clubs to choose from, you can find something that fits your interests and time, while helping you build your skills.

And if you can't find something that interests you, you can start your own club.

INTRAMURAL SPORTS

If you're looking for something a little less challenging, intramural sports may be for you.

Each semester, four or five sports are offered, and each squadron fields a team. Cadets compete in an eight-game regular season and four-round post season, in both the spring and fall semesters. Roughly 200 teams and 3,000 cadets face off for bragging rights, a chance to compete in the Extra-

mural Sports Program and a shot at the Malanaphy Trophy.

Extramurals involve traveling to regional and national competitions and facing off against sister service academies.

WAYPOINT

USAFA graduated its first class June 3, 1959. On that day, 207 young men were commissioned as second lieutenants.

INTERCOLLEGIATE SPORTS

If you're ready for a real challenge and think you've got what it takes, intercollegiate sports may be for you.

USAFA is home 27 different men's and women's Division I NCAA teams, and has produced world-class athletes who have set records, won championships

and even gone on to compete professionally.

Find out more about intercollegiate sports programs, including teams, schedules, merchandise, facilities, recruiting and more, visit www.goairforcefalcons.com





AVIATION

Few things say "Air Force" more than flying, and at USAFA, we've got aviation programs for every level of interest. Whether you've known your whole life you want to fly fighters, or you're curious about airfield operations, there's something for you at USAFA. If you prefer falling, you can even jump out of planes.

Even if you don't want to be a career pilot, you can take part in any or all of these programs, however, none are re-

quired to become a pilot in the Air Force. But if you do want a flying career, it's a great way to get a leg up on Initial Flight Training.

If you're good enough, you can even take part in glider aerobatics or jump competitions, across the nation.

Find more information on airmanship programs at www.usafa.edu/military/airmanship/



SOARING

This is where most fourth-class (freshman) cadets start. Introduction to Soaring includes four glider flights, while Basic Soaring gives you the opportunity to solo. Graduates of Basic Soaring are eligible to become Cadet Soaring Instructor Pilots, earn their G-Wings and conduct 95 percent of all glider flight instruction.

POWERED FLIGHT

Second- and first-class cadets (juniors and seniors) have the opportunity to take part in the Powered Flight Program. Or if you meet the qualifications, you can try out for the Academy's Flying Team in your fourth-class year. If you're selected, you'll receive training in precision landings, cross-country navigation, instrument flying and more.

AIRMANSHIP-NEXT

This unique program lets cadets experience aviation through the use of immersive VR simulator training technology.

All fourth-class cadets get the opportunity to take a 10-lesson class designed to teach the fundamentals of aviation and powered flight.

Cadets can also take more advanced

courses, offering a combined 30-lesson flying training course, that gives graduates equivalency and credit for Introduction to Flight Training.

If you're interested in attending pilot training, you can take an additional 20-lesson class using a virtual T-6 Texan II, the Air Force's primary flight training aircraft.

PARACHUTING

If you're looking for a great view, combined with an adrenaline rush like no other, parachuting may be for you. Every year, more than 700 cadets are trained, with a focus on safety and emergency procedures. Cadets who complete the course will earn their jump wings.

In addition to basic jump training, cadets can try out for Wings of Green and Wings of Blue. These highly competitive demonstration parachute teams perform all across the United States, to large crowds of enthusiastic audiences. If you've ever been to Falcon Stadium for a game, you may have seen some of their members.

USAFA is the home of the only skydiving program in the world to require a solo first jump. Nearly 40 hours of ground training is required before this, and the program has had an exemplary safety

record in it's more than 50 years of operation.





MILITARY TRAINING

From 10,000 feet, USAFA looks a lot like any other college, nestled at the base of the Rocky Mountains. But look a little closer and the differences become apparent. For one thing, it's a *lot* larger than you may think. At 18,500 acres it's the second largest campus in the U.S.

Although a lot of that space may look like nothing more than forests and meadows at first glance, look again and you may notice young men and women navigating obstacle courses, marching in formations, low-crawling through mud or practicing survival skills.

Even in the academic area, USAFA looks a lot different than other campuses. One big difference is the four jets in the central "terrazzo" area. Not to mention the occasional aircraft landing in the middle, so cadets can get an up-close look.

And if you're watching the terrazzo, in addition to the aircraft you'll notice our cadets wear uniforms most of the time. Whether going to classes, the gym, or just out for some personal recreation, it's more unusual to see someone out of uniform than in one.

All these differences add up to one big one: USAFA is a military institution, and military training is a way of life here.

All cadets will go through Basic Cadet Training and take part in military training in the classroom and the field, all four years.

The mission of USAFA is to produce leaders of character for the Air and Space Forces. After graduation you will commission as a second lieutenant and go on to serve. We're here to prepare you.

BASIC CADET TRAINING

Your introduction to military training will take place not long after you arrive.

The first of many challenges, the six weeks of Basic Cadet Training will help you transition from civilian to military life and is broken into two phases.

1st BCT

This portion takes place in the cadet area, under the instruction of upper-class cadets. You'll learn military customs and courtesies, the cadet Honor Code, Air Force heritage, drill and ceremony, rifle manual and more.

You'll also have daily physical conditioning, which is one reason it's so important you come to USAFA already fit so you can hit the ground running. The harder you train before, the easier a time you'll have adjusting to the elevation.

2nd BCT

The second half of BCT takes part at Jacks Valley, a 3,300-acre training ground right here at the Academy. You'll march to and from the training ground, and complete a variety of physical challenges designed to push your limits, build self-confidence and teamwork skills.

You'll learn small-unit tactics and become familiar with firearms, while continuing to build your military knowledge.

At the end of BCT, you'll take part in the Acceptance Parade, marking the transition to the academic year and welcoming you as a fourth-class cadet.

It may sound daunting, but don't be intimidated; you can get through it. Remember, your fellow cadets have all gone through the same thing.

DEVELOPING OFFICERS OF CHARACTER

Attending USAFA is about more than getting a degree, or even serving in the military. It's about character and leadership development.

The mission of the Academy is to educate, train and inspire men and women to become officers of character motivated to lead the United States Air and Space Forces in service to our nation.

Throughout all four years, cadets attend classes, lectures and special programs with a focus on what it means to live honorably within the military, and how to be a good leader and follower.

They will be put in charge of fellow cadets, and experience growing responsibilities. They'll gain organizational leadership skills and help supervise the professional development of the lower cadet classes.

Find out more about how USAFA creates leaders of character and the Center for Character and Leadership Development at www.usafa.edu/character/





UNITED STATES
SPACE FORCE



SEMPER SUPRA

A L W A Y S A B O V E

If you're looking for a challenge that's out of this world, Space Force might be for you.

The newest branch of the armed forces, Space Force is a part of the Department of the Air Force, just like the Marine Corps is a part of the Department of the Navy. And just like future Marines attend Annapolis alongside their Navy counterparts, future members of the Space Force attend USAFA alongside their Air Force counterparts.

While Space Force is a separate service, the application process is the same as the Air Force to attend USAFA. So if this is something you're interested in, just click that "apply now" button at the top of the page on www.academyadmissions.com.

If you're interested in finding out more about our newest service and what opportunities are available, visit their website at www.spaceforce.mil



GLOSSARY

ACT: THE CODE NUMBER FOR USAFA IS 0530

ALO: ADMISSIONS LIAISON OFFICER

APPLICANT: A PERSON APPLYING TO USAFA WHO HAS COMPLETED A PRE-CANDIDATE QUESTIONNAIRE

APPOINTEE: A PERSON WHO HAS SUCCESSFULLY APPLIED FOR ADMISSION, HAS AN OFFICIAL NOMINATION AND HAS BEEN PROVIDED AN OFFER TO ATTEND

BCT: BASIC CADET TRAINING

CANDIDATE: AN APPLICANT WHO HAS COMPLETED THE PRE-CANDIDATE QUESTIONNAIRE AND WHO HAS BEEN APPROVED TO PURSUE APPOINTMENT

CANDIDATE KIT: CONTAINS ADMISSIONS FORMS AND INFORMATION FOR STUDENTS WHOSE PRE-CANDIDATE QUESTIONNAIRES HAVE BEEN APPROVED, INCLUDING COMPLETE INFORMATION ABOUT MEDICAL ELIGIBILITY, THE CFA AND OTHER NECESSARY STEPS.

CFA: CANDIDATE FITNESS ASSESSMENT

DODMERB: DEPARTMENT OF DEFENSE MEDICAL EXAMINATION REVIEW BOARD. DODMERB DETERMINES IF AN APPLICANT MEETS MEDICAL STANDARDS

NOMINATION: REQUIRED BY LAW (TITLE 10) TO RECEIVE AN APPOINTMENT; CANDIDATE MUST HAVE A NOMINATION FROM ONE OF THE FOLLOWING: THEIR SENATORS, CONGRESSIONAL REPRESENTATIVE, VICE PRESIDENT AND/OR MILITARY AFFILIATION

PRE-CANDIDATE: A STUDENT WHO HAS RETURNED A COMPLETED PRE-CANDIDATE QUESTIONNAIRE

PRE-CANDIDATE QUESTIONNAIRE: FIRST STEP IN THE APPLICATION PROCESS.

QUALIFIED CANDIDATE: A CANDIDATE WHO HAS MET ALL ADMISSIONS REQUIREMENTS AND GUIDELINES

SAT: THE CODE NUMBER FOR USAFA IS 4830



[ACADEMYADMISSIONS.COM](https://academyadmissions.com) | [USAFA.EDU](https://usafa.edu) | [AIRFORCE.COM](https://airforce.com) | [SPACEFORCE.COM](https://spaceforce.com)

AFA 21-024 is produced by the Air Force Academy and Air Force Recruiting Service. Information in this publication is subject to change. Contact the Air Force Academy Office of Admissions for updates.