



ROOK TRAINING EXPECTATIONS AND REQUIREMENTS

The Norwich University Corps of Cadets is a unique undergraduate education program requiring that cadets fully participate in all aspects of the program and meet its rigorous physical and psychological demands, including the intense first semester as a rook.

Here are examples of the specific demands that will be made. The list is not intended to be complete but merely representative of the Corps' Four-Year Progressive Leadership Development Program's challenges. The demands placed upon each rook/cadet's physical, mental, and moral resources are purposefully extraordinary, that forges the proud and distinguished Military College of Vermont graduate.

Rook Semester Year General Activities

1. Wear a prescribed cadet uniform 24/7
2. Strict hair and grooming standards
3. No regular access to cell phones
4. May not use tobacco products of any type
5. Standing at military attention, parade rest, and marching for extended periods of time
6. Sitting upright in a chair and looking forward for prolonged periods of time and during meals
7. Walking the gutter outside (right side of all walkways and roads) and squaring the hallways in the barracks
8. Climbing stairs at a quick, yet safe, pace
9. Physical training periods (up to 6 days a week at 30-90 min each) of physical fitness exercises, upper/lower body, cardio, and running on campus 1-5 miles or more, including many hills and external steps
10. Corps physical fitness testing (hand-release push-ups, planks, two mile run)
11. Hiking up Paine Mountain a multitude of times (elevation gain: 2,400 feet)
12. Road marches 2-5 miles (Some ROTC marches are 2-12 miles or further)
13. Rook Culminating Event (extended period of physical exertion, intense upper/lower body workouts)
14. Families and guests' visits are not permitted unless approved by the Cadet Chain of Command or Office of the Commandant



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CORPS OF CADETS

Rook Living Conditions:

1. Live by a code of Honor
2. Restricted to campus unless on approved leave or official Norwich related event, sport, activity
3. Spartan rooms with few amenities, including no refrigerators or microwaves
4. Non-air-conditioned barracks
5. Some humid days in fall and spring
6. Many days of extreme cold weather and ice (November-March)
7. Early morning wakeups at 0500 and long daily schedule
8. Periods of high stress (receiving instruction and learning from cadre in a direct, stern manner) and accomplishing required activities in the time allotted
9. Constant unpredictable, and rigorous demands
10. Rapidly moving from one event to another
11. Constant room and personal uniform inspections
12. Living in close quarters (2-4 cadets per room in barracks) with minimal privacy
13. Must follow the Rules of the Mess (Dining Hall)
14. Limited free time with busy daily/weekly schedules of academic, military, athletic, and fitness activities
15. Mandatory mutual reliance upon others (strong peer pressure)
16. Located in rural, Northfield, VT, one stop light, no taxi/Uber services in town

Other Cadet Activities and Environment

1. Attending mandatory rook training and daily formations, weekly parade practices and parades
2. Mandatory attendance at events (athletic, speakers, symposiums, etc.)
3. Enroll in and pass four progressive level ROTC courses, starting first semester
4. ROTC Leadership Lab – two hours weekly (as required by ROTC branch)
5. ROTC physical fitness training and prohibited drug testing
6. Several long days of field training exercises – ROTC specific
7. Marching rifle manual calisthenics (upper/lower body) – ROTC specific
8. Summer training as required by ROTC contracted cadets – ROTC specific
9. Significant academic demands
10. A minimum of 12 credit hours is required per semester to be a full-time student
11. Academic Requirements: 120 credit hours required for degree completion