



**DEPARTMENT OF THE NAVY**  
NAVAL RESERVE OFFICERS TRAINING CORPS  
HAMPTON ROADS  
5215 HAMPTON BLVD  
NORFOLK, VA 23529-0120



Dear Prospective Midshipman,

Welcome to NROTC Unit Hampton Roads! Midshipman Orientation Week (O-Week) for new NROTC students will be conducted from Saturday, 22 August through Thursday, 27 August 2008. We look forward to seeing you there. My staff and students have developed a fun and rigorous training program that will introduce you to what you'll need to know as a freshman midshipman. It will be a challenging and new experience for you, but the O-Week staff is highly motivated and well trained to teach you what you need to know in the short time available. By Thursday, 27 August, most of you will have learned enough to participate in the Orientation Week Graduation and Pass-in-Review parade (date may be subject to change).

Enclosed with this letter, you'll find a number of documents that will help you ensure you're ready for O-Week. Be sure to read each of them carefully! You are required to complete all of the forms ahead of time. You are also required to prepare yourself physically (to include swimming) and to track your progress on the provided milestone sheet, which you are required to turn in at O-Week check in. For your convenience, you can also access the O-Week package on the NROTC Hampton Roads web site at [www.odu.edu/nrotc](http://www.odu.edu/nrotc). Once you have accessed the web site, scroll down to the visitors/check-in section and click on check-in, and then click on the link for O-Week. Please download the O-Week package. For ease of downloading, all enclosures will either be in a Word or Adobe format.

If your plans for participating in the NROTC program have changed, please contact LT Bill Burke at 1-800-284-5562/757-683-4741 as soon as possible.

I look forward to seeing you in August!

Sincerely,

A handwritten signature in black ink, appearing to read "Mike Barea". The signature is stylized and written over a circular stamp or mark.

Mike "Breeze" Barea  
Captain, United States Navy