

CAREER PATHS

Special Warfare

(Explosive Ordnance Disposal, SEALs)

Nuclear Power

(Aircraft Carrier, Submarine)

Aviation

(Pilot, Naval Flight Officer)

Surface Warfare

Nurse Corps

Marine Corps

“A nation reveals itself not only by the men it produces, but also by the men it honors, the men it remembers.”

-JFK



HAMPTON ROADS NAVAL R.O.T.C.



www.odu.edu/nrotc

“Any man who may be asked in this century,
what he did to make his life worthwhile,
can respond with a great deal of
pride and satisfaction:

‘I served in the United States Navy’”

-JFK

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NORFOLK STATE UNIVERSITY

NAVAL RESERVE OFFICER TRAINING CORPS



BEGIN YOUR JOURNEY
TODAY!

Graduate with a guaranteed
career as a Naval or
Marine Corps Officer



STANDARDS OF EXCELLENCE

Physical Fitness:

- All Midshipmen and Officer Candidates must attain a performance level of "Good" on push-ups, sit-ups, and the 1.5 mile run on their PRT per Navy standards.
- All Marine Options must attain a score of 225 or higher on their PFA at the start of their senior year.
- Midshipmen must qualify as a third-class swimmer by the end of their freshman year.
- Midshipmen and Officer Candidates must participate in company level physical training on Mondays, Wednesdays, and Fridays.



"Let every nation know, whether it wishes us well or ill, that we shall pay

any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty."

-JFK

ACCELRATE YOUR LIFE

Academic Standards:

- Maintain a cumulative GPA of 2.0 for Midshipmen, 2.5 for MECEP and STA-21, or 3.0 for STA-21 Nuclear Options.
- All NROTC Naval Science courses will be taken for a letter grade.
- Take a minimum of six credit-hours of Calculus (except Marine and Nurse Corps Options) by the end of the sophomore year.
- Take a minimum of six credit-hours of Physics (except Marine and Nurse Corps Options) by the end of the junior year.

Summer Training:

- Midshipmen will partake in summer training in and outside of the United States every summer during their academic matriculation.
- All fourth-class Midshipmen (except Nurse Corps) will be engaged in CORTRAMID, a career orientation and training session that exposes Midshipmen to aviation, submarines, surface ships, and the Marine Corps.
- Summer training will familiarize Midshipmen with the different career paths available upon being commissioned as a Naval or Marine Officer.



NROTC



About Hampton Roads Naval ROTC

- The HR NROTC unit is a consortium made up of Norfolk State University, Hampton University, and Old Dominion University.
- The HR NROTC unit is one of the largest ROTC unit in the nation, comprised of approximately 250 Midshipmen, Officer Candidates and Marines.
- There are seven companies within the unit: Bravo Company at NSU, Charlie Company at HU, and Alpha, Delta, Echo, Foxtrot, and Mike Companies at ODU.
- Each company is comprised of highly motivated Midshipmen, Officer Candidates, and Marines that exude honor, courage, and commitment.

NORFOLK STATE UNIVERSITY ROTC

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