



US Navy Civil Engineer Corps Collegiate Corner



November 2023

CEC Selectees,

As we finish out November and move into December, we hope all is going well with your coursework and preparation for OCS. Thanksgiving has passed and we hope you were able to share it with your family, friends, and loved ones. Thanksgiving is more than just a hearty meal filled with all your favorite dishes, it is a time to cherish the people in your lives and be thankful for all you have. For many of you, the CEC is something that you are surely grateful for and we are grateful to have you! You have chosen to serve your country and we would like to thank you for your sacrifice. Never lose sight of your humility.

As you continue your college careers or prepare for OCS, please remember to go above and beyond with your physical fitness goals and to follow the exercise techniques/forms outlined in the Navy PRT Guide. Having a solid foundation of strength and general fitness will set you up for success in what is sure to be a new and stressful environment as you go through OCS.

Lastly, a BIG congratulations to our most recent selectees!

Layne Smith
Jonathan Gladding
Brett Johnson
Togamah Dossen
Carl Molino
Abrar Rais
Sary Aranki
Kaileen Myers

Edwin Murilla-Amaya
Devin McDonald
Veronica Ortega
Aaron Sugarman
Alvin Sullivan
Hunter Timmons
Louie Kim
Henry Kvistad

Erin McMahon
Judd Perezvelasco
Michael Maningas
Wed Almuimi
Bianka Lemon
Colton Matshke
Yasmany Paucar
Aleksandr Shumkov

As always, the CEC Accessions Team is here to support you with any questions or comments you may have along the way. Feel free to reach out!

- CEC Accessions Team

VETERANS DAY – HONORING THOSE WHO SERVE Statement from Secretary of Defense Lloyd J. Austin III on Veterans Day and National Veteran and Military Families Month Nov. 10, 2023

Today and throughout November, we give special recognition to veterans and military families for their invaluable contributions and steadfast service to our country.



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The Department of Defense's greatest strategic asset is our people, and we must take the best possible care of them and their families. So, we are working closely with the Department of Veterans Affairs to ensure that every veteran has a smooth transition to civilian life, that they receive the comprehensive health care that they have earned, and that they and their families receive the valuable assistance available through our programs and services.

The Department has recently launched several major initiatives to take even better care of all of our people. We have lengthened paid parental leave to 12 weeks for all service members. We have made high-quality childcare on military installations more affordable and accessible. We have expanded service members' eligibility for Dependent Care Flexible Spending Accounts. And we will continue to make life easier and better for our service members and their families by supporting the careers of military spouses, making military moves easier, increasing service member pay, and securing affordable basic needs for our service members and their families.

Our service members and veterans chose to put service before self. That ethos extends beyond their years in uniform. Many of our veterans continue to serve their communities after serving their country and enrich our democracy as leaders, teachers, coaches, mentors, and more.

So to all our troops, veterans, and military families on this Veterans Day: Thank you for all that you have given to keep America safe. You have our deepest gratitude and our everlasting commitment to continue to uphold the values that you defended.

Career Focus Navy Uniforms

As you start your career in the Navy you will be required to purchase several different types of uniforms. The type of unit you are assigned to and the type of duty you are performing or event you are attending will dictate which uniform should be worn. The below website will be an important link for you to refer to as you begin wearing the various uniforms. The uniform regulations change from time to time and will continue to evolve. It is important for you to stay informed of these changes so you can ensure you are following all the current regulations, look sharp, and expect your Sailors to do the same.

<https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Uniform-Regulations/>

Officer uniforms will fall into one of these categories:

- Working Uniforms
- Physical Training
- Service Uniforms
- Service Dress Uniforms
- Ceremonial (Full Dress) Uniforms
- Dinner Dress Uniforms



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Working Uniforms

NWU wear is authorized for commuting and all normal task and associated stops (e.g. stops at child care, gas stations, off-base shopping, banking, DMV and dining) before, during and after the workday. The NWU is not a liberty uniform. Wear while conducting official business, when business attire is appropriate and participating in social events is not permitted. Consumption of alcohol in the NWU off-base is not permitted. Consumption of alcohol in the NWU on base is authorized as promulgated by regional commanders. The area or regional commander may further restrict uniform policies within their geographical limits regarding wear of the NWU.



Physical Training

The Physical Training Uniform is designed primarily for group/unit physical training activities and the semi-annual Physical Fitness Assessment (PFA); however, it can be worn both on and off base for fitness and/or leisure unless determined otherwise by regional coordinators or commanding officers.



Service Uniforms

Worn in Summer/Winter for office work, watchstanding, liberty, or business ashore when prescribed as uniform of the day.

“Khakis” can be worn year-round while “Summer Whites” are only worn during the summer.





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Service Dress Uniforms

May be prescribed for wear year-round to all official functions when Formal Dress, Dinner Dress or Full Dress Uniforms are not prescribed and civilian equivalent dress is coat and tie.

“Blues” can be worn year-round, while “whites” are only worn during the summer.



Ceremonial Uniforms

Worn on the following formal occasions: (1) Assuming or relinquishing Command, or participating in the Ceremony. (2) Official visits with honors as prescribed in Navy regulations. (3) Visits of Ceremony to Foreign Men-of-War and Foreign Officials. (4) Occasions of State, Ceremonies, and Solemnities.



Dinner Dress Uniforms

Worn to official formal evening functions when civilians normally wear evening clothes (White Tie). This uniform may be prescribed for Captains, Flag Officers and others assigned to duty where required by protocol, optional for all other officers.





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FITNESS CHALLENGE: NOVEMBER

Balance **Strength**, **Mobility** (not flexibility), and **Endurance** in your training. Each of these characteristics of physical fitness will be critical in your success at OCS, as well as in your career as CEC Officers.

Some things to think about as you work through your fitness regime, and why those thoughts matter:

- Is this strength training increasing my functional strength?
 - OCS will be a new experience for all of you, and functional strength will be the foundation for success in mentally stressing environments while you are either performing one of the quarterly assessments or even morning PT. We do not do our jobs in sterile environments like the gym, but carrying loads through uneven terrain.
- Can I push through this last set, or will doing so hurt my form?
 - Know your limits so that you do not injure yourself. This is the time to build yourself up, not work past what is safe to injure yourself and cause a delay in your career.
- Am I lifting too heavy to use proper form, and work through full range of movement (ROM)?
 - Repping 135lbs on a back squat without achieving full depth is not as effective as repping 95lbs and achieving full depth. Do not let ego get in the way of your success, but instead pace yourself in order to gradually and safely increase your strength. Doing this will ensure physical strength gains in concert with proper mobility.
- Can I increase my speed on this last mile?
 - If you are working on increasing your speed while running, pushing your body in those last miles will give you the most reward. Make sure push yourself only in areas that you can complete this safely, i.e. even ground, close to home, etc.
- Have I fueled my body properly to reach my goals?
 - Whether you are trying to lose weight, gain strength, or maintain, eating and fueling your body appropriately is critical.
- When was the last time you went for a swim?
 - The requirements at OCS for swimming are minimal but if you have a fear of the water or cannot tread water without sinking.
- Am I constructive in my recovery methods?
 - A proper recovery helps improve functional strength. Apply dynamic and static stretches appropriately; consume healthy, constructive recovery meals; and incorporate disciplined rest periods.

If you're looking for a program to improve in any of these aspects, a few our team uses include:

- Paragon Training Methods: Strength and cardiovascular health
- Shona Vertue: Strength and mobility programs
- Strava: Running plans
- Strong App: Tracks workouts so you can see how you are progressing in your goals



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When working through challenges at OCS, in the field with battalion, or through the day to day at a NAVFAC Command, having this foundation of strength, mobility, and endurance will be critical to your success. OCS will be hard, but remember, everything that you will be asked to do, is to show you how much more capable you truly are. Everything you do now will only help set you up to succeed.

If you're struggling to work through any of these aspects of fitness, do not hesitate to reach out to your Accessions Officer to work through your questions. We're always here to help!

DID YOU KNOW YOU COULD INCREASE YOUR COLLEGIATE PAY?

If you refer a candidate for a Navy collegiate officer program, and that candidate gets selected, you could increase your pay by one grade (maximum of E-5 pay).

One great way to do this is to facilitate CEC outreach on your campus. Contact your Accessions Officer if you'd like to set up an outreach event to introduce your peers, student organizations, or faculty to the CEC

ACCESSIONS TEAM CONTACT INFORMATION

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