

Sample O-Week Schedule

During training days, new cadets should expect to wake up around 05:45 and go to bed around 22:00. All cadets will undergo drug testing during O-week. Cadets should be prepared for physical fitness training each day, training will include, push-ups, sit-ups, a 1.5-mile run, and other similar activities.

Day 1: Check In Day

All incoming cadets check-in for O-Week and move in to their Resident Room in Texas A&M Maritime Academy (TAMMA) Hall. Cadets approved to live off-campus should expect to reside in TAMMA Hall for the duration of O-Week

15:00 (3pm) – Family Breakout – the Commandant will hold an information session for parents/family members on what cadets will experience during O-week.

Days 2-5: Training Days

These days will consist of physical fitness training, general admin information sessions regarding university resources, drill (marching), Merchant Mariner Credential applications, Vessel Personnel with Designated Security Duties training, campus familiarization, maritime skills training, and company team building.

Day 6: Culmination Day

10:30 – O-Week Culmination ceremony: Family and friends are encouraged to attend and celebrate the success of their cadet.