

Uniform Measurement Information

Please complete the information below and email it back to YNC Ashley Verhagen @ Ashley.N.Verhagen@uscga.edu. Please send this ASAP but no later than 15May2022. Please let YNC Verhagen know if you have any questions.

Full Name: _____

Gender: _____

Height: _____(inches) Weight: _____(inches) Waist: _____(inches)

Shoe Size: _____ Unisex T-Shirt Size: S M L XL XXL XXXL

It is extremely important to submit this information as soon as possible to ensure you receive the proper size uniforms and footwear on Day One as you will be wearing these items throughout your Scholars indoctrination period at the Coast Guard Academy.

As outlined in your Scholar Handbook, you are required to bring one or two pairs of high-quality and supportive athletic shoes which you will wear frequently from day one of indoctrination so please ensure they fit correctly and are broken in before you arrive. Asics, brooks, New Balance, Nike, or Saucony are common brands; however minimalist shoes (such as Nike Frees) are not recommended.

You will be running on a variety of terrains, so proper arch support and comfort of use for all athletic activities is important. You should bring any custom insoles, orthotics, or laces you normally run with. Common injuries resulting from improper/uncomfortable shoes include blisters, shin splints, sprained ankles, and other foot or leg pain. These injuries will negatively impact your training and could potentially prevent you from fully participating in required military obligations, which may ultimately lead to dismissal from the Academy so we encourage you to make wise decisions when preparing for this training.