

Marine Corps Junior Reserve Officer Training Course

From: Senior Marine Instructor/Marine Instructor

To: Covington Independent Public Schools Board of Education

Via: Mrs. Angela Turnick Principal, Holmes High School
Mr. David Hartman Assistant Principal, Holmes High School

Subj: CADET SERGEANT HASEEB, ABDUL COLLEGE ORIENTATION WORKSHOP
AT VIRGINIA MILITARY INSTITUTE

Encl: (1) Official COW Selection Notification-2026
(2) COW Code of Conduct
(3) 2026 COW Draft Schedule of Events
(4) COW FAQ 2026
(5) Cost Estimate

1. The summary of information on the College Orientation Workshop at Virginia Military Institute (COW) is as follows:

Event:	COW
Event Start:	21 June 2026
Event Ends:	18 July 2026
Location:	Virginia Military Institute, 319 Letcher Avenue, Lexington, VA
Transportation:	Must be provided by School or Family. (TBD Based off COA Approval)

2. We respectfully request that the School Board approve Cadet Sergeant Abdul Haseeb to attend COW. To be considered for COW, Cadet Sergeant Haseeb was required to complete an in-depth and thorough application package. On May 9, 2026, we received the official COW Selection Notification confirming that he had been selected. Cadet Sergeant Haseeb was chosen from a highly competitive group of applicants representing several states across the country. Prior to attending COW, Cadet Sergeant Haseeb will complete two required assignments. First, he will begin a daily regimen of physical training to prepare himself for the physical demands of the program. Second, he will order and read *The Wright Thought* by Major Luke Wright, USMC (Ret.). This opportunity is a significant accomplishment for Cadet Sergeant Haseeb and reflects positively on his dedication, leadership potential, and commitment to the MCJROTC program.

3. Additional information has been provided in the attached enclosures to support this request. These documents include the official selection notification, program expectations, schedule of events, frequently asked questions, and estimated costs associated with Cadet Sergeant Haseeb's attendance at COW.

4. Recommend Course of Action (COA) for transportation:

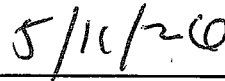
A. Major Jarr, Paul and another Staff member/volunteer will drive Sergeant Haseeb via rental or school district's vehicle to training location for COW (Drop off and Pick-up). The following would be the estimated timeline.

- Travel Days for COW (20 June and 18 July) Two Days
- 6-hour drive
- Require travel, lodging and per diem (1 Overnight Both Staff & Cadet)
- Cost Estimate attached

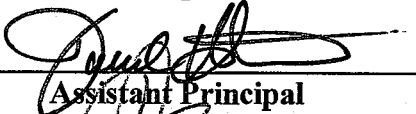
5. Point of contact is Staff Sergeant Jonathan E. Skillman at (859)655-9545 ext. 16504/15220, via email at jonathan.skillman@covington.kyschools.us or cell at (803)272-2355.



Principal



Date



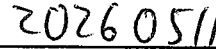
Assistant Principal



Date



SMI



Date



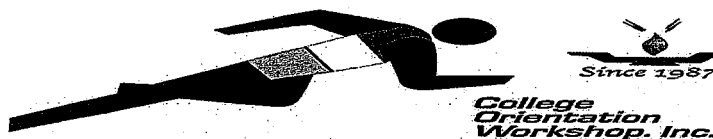
MI



Date

Board of Directors:

Neville Anderson
Chad Joyce
Jerry Acuff
Damian Wilborne
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Eugene Williams – Board Chair



COLLEGE ORIENTATION WORKSHOP, INC

at
The Virginia Military Institute (VMI)
Lexington, VA

"A Step Towards a Better Tomorrow"

Eugene Williams (VMI '74)
Founder/ Executive Director

P.O. Box 307
Eldersburg, MD 21874
(410) 382-8468 (cell)

www.cow4life.org
<https://www.facebook.com/cow4life.org>
Eugene.williams@cow4life.org

Official COW Selection Notification - 2026

May 9, 2026

To: Abdul Haseeb and Family
From: Eugene Williams
Re: Notification of Selection to Attend The 2026 COW Program at VMI - **You Must Read This and Share It with Your Family and Mentors. The Material is Long, but it is Critical That You Read it in its Entirety. Action Items are Required of You!!!!**

Dear Abdul and Family:

This is a very important message and I need for you to do the following two things immediately:

1. Reply to me immediately after you receive this email. It only takes a simple keystroke, and you should be able to do it right away. I need to know that you have received this message.
2. Though it is very long, read this message in its entirety and let me know if you do not understand any aspect of it.

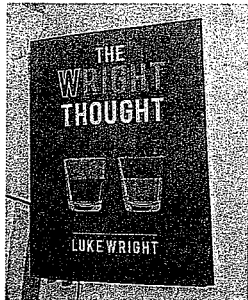
I am pleased to inform you that you have been selected to attend the 2026 College Orientation Workshop (COW) at VMI, in Lexington, Virginia.

You have been selected from a pool of applicants from several states around the country. You, your family, and your mentors should be proud of your acceptance. It is now time that you make maximum benefit of the opportunities that will be extended to you. The program begins on Sunday, June 21, 2026, and ends on Saturday, July 18, 2026. Over the 39 completed years of the COW Program, almost 1,000 young men have participated in it. You are among a very select and fortunate group. Please work your hardest to make this experience the most enriching of your life. If it is to be, it will be up to you to make it so!

It is very important that you follow the instructions contained in this notification. Although we have several weeks before the start of the program, June 21st will be upon us before we know it, and there are many logistical details that must be completed before the start of the program. The following instructions are essential and need to be executed as stated:

1. If, for any reason, you are not able to attend the COW program after having been selected, please notify Gene Williams immediately. We have other candidates who can be exposed to COW. See contact numbers in item 12 below.

2. Your application package is complete and thorough, the only additional requirements for you prior to the start of the program are the following two (2) things:
 - a). Your first COW Assignment is to begin a daily regime of physical training to prepare yourself for the demands of the COW Program. If you are serious about being the best that you can be, start with your physical and psychological health and start now. I suggest at least 100 sit-ups, 100 push-ups, and some rigorous physical activity each day. If you really want to be successful, you will make the time to do these things! People who succeed do the things that others choose not to do. Don't make excuses for not being able to do these things; Just do them! Four (4) sets of 25 reps at a time are not too many to handle. We will know immediately if you prepared properly or not.
 - b). Your second COW Assignment is to order and read the book described below. I will provide a brief pre-session assignment, via email, in early June, that we ask you to complete and return to me via email. That will all be described in detail in the subsequent email. For now, I ask that you order and begin reading the book that we will use in the English/Communications/Public Speaking class. The book can be obtained from Amazon for less than \$10. It is:
 - "The Wright Thought" by Major (ret) Luke Wright. Front cover is below:



Reading this book is a part of the COW Communications and Public Speaking curriculum. Be serious about being successful in the COW Program. It starts right now. Major Wright will be serving as our Author-in-Residence and will be with us for several days during the summer session.

Execution of the items above are your very first assignments in the COW Program. Please make sure to get an excellent review on these first assignments! This is done in a different font and color for a reason. Please follow instructions! To be successful, you must work to earn success. No excuses are acceptable for lack of preparation and effort!

3. Participants and their families/mentors are responsible for transportation to and from VMI. In unique cases, transportation support by COW may be arranged, if possible. The program begins on Sunday, June 21, 2026, at 10:00 A.M. and ends on Saturday, July 18, 2026, after graduation exercises, at approximately 1:00 P.M. It is strongly recommended that all participants check with their local AAA or consult GPS to get specific directions to Lexington and VMI and get an accurate estimate of the travel time required to get

there. It is important that we start the program at 10:00 A. M. on 6/21/26. For those who may be travelling a long distance, you may consider arriving on Saturday, 6/20/25. There are many affordable lodging options available in Lexington. Lunch will be provided for participants, families, and mentors. An orientation session, student introductions and roommate assignments will also be made. Part of the orientation will be a detailed discussion of the Honor System at VMI and COW, and an introduction to Sergeant Major (ret) Al Hockaday and Mr. Do Right! Family members/mentors of participants are welcomed to all activities on 6/21/26.

4. The itinerary for the orientation is provided with the draft 4-week schedule, which is attached to this notification.

General Directions to Lexington, VA:

By Ground Travel:

Lexington, Virginia is located in Rockbridge County, Virginia off RT. 81. It is approximately 54 miles north of Roanoke, VA, and about 90 miles west of Richmond. From Newport News, you should take Rt. 64 West towards Staunton. At Rt. 81, go south for about 25 to 30 miles to Lexington. Signs will direct you to VMI.

By Air travel:

The recommended airport for travel to Lexington is the Roanoke, Virginia Airport. Roanoke is 54 miles from Lexington. For those who will be flying into Roanoke, you must make your own flight arrangements. You must also notify Gene Williams of those travel arrangements (via email), so that we can have staff pick you up at the airport. Remember that you are expected at VMI by 10:00 A.M. on Sunday, June 21, 2026, and Roanoke is approximately 1 hour away from Lexington. Scheduled flights into Roanoke need to be timed so that you can make it to Lexington by 10 A.M. Lodging at VMI will be made for participants who need to arrive on Saturday, 6/20/26. Departures on Saturday, July 18, 2026, should not be made for earlier than 5 P.M. If it is necessary to make flight arrangements to arrive on Saturday, June 20th, on to depart on Sunday, July 19th, please consult with Gene Williams right away. Accommodations for participants can be made, but it is critical that Gene Williams is aware of this need.

5. Anyone with IEPs or other educational accommodation programs must provide a copy of your plan description to Gene Williams prior to the start of the program. This should be emailed to him at admin@cow4life.org.
6. Anyone with required remote interviews or therapy discussions during the 4-week COW Program should inform Mr. Gene Williams so that coordination can be arranged.
7. Please share this entire letter with your family and/or mentor, so that they are completely familiar with the requirements, timeframes, and other logistical details. Contact Gene Williams with any questions and/or concerns.

You **MUST** bring the following items with you to the COW program, as the program does not provide them. Please pay very close attention to this list:

- Authorized and prescribed medications. These need to be discussed with Coach Chad Joyce and/or Mr. Williams at COW. We will administer the medications as required and will store them in our secure office location.
- Pillows (if you want to use one or more)
- Sheets (single bed size). Three should be sufficient. The participants will wash clothes weekly. If it is required, they can wash more frequently.
- Sleeping Bag, if you have one, for overnight camping trip. We will be camping out on more than one occasion. It gets cool at night, on the mountain! If you do not have one, we will work to get a loaner for you. It is not necessary for you to go out and purchase one.
- Headlamps, so that you can move around in the dark (on camping trip) with hands free.
- For those who have a small tent, and will be traveling to VMI via automobile, you may consider bringing a tent, although it is not mandatory. Please do not go out and buy a tent just for this purpose! We have an inventory of COW tents that we plan to use where needed.
- Towels & Wash Clothes- Four should be sufficient. We wash at least once per week.
- Sneakers/running shoes are a must; hiking boots are optional if you like them. We will be climbing at least one mountain during the COW session and will be spending a good bit of time in the wilderness. In the past, Nike has provided high quality running sneakers to each participant. We expect that to happen again, but it is not guaranteed. We will be asking for your exact shoe size to place our request to Nike. I will send a separate email to follow-up on this item.
- A gift bag of toiletries will be provided to each participant and counselor by COW donor families. However, you should also bring your own toiletries.
- We will be active all of the time and you will need several sets of gym and exercise clothing items. I would suggest at least 5 sets of gym and exercise gear. I also suggest that you bring one or two quality sets of gloves suitable for weight training and use outdoors.
- Jeans/shorts/casual pants (the dress code is casual, but absolutely no sagging, no ripped up or holes in clothing. We respect the standards of COW and VMI. Sagging and other poor standards of dressing are unacceptable.)

- Clothing with inappropriate symbols or language is not acceptable. Do not bring them. Pajamas can be used for sleeping but not for wearing outside of the living quarters.
 - Polo shirts, T-shirts (with sleeves), etc. are totally acceptable. T-shirts without sleeves (i.e. wife beaters) are not acceptable, do not bring them. We dress and act like champions at COW and VMI. There is no need for dress suits during COW.
 - We will be traveling to various museums, major corporate law offices, and the homes of significant supporters of the COW Program. We all will dress and carry ourselves like champions. Please bring a pair of nice casual slacks/jeans (black, blue, khaki, beige, etc.) Bermuda Shorts or similar are appropriate for some of our field trips, but not all. Gym wear is not appropriate for field trips. We will provide students with a COW-branded polo shirt for our trips. The polo shirts will be retrieved after the field trip and washed. Casual shoes and/or sneakers can be worn. Scandals or other open-toed shoes are not appropriate for our field trips.
 - Bring swim trunks, gym wear, bug repellent, sunscreen, any medication you use.
 - Spending money on souvenirs and miscellaneous items (Limit to \$50 to \$75). Do not bring any more than that amount. It is not necessary, and it may only lead to problems. If more money is required, it can be wired.
 - Small desktop fans, if desired, are permitted. Large fans, irons, or large electronic equipment are not permitted. Expensive or elaborate equipment are not appropriate for the program. Do not bring them. Please note that you will not be permitted to use headphones, cell phones, or PDAs during academic or enrichment periods of the day. More will be discussed on this during the orientation session.
8. Laptops and PDAs (other than cells phones) should not be brought to COW. Cell Phone access will be limited. Laptop access (owned by COW) will be provided for each student during class and Study Hall periods.
 9. You **MUST NOT** bring weapons, dangerous items of any type, drugs, alcohol, smoking products of any kinds (tobacco, vaping, etc.), or any inappropriate material, in any form. All of the items specified in the Participation Agreement must be honored.
 10. Body piercings of all types are not permitted. Do not bring them. If you have holes from ear piercings, you will need to make accommodations for not being able to wear body piercings.
 11. Washing machines and dryers are available in town (within walking distance), and at VMI for our use. Each participant is responsible for his own laundry. Laundry runs will be made as often as needed, under the guidance of student counselors. Visits to Wal-Mart to purchase washing supplies and other items will be made weekly. You will need money to run the washers and dryers. Help will be provided for those with a need.

12. Do not overpack non-essentials!!! History proves that most guys settle into four or five favorite clothing items. Remember that you can wash clothes as needed. Again, do not overpack!! Do note that we will have physical activity each day, so that sufficient gym and exercise clothing is essential.
13. Family members and guests are encouraged to contact Mr. Williams and Coach Chad Joyce at any time. Visits to COW are not encouraged, as it could trigger a whole new phase of homesickness. It usually takes about 2 weeks for the guys to master their homesickness, and visits by family may be counterproductive.
14. Contact names and numbers for COW leaders are provided below. These are the people to contact with questions and issues regarding COW.

<u>Key Contacts at COW</u>		
<u>Desired Purpose</u>	<u>Who to Contact:</u>	<u>Telephone Number:</u>
Contact son during COW:	Gene Williams	40-382-8468
Contact Local Director	Capt. Chad Joyce	540 – 460-1993
Contact COW Founder	Gene Williams	410-382-8468

15. From this point forward, there will be several items of information provided to the family of the selected participants. The following kind of information and statuses will be provided:
 - All logistical details leading up to the kickoff of the program.
 - Interim status reviews on the progress of the participants will be done weekly. We will request email addresses for use in communicating with families and/or mentors on a real-time basis. Please make sure that we have the most current email addresses and phone numbers for parents/mentors.
 - Please note that the end-of-session graduation exercise will be on Saturday, July 18, 2026. Family members and friends are encouraged to attend. We have a formal graduation program, and it is an important event for the participants. More will be discussed about graduation as we approach that milestone during the program. We will ask for an estimate of the number of people who will be attending the ceremony so that we can plan for the meal accordingly. Attendance will be limited to 5 per student. Needs beyond this number may be discussed with Mr. Williams. Please help us make this a first-class affair by communicating with us in a timely manner when we ask for a number of attendees for the graduation. For those unable to attend the graduation ceremonies, we will live stream the event.
16. Special attention parents and other mentors/sponsors!!! Please ensure that your son/mentee attends to all the details in this letter. There are three (3) specific assignments, outlined in this acceptance notification, that the students must attend to. Remind him that all forms must be to us by the start of the program, or he will not be permitted to attend the session. Also, remind him that he must give 100%

effort in the program if he is to get the maximum benefit from it. We will demand that each student give his best effort, or the student will not be successful in the program. Those who fail to even try, or who violate our rules, will be separated and sent home. Families are required to provide for the transportation needs of participants (to and from the program).

17. Because our weekends usually involve field trips or wilderness excursions, we will not be attending church services on the weekend. For those interested, bible study sessions are held on a voluntary basis.
18. A draft schedule of the 4-week program is being provided for your information. The schedule is a living document, as some details are still being finalized. However, this will give you and your family a sense of the breath and variety of activities in the program.
19. There is a possibility that we may receive a donation of sporting gear (sneakers and exercise pants) from Nike. I will be reaching out to selected participants for their specific shoe, pants, and polo shirt sizes. Precise measurements will be needed. I will send a separate email specifically for this purpose after formal selections are announced.

In closing, I would like to congratulate you again on your acceptance to the COW program. It should be a most rewarding experience for you and your family.

Please forgive me for the length of this letter. There is much information to share with you as we approach June 21, 2026. Please keep this letter for future reference.

Thank you very much for your interest and cooperation.

Sincerely,

Eugene Williams

VMI COW Founder & Executive Director
410-382-8468



COW CODE OF CONDUCT

- Strive to leave every situation better than you found it.
- Be curious. Maintain eye contact, and ask questions.
- Do not lie, cheat, steal, or tolerate those who do.
- When given a task, complete it like it was your idea.
- Do not ask for or expect a reward when doing what you should be doing.
- Show appreciation for gifts that you receive and always try to give more than you receive.
- Be able to have a civilized debate. Respect the opinions of others, as best you can.
- Be accountable for your word and your actions.
- Strive to be empathetic and open-minded especially when you are right.
- Be slow to judge others and never based on their physical appearance, but by their mind, merit, character, and actions.
- Commit random acts of kindness and do not expect anything in return.
- Be the place where rumors go to die. Do not spread them.
- Learn from your mistakes. If you do wrong, then Eat the Bear and Do Right!

2026 College Orientation Workshop Draft
Schedule of Events – Issue Draft # 6 – 4/15/26

June 21 thru July 18 – Cormack Hall VMI 541 N. Main St., Lexington, VA 24450

10:00 A.M. to Noon – Registration, Room Check-in at Main Arch – VMI Barracks, and other logistics.

12:00 Noon – Lunch in Mess Hall (Parents, Families, & Guests are welcome)

1:30 P.M. to 3 P.M. - Welcome and Orientation Session (Cormack Hall VMI – 541 N. Main St., Lexington, VA

Introductions

- Coach Chad Joyce- Onsite Dir.
- Mr. Gene Williams – Founder & Ex. Dir.
- Al Hockaday – Sgt Major (ret)
- [REDACTED]

Adult Supervisors

- Isaiah Jones– Adult Supv.
- Chad Whitmer – Adult Supv.
- TBD – Adult Supv.
- TBD- Adult Supv.

Faculty & Prof. Workshop Leaders

- Dr. Sam Ratcliffe – Career Exploration & Learning Skills
- Mr. Ernie Almanza – Math
- Maj Luke Wright – Guest Lecturer
- Profs. Whipple, Kline, & Frein
- Mrs. Allie Faust – Communications & Public Speaking (C&PS)
- XXX – Asst. in C&PS
- Ms. Sheri Wilcox – Financial Literacy

3:30 P.M. to 5:30 P.M. – Group Meeting (Teambuilding, Pictures, group goals & expectations, Sandbag Intro in Cormack Hall).

6:00 P.M. .to 6:45 P.M. – Dinner

7:15 P.M. to 8:15 P.M. – Introduction to Mr. DO RIGHT (Incl. Wheelbarrow up Football Hill)

8:30 P.M. to 9:45 P.M. – Group meetings – basic ground rules, expectations, Honor Code/System, COW system of discipline, etc. Hand out shoes, T-shirts, etc. as appropriate).

9:45 – 10:30 P.M. Group Team Building & Head to Barracks

11:00 P.M. – Lights Out

Student Counselors – Training begins on 6/19/26 & Van Driver Training

- | | |
|----------------------------------|--------------------------------------|
| Jaden Alexander – Counselor ✓✓ | Zai Glover '27 – Counselor |
| Donald King – Counselor ✓✓ | Denasia (DD) Owens '28 – Counselor ✓ |
| Ranier Simmons – Counselor ✓✓ | Elisha Williams '27 - Counselor ✓ |
| Isaac Osouna '28 – Counselor ✓ | XXX – Counselor |
| Steven Riveros '27 - Counselor ✓ | |

Guest Speakers Candidates

Admiral Kevin Scott/Nate	Mr. Dexter Casterlow	BG James Gorham	Mr. Philip Clayton ✓	Mr. Jerry Acuff
Mr. Brian Crockett	Mr. & Mrs. McCanon ✓	Mr. Larry Thomas ✓	C. Townsend Moton Museum ✓	TBD
Maj. Luke Wright ✓	Atty. Ashley Taylor Vice Chair	Sgt. Maj Al Hockaday	Mr. Leon Ford ? ✓	TBD

Legend ✓ = confirmed

JA Finance Class	Documentary Activities	Career/Learning Skills
Cognitive Appraisal/Will Power	Guest Speakers and Presenters	Field Trips/Wilderness activities

Week #1

Time:	Monday 6/22	Tuesday 6/23	Wednesday 6/24	Thursday 6/25	Friday 6/26
6 A.M.	Fitness Test (Part 1)	Physical Training	Physical Training	Sleep in	Physical Training
7 A.M.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 A.M.	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)
10 A.M.	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)
12 Noon	Lunch	Lunch	Lunch	Lunch	Lunch
1 P.M.	Career/Learning Skills #1 (1-2:30 P.M.)	JA Finance Class #1 (1-2:30 P.M.)	Career/Learning Skills #2 (1-2:30 P.M.)	JA Finance Class #2 (1-2:30 P.M.)	Mr. Brian Crockett TBD
2:45 P.M.	Revised Bystander Trng.	Cognitive Appraisal Grp A ✓ (2:45 - 4:30)	Willpower Workshop Grp A 2:45 - 4:30 ✓	TBD	
4 P.M.	Fitness Test (Part 2) (4 to 5)	Grp B - Weight Room	Grp B - Complete SMART Goals (Counselors)	Boxing Demo (TBD) VMI Boxing team if possible	Student Conferences (4:00 to 5:30)
4:30 P.M.	Grp 1 to TCT 5:15 P.M. Grps 2,3,& 4 Rec Time	Rec time	Rec time	TBD	
6 P.M.	Dinner	Dinner	Dinner	Dinner	Dinner
7 P.M.	Grp 1 return from TCT. Study Hall Orientation & Trng. (7 to 7:45)	Cognitive Appraisal Grp B ✓ (7 P.M. - 8:30) Grp A - Weight Room	Willpower Workshop Grp B (7 P.M. - 8:30) ✓ Grp A - Complete SMART Goals	Guest Speaker Brian Crockett ✓	Laundry - 6:30 & then trip to Walmart
8:30 P.M.	Study Hall	Study Hall	Study Hall	Study Hall	Movie Night
10:45 P.M.	Group Meeting	Group Meeting	Group Meeting	Group Meeting	Group Meeting
11 P.M.	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
	Saturday 6/27				
	CPR Session & Firefighting #1	8 A.M. - 11:45 A.M. ✓		Urban/Sprint Orientation	
	Lunch 11:45 A.M. - 12:12 P.M.			Exercise 6 P.M. - 9 P.M. ??? TBD	
	CPR Session & Firefighting #2	12:15 P.M. - 4 P.M. ✓			
	Sunday 6/28				
	Hawkridge Farm - TBD leave VMI 12:00 P.M. - 6 P.M. return			SMART Goals & Study Hall	

Week #2

Time:	Monday 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3
6 A.M.	Physical Training (PT)	Eat The Bear w/ Mr. Wms.	Physical Training (PT)	Physical Training	Physical Training
7 A. M.	Breakfast	Breakfast	Breakfast	Breakfast Class #1	Breakfast
8 A.M.	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	(8-9:45) Class #2	Class #1 (8-9:45)
10 A.M.	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)	(10-11:45)	Class #2 (10-11:45)
12 Noon	Lunch	Lunch	Lunch	Lunch	Lunch
1 P.M.	Career/Learning Skills #3 (1-2:30 P.M.)	Mr. Dexter Gasterlow Confirmed (1 to 2:20) TBD	College Admissions & Fin-Aid TBD (1 P.M. - 2 P.M.)	Guest Speaker - Larry Thomas 1-2:30 P.M.	Student Guest speaker Leon Ford (1 to 2:45)
2:45 P.M.	Counselor Group Time. College Life/skills. TBD	Diversity Otc (3 to 4)	Guest Speakers ROTC Reps (2:45 - 3:45)	Teambuilding Obstacle course	Conferences (3:00 to 5:30 P.M.)
4 P.M.	JA Finance #3 (4-5:15) Grp 2 leave for TCT at 5:15 P.M. Grps 1,3,& 4 Rec Time	Swimming Lessons/Pool Time TBD	JA Finance #4 (4-5:30) Relax Time		
6 P.M.	Dinner	Dinner	Dinner	Dinner	Dinner
7 P.M.	Grp 2 from TCT Study Hall Asstmt, Feedback, etc.	Slide for Life	Walmart Trip and free time	Laundry	Eat the Bear w/ Mr. Wms. (7:30 P.M. to 9:30 P.M. **
8:30 P.M.	Study Hall	Study Hall	Study Hall	Study Hall	
10:45 P.M.	Group Meeting	Group Meeting	Group Meeting	Group Meeting	Group Meeting
11 P.M.	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
	Saturday 7/4				
	Rappelling in A.M. & Hike to The Saddle - House Mountain Activity - Documentary activities. Leon to camp at Saddle. ✓			Students carry backpacks with their gear. Leon in Philip's truck.	
	- Star gaze on Saturday night with Mrs. McCanon				
	Sunday 7/5				
	Climb up & down House Mountain. Documentary activities			Teambuilding Activities upon return to VMI. TBD	

Week #3

Time:	Monday 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
				Doc. Activities	BG Gorham arrives TBD
		Visit by Marc Gaudette et al. TBD	Invite Mr. Beck & VADM Scott		Luke Wright Guest ✓ Lecturer TBD
6 A.M.	Physical Training (PT)	Eat The Beat w/ Mr. Wms.	Physical Training (PT)	Eat The Bear w/ Mr. Williams	Physical Training
7 A.M.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 A.M.	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45) Luke
10 A.M.	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:30)	Class #2 (10-11:45) Luke. COW BOD Mtg.
12 Noon	Lunch	Lunch Marc et al guests.	Depart for Moton Museum at 11:45 sharp ✓	Lunch JA Finance Class #6 (1-2:30)	Lunch
1 P.M.	JA Finance Class #5 (1-2:30)	High Ropes 1-4 In CPTF	Boxed lunches		Guest Speaker BG Gorham (1 to 2:45) TBD
2:45 P.M.	Career/Learning Skills #4 (2:45-4:15)	TBD	Arrive at Moton ~1:45 P.M.	Career/Learning Skills #5 (2:45-4:15)	
4 P.M.	Grp 3 to TCT - 5:15 P.M. Grps 1,2,&4 Rec Time	Graduation Program Planning.	Depart Moton at ~5 P.M.	Guest Speaker Adm. Kevin Scott & Nate Beck TBD	Student Conferences (4:00 to 5:30)
6 P.M.	Dinner	Dinner	Dinner brought in		Dinner
7 P.M.	Grp 3 return Activity TBD	Guest Speaker Jerry Acuff TBD	Guest Speaker Jamaal Walton VMI AD TBD		Walmart & Laundry. Get lodging for Luke & BG Gorham. 1 in VIP w/Phillip
8:30 P.M.	Study Hall	Study Hall	Study Hall	Study Hall	Movie Night
10:45P.M.	Group Meeting	Group Mtg.	Group Meeting	Group Mtg.	Group Mtg.
11 P.M.	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
	Saturday 7/11	Doc. Activities			
	a). James River Canoe trip			b). Stress water safety.	
	c). COW 40 th Anniv. Reunion at Crockett Farm - 2 to 6 P.M. Program /Agenda to be developed.			d). Camp at McKethan Park in evening.	
	Sunday 7/12				
	a). Breakfast & clean McKethan Park & hike back to VMI in A.M.			b). Clean up at VMI & lunch	
	c). Leave for Crockett Farm at 3:30 P.M. See Notes.			d). Interact with horses until 7 P.M.	

Week #4

Time:	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17
	Field trip to Richmond. TBD				
6 A.M.	Shower, clean rooms & Inspection.	Eat The Beat w/ Mr. Williams.	Physical Training (PT)	Physical Training	Final Eat the Bear w/ Mr. Williams
7 A.M.	Depart for Richmond.	Breakfast	Breakfast	Breakfast	Breakfast
8 A.M.	Charter Bus Arrive in Richmond 9:15	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)	Class #1 (8-9:45)
10 A.M.		Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)	Class #2 (10-11:45)
12 Noon	Lunch at site	Lunch	Lunch	Lunch	Lunch
1 P.M.	Depart Richmond for VMI.	JA Finance Class #7 (1-2:30)	Reserved for XXXX & Mrs. Faust	JA Finance Class #8	Martial Arts Demo (Coach Joyce) TBD
2:45 P.M.	Arrive 3:15 to 3:30 Graduation Program practice, if needed.	Career Learning Skills #6 (2:45 - 4:15)	Thank you Notes #2..	Final PT session	Student Conferences (3:00 to 5:45)
4 P.M.	Grp 4 leave for Community Table - 5:15 P.M.	XXX & Mrs. Faust. Thank you notes #1. (4:30 - 5:45).	Swimming Lessons/Pool Time		
6 P.M.	Dinner	Dinner	Dinner	Dinner	Dinner
7 P.M.	Grp 4 return Activity TBD	Pamper Pole Grp A - (6:30) TBD Grp B - Rec time	Pamper Pole Grp B (6:30) TBD Grp A - Rec Time	Track Meet	Walmart Trip & Laundry - if needed
8:30 P.M.	Study Hall	Study Hall	Study Hall	Study Hall	Circle Talk
10:45 P.M.	Group Meeting	Group Meeting	Group Meeting	Group Meeting	
11 P.M.	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
	Saturday 7/18				
Graduation & Awards Ceremony 9 A.M. Doors open at 8:30 A.M. Mess Hall (Meal) & Gillis Theatre Graduation Program				Graduation Speaker - TBD Doc. Activities	

Note Page

Note 1. Lodging for Phillip Robinson confirmed for 6/21/ thru 7/18 in VIP Quarters. Plan to share with BG Gorham on 7/9, 7/10, & 7/11

Note 2. Luke Wright to present in classes on Friday, 7/10/26.

Note 3. Proposed plans for Crockett Farm visit, and COW 40th Reunion celebration weekend. (7/11 & 12, 2026) under development.

Note 4. Eat the Bear session on 7/3/26 in the P.M. both in the stadium and in Cormack Hall Weight Room.

Note 5. Phillip Robinson, Videographer, on Post for the entire duration of COW. Interviews and video capture of all facets of COW to be done. Scheduled interviews will be arranged as appropriate.

Note 6. COW in-person & Zoom Meeting to be arranged for Friday, 7/10/26, 10 A.M. to Noon.



FAQ 2026

Frequently Asked Questions (FAQ) about the COW Program at VMI

WHAT IS THE COLLEGE ORIENTATION WORKSHOP (COW)?

It is a 4-week program conducted at The Virginia Military Institute, which is designed to motivate promising male students, primarily minorities, to better prepare for, and attain success in high school and college, and in the working world for those ready to enter that phase of life. COW is not a summer camp or sports camp for children, and it is not a recruiting program just for prospective VMI students. It is an intensive self-development and educational enrichment experience for young men who can and should attend college somewhere. The program is for top students, those who may be struggling, and those who need an appreciation for the benefits of discipline and structure.

WHAT IS AN EXAMPLE OF A TYPICAL DAY AT THIS PROGRAM?

For Monday through Friday, a typical day at the COW Program may be as follows:

- 5:30 or 6:00 A.M. wake-up; 45 minutes of physical training activities; breakfast at 7:00 A.M.; academic classes from 8:00 A.M. until noon (lunch); academic conferences, study skills sessions, reading conferences, Financial Literacy Classes, etc. from 1:00 P.M. until 3:30 P.M.
- 3:30 P.M. until 5:30 P.M., physical training, various lectures, Guest Speaker sessions, recreation time, and field trips (locally).
- Dinner at 6 P.M.
- From 7:00 P.M. until 8:30 P.M. some free time, recreation time, sporting activities, seminars, team building activities, etc.;
- From 8:30 P.M. until 10:30 P.M. formal study hall.
- Group meeting at 10:45 P.M. & lights out at 11:00 P.M.

On the weekend, wake-up is at 6:30 A.M. The weekends are reserved for fieldtrips, wilderness challenges, and leadership development experiences, such as negotiating the Marine Obstacle Course and problem solving, canoeing the James River, climbing House Mountain, etc. Some of our community service activities may also be done on the weekends.

HOW WILL STUDENTS IN THE PROGRAM BE TREATED?

Every student in this program will be a high school student. Each student will be treated as if he was a regular student attending summer school, except that they will not be “masters of their own time”. In other words, the COW students will be closely supervised but will be held to the same stringent standards of conduct, honor, and performance as regular VMI students.

WHAT ABOUT HEALTH CARE, FOOD & SUPERVISION?

Health care needs, should they be necessary, will be provided and covered by comprehensive accident insurance from the time students arrive at VMI, until the time they leave the program. Coverage is coordinated with private insurance held by the participant, if any. Three formal meals per day will be provided in the VMI dining hall. When the dining hall is not open, food and snacks will be provided.

WHAT KIND OF DISCIPLINE IS ADMINISTERED IN THE PROGRAM?

Much is given to the students who are selected to participate in this program; therefore, much is asked of them. Since a great deal must be accomplished in a short four-week period, time management and adherence to instructions are absolute requirements.

For those students who do not follow instructions, and who blatantly break rules, or who are detrimental to the program or other students in any way, they will be separated from the program. If that happens, the parents are fully responsible for costs associated with returning their son home immediately. Prior to separation from the program, discipline could involve confinement to room, restriction from recreational activities, and/or other appropriate penalty activities, (push-ups, stadium runs, etc.).

None of the penalties are dangerous or demeaning. They are similar to the VMI penalty regimen. The purpose for the penalty regimen is to teach accountability for one's actions.

Prior to acceptance to the program, each candidate and parent(s) must sign a Participation Agreement, attesting to their acceptance of the above expectations and requirements.

WHEN IS THE PROGRAM CONDUCTED?

The program is conducted for 4 weeks in the summer, beginning the 3rd week in June and completes the 3rd week in July. The specific schedule for the current COW session will be posted on the COW website. For the 2026 session, the program dates will be from Sunday, June 21, 2026, through Saturday, July 18, 2026.

WHAT IS THE APPLICATION DEADLINE?

Completed applications, medical forms, and all other required documents must be received by April 30th. Application submissions will begin on January 2nd of each year. Most of the requirements can be done online at www.cow4life.org/apply.

WHERE CAN I GET MORE INFORMATION ABOUT THE PROGRAM?

To get more information about the COW program, you should go to the COW Website at www.cow4life.org. You may also contact **Eugene Williams**

– **Founder & Executive Director 410-382-8468**, or via email at admin@cow4life.org. If you are interested in becoming a mentor, speaker, recruiting partner, volunteer, or donor, please contact us ASAP.

WHAT IS THE COST OF THE PROGRAM?

The total cost of the program is approximately \$325,000 and is funded through individual donors, grants, and scholarships. Although there is no direct/indirect charge to selected students, donations by participant's families are welcomed and very much needed.

Donations may be tax deductible. **COW receives no state or federal funding.**

WHY IS THERE NO COST TO PARTICIPANTS?

In the great majority of cases, participants come from families that cannot afford the cost of the program. We do not want financial challenges to be a roadblock to a deserving young person access to and participation in this enriching experience. Our generous donors have made this approach possible. We do need help from families to help wherever possible.

HOW LONG HAS THE COW PROGRAM BEEN IN OPERATION?

The COW program was initiated in July 1987. Students from all over the country have participated in the program. 2026 will be COW's 40th year of operation at VMI. Good and generous people help make this possible.

WHO IS ELIGIBLE FOR THE PROGRAM?

There is a crisis of under-education and achievement, and a general sense of hopelessness and despair in many inner city and rural communities. Furthermore, that crisis is most acute for minority and at-risk male youth. For this reason, the program is specifically targeted for minority male students (rising 10th, 11th & 12th graders) who have promise and potential for educational and life success, but who may be experiencing challenges. Both strong and marginal students are helped by the program. At-risk male students outside of the primary target group are also be considered.

HOW ARE STUDENTS IDENTIFIED AND RECRUITED FOR THE PROGRAM?

Students from across the country are identified by high school teachers/counselors, community associations, churches, and others who seek enrichment opportunities for deserving young men. Participants are selected based on the selection committee's determination of which student we feel needs COW most and who we feel will give serious and committed effort in the program.

WHERE WILL THIS PROGRAM BE CONDUCTED?

The program will be conducted at The Virginia Military Institute (VMI) in Lexington, Virginia. VMI is the oldest state military college in the nation. Since 1839, VMI's mission has been to produce graduates who are honorable and responsible members of their communities. VMI is committed to the development of the "whole person". The spirit of VMI is an integral element of the COW program, and as much of the VMI mystique, as possible, is blended into the fabric of the COW program. COW is not a recruiting tool just for VMI, as many of our participants are not able to meet VMI's admission standards. However, these young men are capable of being successful in college and in life, and it is our mission to bring that potential to fruition. COW causes aspirational changes, and the spirit and essence of VMI are essential elements in achieving that desired result.

WHAT WILL THE STUDENTS DO AT THE INSTITUTE?

The program will include classroom instruction in math, communications and public speaking, critical writing, financial literacy, study skills fundamentals, and exploration of career options. Seminars involving cognitive assessments and the study of grit and willpower will be conducted. There will be laboratory tours and demonstrations, in addition to visits to libraries, museums, and other universities. Other activities will include field trips, recreational outings, wilderness explorations, and intensive physical training activities. Hard work and hard play will characterize this program. Students will live in The VMI Barracks (equivalent to dorms) with VMI students attending regular summer schools. Students will interact with professionals from many sectors of the society. They will have opportunities to experience, up close and personal, what the life of a college student is really like.

WHERE CAN DONATIONS BE SENT?

Donations should be sent to:
COW c/o VMI Foundation, Inc.
P.O. Box 932
Lexington, VA 24450
COW's Tax ID is 52-2134317

Or to:

COW c/o Eugene Williams –
Founder & Executive Director
P.O. Box 307
Sykesville, MD 21784
Website is www.cow4life.org

College Orientation Workshop at Virginia Military Institute

Cadet Cost Estimates are without Tax: (COW 20 June - 19 July 2026)

Transportation: (2) Staff, (1) Cadet

Rental: Standard Car

Cost: \$145.00

Gas: \$120.00

Messing:

1st Travel Day: \$50.00 per Staff & cadet (Departing 20 June 2026)

2nd Travel Day: (Returning 18 July 2026)

Total: Messing: \$150.00

Lodging: \$200 per room

Total Per Diem (Loding & Messing): \$600.00

Total Cost: ~~\$1000.00~~ - ~~\$1500.00~~