



Office of Congressman Gil Cisneros 31st Congressional District
Service Academy Congressional Nomination Application: Class of 2030
Submission Deadline (received by, not postmarked): October 31, 2025

Application Instructions

I. General Information

Submission Deadline (received by, not postmarked): **Friday, October 31, 2025**

Completed Application Package Should be sent to: Office of Congressman Gil Cisneros

Attn: Stephanie Hernandez

Service Academy Coordinator

100 S Citrus Ave, Ste 204 Covina, CA 91723

All materials must be printed on standard sized paper (8.5" X 11") and NOT stapled altogether. Please write clearly, legibly and on a black or blue pen. Do not use a pencil. All materials submitted to the Office of Congressman Gil Cisneros will not be returned to the applicant. Any applicant package received by **October 31, 2025**, will NOT be considered. SAT/ACT scores for the October testing dates are the only materials accepted after the deadline. You will receive an acknowledgment once your application has been processed.

II. Application Package Checklist

The following items are required for a nomination:

Service Academy

- I. A current application with the respective academy you wish for a nomination. Contact the academies for more information.

Office of Congressman Gil Cisneros

- II. Students must confirm they reside in the 31st Congressional District. To find out whether you live in the district, please visit: www.house.gov, locate **FIND YOUR REPRESENTATIVE** on the **top-right corner**, and enter your zip code. If your zip code overlaps with multiple congressional districts, enter your street address.

III. Congressional Nomination Application (Complete). The application includes:

- 1) **Personal Information**
 - 2) **Personal Commentary:** 500-word essay about yourself, your goals, and reasons you would like to attend a Service Academy.
 - 3) **Two Teacher Recommendations:** Use the recommendation forms included in the application. Teachers should complete the forms, seal them in envelopes, and return the forms to student or mail to our office address: 100 S Citrus Ave, Ste 204 Covina, CA 91723. Attn: Stephanie Hernandez
 - 4) **One Non-Academic Recommendation.**
 - 5) **Candidate Fitness Assessment Scores.**
 - 6) **Interview Request Form.**
- IV. **Official High School Transcripts:** Transcripts must arrive with the application in a **SEALED** envelope. Unofficial transcripts will not be accepted.
- V. **Official SAT and/or ACT scores:** The Office of Congressman Cisneros and
- VI. **Wallet-sized Photograph**

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1

Service Academy Nominations

Please Return Completed Forms to:

Office of Congressman Gil Cisneros

Personal Information

Attn: Stephanie Hernandez

100 S Citrus Ave, Ste 204 Covina, CA 91723

I. Applicant Information

Applicant's Name _____
Last (Family) First (Given) Middle Jr., etc.

Home Address _____
Number and Street City State / Country Zip / Postal Code

Mailing Address (if different) _____
Number and Street City State / Country Zip / Postal Code

Telephone (home) _____ Telephone (cellular) _____
(Area code) Number (Area Code) Number

Email Address _____

Date of Birth _____ Gender _____
MM / DD / YYYY M / F

List all Academies you plan to apply for (rank them in order from greatest to least interest).

1) _____ 2) _____
 3) _____
 _____ 4) _____

*You must have an active online application with the academies listed above prior to your nomination interview.

List of service academies that require a nomination: US Military Academy (West Point), Naval Academy, Air Force Academy, Merchant Marines Academy

Survey (This does not affect your admissions prospect): How did you become interested in applying to this/these academy/academies? Please be as specific as possible (e.g., A visit to a campus, contact with a current cadet, recruiter, family/relatives, instructor, etc.).

Have you applied to the service academies before? Yes / No Which academy /academies? _____ What Year? _____

II. Schools Attended*Present/most recent school*

Name _____ Principal/Head of School _____
 Address _____

Number and Street City State / Country Zip / Postal Code

Entrance Date _____ Graduation Date _____
Month / Year Month / Year

Previous secondary school(s) attended (between grades 9 and 12)

Name _____ Principal/Head of School _____
 Address _____
Number and Street City State / Country Zip / Postal Code

Entrance Date _____ Graduation Date _____

III. Required Standardized Testing

List your top scores to date on the first line of each test section.

NOTE: If you are scheduled to take an additional test in October, please indicate the date of the test on the second line below each test section. SAT/ACT Scores for the October testing dates are the only scores accepted after the application deadline.

SAT I Tests

Math Reading & Writing Date

SAT II Subject

Tests

Subject Test Date

ACT Assessment

Test

English Math Reading Reasoning Composite Date

Armed Forces Vocational Aptitude

Battery

Composite Score Date

IV. General Information

Are you applying to other nominating sources? You are allowed to, and in fact are encouraged to, apply for at least four nominations. (Your own Member, your two Senators, and the Vice President).

Please check all that apply: ____ Senator Schiff ____ Senator Padilla ____ Vice President ____ Service Related ____

Are you applying for an ROTC scholarship? Again, you are encouraged to do so as it shows commitment to becoming an officer: YES _____ NO _____ If yes, to which schools?

Academy Application Timeline -- For your TOP choice, please note the date you sent each (or completed interview) to that Academy NOTE: May be worded slightly differently by each academy. Also, be prepared to state when you did complete task(s) at your interview if NOT completed by October 31, 2025.

**** Please enclose your sealed official high school transcripts****

Attn: Stephanie Hernandez
100 S Citrus Ave, Ste 204 Covina, CA 91723

Applicant's Name _____
Last (Family) First (Given) Middle Jr., etc.

School Name _____ Date of Birth _____
MM / DD /YYYY

Please list your current coursework you are currently enrolled in. (Indicate Advanced Placement, Honors, International Baccalaureate courses, etc. if any.)

Have you ever incurred serious disciplinary action or been suspended, dismissed, placed on probation from school, or been away from school for any length of time other than school vacations? ☐ Yes ☐ No If yes, please explain on a **separate page**.

Are you graduating early? ☐ Yes ☐ No If yes, please explain on a **separate page**.

If you have been out of school for more than three months during any academic year, **please state on a separate page the reason for your absence and how you have been occupied.**

In *order of importance to you*, please list your major extracurricular pursuits (personal, school, religious, athletic, community, etc.) and any academic or extracurricular honors or awards received while in high school. If you choose to attach a word -processed list, we ask that you use this format rather than submit a resume.

[illegible]

List below your employment experiences (if any).

Employment	Position	Hours per Week / Year	Dates

IV. Essay

On a separate sheet of paper, please **type** and explain why you would like to attend a United States Service Academy. Please limit your response to 500 words of text, single-spaced, font 12. Please place the essay after this page.

Why would you like to attend a United States Service Academy? How would you benefit from attending?

V. Applicant’s Signature

I declare that this essay is my own work, and that all the information in my application (both Forms 1 and 2) is, to the best of my knowledge, correct, and honestly presented. I am a citizen of the United States, or I will have attained citizenship before I enter the Academy. I am a legal resident of California’s 31st Congressional District. I understand that I must submit all necessary materials by **October 31, 2025**, to be considered for a nomination by U.S. Representative Gil Cisneros. I authorize the office of Representative Gil Cisneros to announce my first name, last name, and attended school on social media platforms.

Date

Signature

Name (Please Print)

Email Address



Service Academy Nominations
to:

Personal Commentary

Please Return Completed Forms

Office of Congressman Gil Cisneros
Attn: Stephanie Hernandez
100 S Citrus Ave, Ste 204 Covina, CA 91723

I. Applicant's Information

Applicant's Name _____
Last (Family) First (Given) Middle Jr., etc.
School Name _____

II. Confidentiality

Under the provisions of the Family Educational Rights and Privacy Act of 1974 (Buckley Amendment), you have the right to review your educational records. You may waive your right of access to this recommendation if you choose. Your decision to waive or not to waive your right of access will have no bearing on the handling of your application. You must sign your name below after checking the appropriate response.

☐ I waive ☐ I do not waive my right to access this report.

Applicant's Signature _____ Date _____

Instructions to the Teacher: The student whose name appears above is applying for a United States Service Academy Congressional nomination. Your candid account of the applicant's academic performance, intellectual promise, and your personal qualities will greatly help the Selection Committee in recommending the applicant. We are interested in what you feel is important for us to know about the applicant. Thank you for your help.

**Please return the completed form to the student in a sealed envelope OR mail directly to
our office at 100 S Citrus Ave, Ste 204 Covina, CA 91723**

Teacher's Name _____

School _____

How long have you known the applicant? _____

In what context, if any, have you known the applicant outside of the classroom?

In what course(s) have you taught the applicant and what grade(s) did the applicant receive? Please indicate, if appropriate, the level of course(s) in relation to others offered by your department (e.g. Is English 11 Honors the higher of the two 11th grade courses?)

Courses	level	Year	Grade Received
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Please comment on the nature and quality of the applicant's academic work. We are especially interested in your evaluation of the applicant's motivation, originality of approach, intellectual depth or breadth, and capability for independent thought.

What are your impressions of the applicant as a person? How is he or she viewed by peers and/or teachers? How does the applicant interact with others? Please describe any personal strengths or problems about which we should be aware.

How do you think the applicant would fare personally, academically, and physically at a United States Service Academy? Would you like to make any additional comments?

Teacher's Signature

Signature

Date



Service Academy Nominations
to:

Personal Commentary

Please Return Completed Forms

Office of Congressman Gil Cisneros
Attn: Stephanie Hernandez
100 S Citrus Ave, Ste 204 Covina, CA 91723

I. Applicant's Information

Applicant's Name _____

Last (Family)

First (Given)

Middle

Jr., etc.

School Name _____

II. Confidentiality

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Applicant's Signature _____ Date _____

Instructions to the Teacher: The student whose name appears above is applying for a United States Service Academy Congressional nomination. Your candid account of the applicant's academic performance, intellectual promise, and your personal qualities will greatly help the Selection Committee in recommending the applicant. We are interested in what you feel is important for us to know about the applicant. Thank you for your help.

Please return the completed form to the student in a sealed envelope OR mail directly to our office at 100 S Citrus Ave, Ste 204 Covina, CA 91723

Teacher's Name _____

School _____

How long have you known the applicant? _____

In what context, if any, have you known the applicant outside of the classroom?

In what course(s) have you taught the applicant and what grade(s) did the applicant receive? Please indicate, if appropriate, the level of course(s) in relation to others offered by your department (e.g. Is English 11 Honors the higher of the two 11th grade courses?)

Courses	level	Year	Grade Received
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Please comment on the nature and quality of the applicant's academic work. We are especially interested in your evaluation of the applicant's motivation, originality of approach, intellectual depth or breadth, and capability for independent thought.

What are your impressions of the applicant as a person? How is he or she viewed by peers and/or teachers? How does the applicant interact with others? Please describe any personal strengths or problems about which we should be aware.

How do you think the applicant would fare personally, academically, and physically at a United States Service Academy? Would you like to make any additional comments?

Teacher's Signature

Signature

Date



Service Academy Nominations

Non-Academic Recommendation

I. Applicant's Information

Applicant's Name _____
Last (Family) First (Given) Middle Jr., etc.
School Name _____

Please Return Completed Forms to:
Office of Congressman Gil Cisneros
Attn: Stephanie Hernandez
100 S Citrus Ave, Ste 204 Covina, CA 91723

II. Confidentiality

Under the provisions of the Family Educational Rights and Privacy Act of 1974 (Buckley Amendment), you have the right to review your educational records. You may waive your right of access to this recommendation if you choose. Your decision to waive or not to waive your right of access will have no bearing on the handling of your application. You must sign your name below after checking the appropriate response.

☐ I waive ☐ I do not waive my right to access this report.

Applicant's Signature _____ Date _____

Instructions to the recommender: The student whose name appears above is applying for a United States Service Academy Congressional nomination. Your candid account of the applicant's academic performance, intellectual promise, and your personal qualities will greatly help the Selection Committee in recommending the applicant. We are interested in what you feel is important for us to know about the applicant. Thank you for your help.

Please return the completed form to the student in a sealed envelope OR mail directly to our office at 100 S Citrus Ave, Ste 204 Covina, CA 91723

Name _____
Relationship to Applicant _____
How long have you known the applicant? _____
In what context, if any, have you known the applicant outside of the classroom? Please describe their work ethic and character.

How do you think the applicant would far personally, academically, and physically at a United States Service Academy?

Please comment on the nature and quality of the applicant's work. We are especially interested in your evaluation of the applicant's motivation, originality of approach, intellectual depth or breadth, and capability for independent thought.

What are your impressions of the applicant as a person? How is he or she viewed by peers and/or teachers? How does the applicant interact with others? Please describe any personal strengths or problems about which we should be aware.

Would you like to provide any additional comments?

—
Recommender's Signature

Signature _____ Date _____

I. Candidate Fitness Assessment (to be completed following the instructions listed on academy websites):

NOTE: **Failure to complete this by October 31, 2025,** will affect the review of your overall nomination and may result in an incomplete file. * Any applicant who does not complete this by the due date needs to explain, in writing, why it was not completed, and attach an explanation to this file.

THIS SHOULD BE YOUR OFFICIAL CFA FOR THE ACADEMY—NOT A PRACTICE TEST.

*This timeline is a requirement of this congressional district, not the Academy.

Push-ups: _____

Shuttle Run: _____ seconds

Pull-ups: _____

Mile Run: ____ minutes ____ seconds

Basketball Throw: _____ ft.

Sit Ups _____

6

Service Academy Nominations
to:

Interview Request Form

Please Return Completed Forms

Office of Congressman Gil Cisneros
Attn: Stephanie Hernandez
100 S Citrus Ave, Ste 204 Covina, CA 91723

All academy applicants from the 31st Congressional District must interview with Congressman Gil Cisneros' Service Academy Selection Committee on **Saturday, November 15, 2025**, in order to be considered for a nomination. This year, interviews will be conducted in person.

Please indicate interview times that will be convenient for you. Please be aware that your selection does not ensure that time selection but will be considered for scheduling purposes. You will be informed of your interview date and time in November. Interviews are approximately 20 minutes long.

☐ 9 AM – 10 AM

☐ 10 AM – 11 AM

☐ 11 AM – 12 noon

☐ 12 noon – 1 PM

☐ 1 PM – 2 PM

☐ 2 PM – 3 PM

☐ 4 PM – 5PM

****Although a Saturday is the scheduled interview day,**

The office may have to reschedule due to the availability of the Service Academy Committee. **

Questions? Contact the office at (562) 860-5050