

U.S. NAVY SEALS

Information, Qualifications, and Requirements Checklist

2/24/2006

Congratulations on your decision to join the Navy and Naval Special Warfare. Be assured that your career as a SEAL will be one that you will enjoy and be proud of for the rest of your life. Even though you've recently qualified for the SEAL Challenge, the Naval Special Warfare Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

Navy SEALS are assigned to the Naval Special Warfare Command, located in Coronado CA. The Naval Special Warfare Command reports directly to U.S. Special Operations Command, located in Tampa FL. SEALS routinely deploy worldwide, where they are assigned under specific Special Operations chains of command directly responsible to their theatre combatant commander.

SEALS undergo their initial training at the Naval Special Warfare Center in Coronado, CA. SEAL training is physically demanding. Applicants must be in excellent physical condition to be successful in the training pipeline. SEAL training is not designed to "get you in shape"; you should have led a lifestyle of physical fitness. The specific physical screening tests mentioned in this checklist are the minimum threshold for individual fitness. If you pass these specific physical screening tests at the minimum level, you must be able to increase your rate of performance throughout SEAL training in order to be successful in the training pipeline. Although this training is considered to be the most physically challenging and difficult the U.S. Navy and the U.S. Military has to offer, you need to understand that many men before you volunteered and accomplished what you are endeavoring to do. You can expect to be rewarded with an exciting and challenging career. As a SEAL, you will be stressed to your limits and beyond. You will serve with the very best that the United States has to offer in order to defend our freedoms and combat terrorism globally. **Stay focused, be prepared, make mature choices, and understand that you are volunteering to be part of the elite Naval Special Warfare team.**

Your SEAL Challenge Contract

First, you need to understand that as a SEAL Challenge candidate you must maintain a high degree of physical fitness. You will be required to pass the Physical Screening Test (PST) within the first 60 days of your Delayed Entry date. You will also retake the PST within 14 days before you, "ship", depart to RTC Great Lakes. Ensure you perform your PST with the Navy Recruiting District NSW/NSO/Air Rescue Coordinator, who will be contacting you soon. Your PST scores will be documented and remain in your official record. Below are the standards for the SEAL PST candidate:

PST	SEAL
SWIM 500 YDS. Side stroke/breast stroke	12:30 min
REST 10 MIN.	
PUSH-UPS (within 2 min)	42
Rest 2 minutes	
SIT-UPS (within 2 min)	50
Rest 2 minutes	
PULL-UPS (no time limit)	6
Rest 10 minutes	
1.5 MILE RUN	11:00 min with Tennis Shoes/shorts (Delayed Entry) 11:30 min/sec With Boots and Pants (RTC)

Your next step in the process to becoming a SEAL is to pass the Physical Screening Test (PST) at RTC. You will take the PST during your first week at RTC. The 1.5 mile run portion of that first PST test will be in shorts and running shorts, a follow on PST will be scheduled requiring you to conduct the 1.5 mile run portion in boots and long pants (time requirement 11 min 30 sec). SEAL candidates will have three chances to pass the PST at RTC. If you do not pass the PST by your sixth week you will be DROPPED, released, and then reclassified into another Navy program. You will not keep your SEAL Challenge and you will not go to BUD/S. Your goal is to exceed these standards prior to arriving at RTC. Do not count on “Boot Camp” to get you into shape or teach you to swim, “BE READY” before you get there.

Here are some guidelines to follow as you prepare for the SOCFA and the PST:

- Swim: You must perform the test using either a Side Stroke or a Breast Stroke.
- Push-ups: Must be performed in strict form, with back straight. You must do full pushups to the floor and then extend all the way up until you’re arms are straight.
- Sit-ups: Sit on floor, with knees bent approximately 90 degrees. Arms crossed in front of you with fingertips touching your shoulders. You’ll need to sit-up until your elbows touch your thighs (near the knee), and then go back all the way until your shoulder blades touch the floor.
- Pull-ups: Grip a pull-up bar with PALMS FACING AWAY FROM YOU. Hands are to be shoulder width apart. Do not swing, kick, or bicycle to assist.

Make sure you go all the way up (chin above bar) then ALL THE WAY DOWN.

- For examples of the above techniques refer to www.seal.navy.mil or www.cnrc.navy.mil webpages

SEAL Candidates:

Upon graduation from RTC and successfully completing the PST you will either go to “A” school or a three-week Apprenticeship Training (if a “Seaman to SEAL”), followed by assignment to BUD/S training at the Naval Special Warfare Center in Coronado, CA.

BUD/S is broken down into three phases, preceded by a three to five week Indoctrination phase. The total length of the BUD/S is 24 weeks. Upon completion of BUD/S a SEAL candidate will then attend the U.S. Army’s Jump School at FT Benning, GA. After jump school he will report back to the Naval Special Warfare Center in Coronado, CA for Military Freefall training. The final phase of instruction for a SEAL candidate is a 19-week SEAL Qualification Training (SQT) phase conducted at the Naval special Warfare Center in Coronado, CA. Following successful completion of SQT the SEAL candidate will graduate from the Naval Special Warfare Center and receive his Trident (the Naval Special Warfare insignia of the Navy SEAL). He will then be assigned to one of eight SEAL Teams or two SEAL Delivery Teams (SDV) located in Coronado, CA, Virginia Beach, Va, or Pearl Harbor, Hawaii. Upon arrival at either a SEAL or SDV Team the newly pinned SEAL will hone his war fighting skills while assigned to a SEAL Platoon or an SDV Task Unit. Following a prescribed training “work-up”, he will deploy to conduct special operations under Geographic Combatant Commanders as directed.

Special Pays

- **Current Enlistment Bonus: SEAL \$40,000**
- SEAL Delivery Vehicle Operator / SEAL Combat Swimmer (5323 / 5326)
 - SDAP \$375
 - SRB Zone A/B/C 7.5 Ceiling award level \$60,000.00
 - Dive Pay \$215 - \$340
 - Demolition Pay \$150
 - Parachute Pay \$150 - \$225
 - Foreign Language Pay (when qualified). Amount depends on type foreign language and level proficiency.

Information Resources and Points of Contact

- For additional information pertaining to the SEAL program contact:
 - www.seal.navy.mil
 - www.navy.com
 - SEAL Motivators MOTIVATORS@NAVSOC.NAVY.MIL

Date: _____

Classifier Name: _____

Classifier Signature: _____

Name of individual assigned SEAL Contract: _____

Signature of individual assigned a SEAL Contract: _____

Name of NRD NSW/NSO Coordinator who will contact you:

(Ensure original is included in SERVICE RECORD and COPY is given to individual receiving SEAL Contract)

U.S. NAVY SPECIAL WARFARE COMBATANT-CRAFT CREWMAN (SWCC)

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Congratulations on your decision to join the Navy and Naval Special Warfare. Be assured that your career as a Combatant-craft Crewman (SWCC) will be one that you will enjoy and be proud of for the rest of your life. Even though you recently qualified for the SWCC Challenge, the Naval Special Warfare Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

Navy SWCC personnel are assigned to the Naval Special Warfare Command, located in Coronado CA. The Naval Special Warfare Command reports directly to U.S. Special Operations Command, located in Tampa FL. SWCC's routinely deploy worldwide, where they are assigned under specific Special Operations chains of command directly responsible to their theatre Combatant Commander.

SWCC's undergo their initial training at the Naval Special Warfare Center in Coronado, CA. SWCC training is physically demanding. Applicants must be in excellent physical condition and should have led a lifestyle of physical fitness. The specific physical screening tests mentioned in this fact sheet are the minimum threshold for individual fitness. If you pass these tests at the minimum level, your physical performance throughout SWCC training needs to improve in order to be successful in the training pipeline. Although this training is some of the most challenging and difficult the Navy has to offer, you need to understand that many men before you have accomplished what you are endeavoring to do. You can expect to be rewarded with an exciting and challenging career. As a SWCC, you will be stressed to your limits and beyond. You will serve with the very best that the United States has to offer in order to defend our freedoms and combat terrorism globally. **Stay focused, be prepared, make mature choices, and understand that you are volunteering to be part of the elite Naval Special Warfare team.**

Your SWCC Challenge Contract

First, you need to understand that as a SWCC Challenge candidate you must maintain a high degree of physical fitness. You will be required to pass the Physical Screening Test (PST) within the first 60 days of your Delayed Entry date. You will also retake the PST within 14 days before you, "ship" (depart) to RTC Great Lakes. Ensure you perform your PST with the Navy Recruiting District NSW/NSO/Air Rescue Coordinator, who will be contacting you soon. Your PST scores will be documented and remain in your official record.

Below are the minimum standards for the SWCC PST:

PST	SWCC
SWIM 500 YDS. side stroke/breast stroke	13:00 min
REST 10 MIN.	
PUSH-UPS within 2 minutes	42
Rest 2 minutes	
SIT-UPS within 2 minutes	50
Rest 2 minutes	
PULL-UPS no time limit	6
Rest 10 minutes	
1.5 MILE RUN	12:30 min/sec

Here are some guidelines to follow as you prepare for the SOCFA and the PST:

- Swim: You must perform the test using either a Side Stroke or a Breast Stroke.
- Push-ups: Must be performed in strict form, with back straight. You must do full pushups to the floor and then extend all the way up until you're arms are straight.
- Sit-ups: Sit on floor, with knees bent approximately 90 degrees. Arms crossed in front of you with fingertips touching your shoulders. You'll need to sit-up until your elbows touch your thighs (near the knees), and then go back all the way until your shoulder blades touch the floor.
- Pull-ups: Grip a pull-up bar with PALMS FACING AWAY FROM YOU. Hands are to be shoulder width apart. Do not swing, kick, or bicycle to assist. Make sure you go all the way up (chin above bar) then ALL THE WAY DOWN.
- For examples of the above techniques refer to www.swcc.navy.mil or www.cnrc.navy.mil

Your next step in the process to becoming a SWCC is to pass the Physical Screening Test (PST) at RTC. You will take the PST during your first week at RTC. SWCC candidates will have three chances to pass this test. If you do not pass the PST by your sixth week you will be DROPPED, released, and then reclassified into another Navy program. You will not keep your SWCC Challenge and you will not go to SWCC School. Your goal is to exceed these standards prior to arriving at RTC. Do not count on "Boot Camp" to get you into shape or teach you to swim, "BE READY " before you get there.

SWCC School:

Upon graduation from RTC and successfully completing the PST, you will either attend an “A” school, or a three-week Apprenticeship Training course, if you chose the “Seaman to SWCC challenge”. Upon graduation from “A” school or Apprenticeship Training, you will be assigned to SWCC School at the Naval Special Warfare Center in Coronado, CA.

The SWCC course is comprised of two phases, Basic Crewman Training (BCT) and Crewman Qualification Training (CQT), preceded by a two week Indoctrination phase. BCT is eight weeks long and CQT is 12 weeks long. Following graduation from CQT, the qualified and newly “pinned” SWCC will be assigned to one of three Special Boat Teams; SBT-12 in Coronado, CA, SBT-20 in Virginia Beach VA, or SBT-22 at the Stennis Space Center, in Mississippi. Upon arrival at either Special Boat Team a SWCC will hone his war fighting skills while assigned to a Special Boat Detachment. Following a prescribed training “work-up”, he will deploy to conduct Naval Special Operations as directed.

Special Pays

- **Current Enlistment Bonus: SWCC \$18,000**
- Special Warfare Combatant-craft Crewman (SWCC) (5352)
 - SDAP \$225
 - SRB Zone A 3.0, B 3.0, C 4.0 Ceiling award level \$45,000
 - Jump Pay (for qualified SWCC) \$150-\$225
 - Language Pay (when qualified). Amount depends on type foreign language and level of proficiency.

Information Resources and Points of Contact

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