

U.S. NAVY SEALS

Information and Requirements

Updated: 30 AUG 2007

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 and the Special Warfare Operator (SO) rating, the Naval Special Warfare Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

Navy SEAL Teams and SEAL Delivery Teams 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. The scores required on the SEAL PST are the minimum to qualify. In order to increase your success rate in BUD/S training, you must achieve higher than the minimum standards on the SEAL PST. You must prepare yourself for SEAL training in the Delayed Entry Program (DEP) and throughout RTC (Navy Boot Camp). The specific requirements of the Physical Screening Test (PST) mentioned in this checklist are the minimum threshold for individual fitness. If you pass the PST at the minimum level, you must be able to increase your rate of performance throughout the SEAL training pipeline in order to be successful. 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 or Mentor, 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:

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/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 “training week” at RTC. SEAL candidates will have three chances to pass the PST at RTC. If you do not pass the PST by your sixth week of training at RTC 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 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 in accordance with PST guidelines.
- 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.

SEAL Candidates:

Upon graduation from RTC and successfully completing the PST you will attend a BUD/S Preparation Course of Instruction at Naval Training Center Great Lakes (This COI is scheduled to be on line in OCT 2007). Following successful completion of BUD/S PREP COI, SO contracted Sailors will be assigned to BUD/S training at the Naval Special Warfare Center in Coronado, CA. You may be granted leave between the BUD/S PREP COI and BUD/S.

BUD/S is broken down into three phases, preceded by a three week Indoctrination phase. The total length of BUD/S is 24 weeks. Upon completion of BUD/S, you will be advanced to SO3 (E-4 pay grade). You will then attend the Naval Special Warfare Parachute Training Course in San Diego CA.

The final phase of the training pipeline is SEAL Qualification Training (SQT). SQT is conducted at the Naval Special Warfare Center in Coronado, CA. Following successful completion of SQT you will graduate from the Naval Special Warfare Center and receive your Trident, the Naval Special Warfare insignia of the Navy SEAL. You 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, you will hone your war fighting skills while assigned to a SEAL Platoon or an SDV Task Unit. Following a prescribed training "work-up", you will deploy to conduct special operations under Geographic Combatant Commanders as directed.

Special Pays

- **SEAL Delivery Vehicle Operator and SEAL Combat Swimmer (5323 / 5326) are eligible for the following special pays and bonuses:**
 - Current Enlistment Bonus: SEAL \$40,000 (paid upon final qualification as SEAL)
 - Special Duty Assignment Pay (monthly): \$450
 - Dive Pay (monthly): \$215 - \$340
 - Demolition Pay (monthly): \$150
 - Parachute Pay (monthly): \$225 (S/L and MFF)
 - Foreign Language Pay (monthly/when qualified). Amount depends on type foreign language and level proficiency.
 - Current "first-term" reenlistment bonus: maximum \$60,000

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

