

Naval Special Warfare SEAL Challenge

Welcome Aboard!

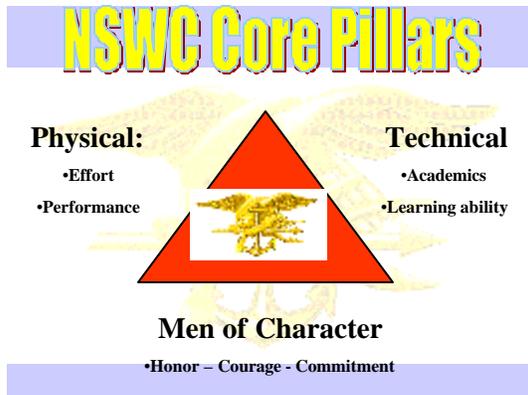
Congratulations on your decision to join the Navy and accelerate your life! Be assured that your career in the Navy will be one you will enjoy and be proud of! You have qualified and volunteered to enlist for the SEAL Challenge contract program. Upon successful completion of the Physical Screening Test, at Recruit Training Command, Great Lakes, IL, you will have the opportunity to attend the most demanding Special Operations training in the world. This program is guaranteed to challenge your strength, stamina, mental focus, and commitment.

Navy SEALs are named after the environment in which they operate, the SEA, Air, and Land, and are the foundation of Naval Special Warfare combat forces. They are organized, trained and equipped to conduct a variety of Special Operations missions in all operational environments. Today's SEALs trace their history from the elite frogmen of World War II. Training is extremely demanding, both mentally and physically, and produces the world's best maritime warriors. Our focus during this training is based on three core pillars:

Men of Character: The nature of our mission requires men who will uphold the Navy Core Values - Honor, Courage, and Commitment.

Physical: The nature of our mission also requires men who are physically fit and capable in every environment, especially the water.

Technical: Finally, maritime Special Operations require SEALs who are intelligent and can quickly learn new tasks.



Special Operations is characterized by the use of small units with unique ability to conduct military actions that are beyond the capability of conventional military forces. SEALs are superbly trained in all environments, and are the master's of maritime Special Operations. SEALs are required to utilize a combination of specialized training, equipment, and tactics in completion of Special Operation missions worldwide.

To succeed in the Naval Special Warfare community, you must be mature, motivated, and self-confident, and able to work under stressful and hazardous conditions. You must be in excellent physical condition and motivated to withstand the rigorous

Naval Special Warfare SEAL Challenge

physiological demands imposed by the maritime environment. The ability to swim and withstand fatigue are major factors for successful completion of the training.

Naval Special Warfare Training

Following basic training at Recruit Training Command, Great Lakes, IL, and basic rating training, you will begin Basic Underwater Demolition/SEAL (BUD/S) Training in Coronado, CA. This six-month course of instruction will focus on physical conditioning, diving physics, basic diving techniques, land warfare, weapons, demolitions, communications, reconnaissance and small boat handling

First Phase

First Phase Trains, develops, and assesses SEAL candidates in physical conditioning, water competency, teamwork, and mental tenacity. This phase is eight weeks long. Physical conditioning with running, swimming, and calisthenics grows harder and harder as the weeks progress. You will participate in weekly four mile timed runs in boots, timed obstacle courses, swim distances up to two miles wearing fins in the ocean, and learn small boat seamanship.

The first three weeks of First Phase will prepare you for the fourth week, better known as "Hell Week." During this week, you will participate in five and one-half days of continuous training, with a maximum of four hours sleep total. This week is designed as the ultimate test of one's physical and mental motivation while in First Phase. Hell Week proves to those who make it that the human body can do ten times the amount of work the average man thinks possible. During Hell Week, you will learn the value of cool headedness, perseverance, and above all, TEAMWORK. The remaining four weeks are devoted to teaching various methods of conducting hydrographic surveys and how to create a hydrographic chart.

Second Phase (Diving)

Diving Phase Trains, develops, and qualifies SEAL candidates as competent basic combat swimmers. This phase is eight weeks long. During this period, physical training continues and becomes even more intensive. Second Phase concentrates on combat SCUBA. You will learn two types of SCUBA: open circuit (compressed air) and closed circuit (100% oxygen). Emphasis is placed on long distance underwater dives with the goal of training students to become basic combat divers, using swimming and diving techniques as a means of transportation from their launch point to their combat objective. This is a skill that separates SEALs from all other Special Operations forces.

Naval Special Warfare SEAL Challenge

Third Phase (Land Warfare)

Third Phase trains, develops, and qualifies SEAL candidates in basic weapons, demolition, and small unit tactics. This phase of training is nine weeks in length. Physical training continues to become more strenuous as the run distance increases and the minimum passing times are lowered for the runs, swims, and obstacle course. Third Phase concentrates on teaching land navigation, small-unit tactics, patrolling techniques, rappelling, marksmanship, and military explosives. The final three and a half weeks of Third Phase are spent on San Clemente Island, where students apply all the techniques they have acquired during training.

Post-BUD/S Schools

BUD/S graduates receive three weeks basic parachute training at the Army Airborne School, Fort Benning, GA, and then return to the Naval Special Warfare Center, Coronado, CA for SEAL Qualification Training (SQT). [Navy corpsmen who complete BUD/S and Basic Airborne Training also attend two weeks of Special Operations Technician Training in Coronado prior to SQT.]

SQT is a 15-week course designed to produce qualified SEAL operators by providing the full spectrum of basic and advanced individual skills and small unit training. Operational readiness, personal responsibility, work ethic, professionalism and leadership are strongly stressed in SQT. Topics include: combat medical, communications, land navigation, marksmanship, Close Quarters Defense and Combat, tactics, demolitions, maritime operations, combat swimming, and tactical parachuting.

At the conclusion of SQT (and over a year of training), a successful student is awarded a SEAL Naval Enlisted Classification (NEC) Code and the Naval Special Warfare Insignia, or Trident. Then, prior to reporting to their first operational Naval Special Warfare command, new SEALs attend the 3-week NSW Basic Cold Weather Maritime Training in Kodiak, AK.

SEALs assigned to SEAL Delivery Vehicle Teams will attend additional training in Panama City, FL prior to reporting to their teams. Corpsmen will leave Coronado and participate in an intense course of instruction in medical skills called 18-D (Special Operations Medical Sergeant Course). It is a 30-week course where students receive training in burns, gunshot wounds, and trauma. All other SEALs will report to an operational SEAL team in either VA or CA and begin 18 months of training in preparation for an overseas deployment. Advanced courses include NSW Explosives, Diving Supervisor, language training, NSW sniper, and communications. Shore duty opportunities are available in research and development, instructor duty, and overseas assignments.