

NAVY SEALS (SEA, AIR & LAND)

The Only Easy Day Was Yesterday



AMERICA'S
NAVY
FORGED BY THE SEA

NAVY SEALS



Conducting clandestine missions behind enemy lines. Capturing enemy targets and intelligence against impossible odds. Bringing a threatening act of sea piracy to resolution in the blink of an eye. "The Only Easy Day Was Yesterday," is a motto backed by legendary achievements.



Navy SEALs are members of the Naval Special Warfare (NSW) community, comprising those who take on the most impossible missions and the most elusive objectives.

JOB DESCRIPTION

To become a Navy SEAL, you must first go through what is widely considered to be the most physically and mentally demanding military training in existence. Then comes the **tough part**: the job of essentially taking on any situation or foe that the world has to offer.

Direct action warfare. Special reconnaissance. Counterterrorism. Foreign internal defense. When there's nowhere else to turn, Navy SEALs are in their element. Achieving the impossible by way of conditioned response, sheer willpower and absolute dedication to their training, their missions and their fellow spec ops team members.

In this role, you will provide immediate military options amidst crises around the world. Offering decision makers a proven way to successfully control the most challenging scenarios.



SPECIFIC RESPONSIBILITIES

Some of the many duties you may have as a Navy SEAL include:

- Conducting insertions and extractions by sea, air or land to accomplish covert, Special Warfare missions
- Capturing high-value enemy personnel and terrorists around the world
- Collecting information and intelligence through special reconnaissance missions
- Carrying out small-unit, direct-action missions against military targets
- Performing underwater reconnaissance and the demolition of natural or man-made obstacles prior to amphibious landings

WORK ENVIRONMENT

The job of a Navy SEAL relies heavily on adaptability and teamwork. Members train and work in all manner of environments, including desert and urban areas, mountains and woodlands, and jungle and arctic conditions. Whatever the specific mission and surroundings, you'll utilize the specialized skills and the high-tech equipment required. And you'll operate not only as a highly capable individual but also as a member of tightly knit SEAL units. These include task units (32-man), platoons (16-man), squads (8-man), teams (4-man) and swim buddy (2-man).

NAVY SEALS



TRAINING AND ADVANCEMENT

The comprehensive SEAL training process prepares you for the extreme physical and mental challenges of SEAL missions. After Boot Camp, your preparation will consist of more than 12 months of initial training that includes Basic Underwater Demolition/SEAL BUD/S School, Parachute Jump School and SEAL Qualification Training (SQT), followed by an additional 18 months of pre-deployment training and intensive specialized training. All training is designed to push you to your physical and mental limits. If you're up to the task, you'll emerge in incredible physical shape and possess the necessary confidence, determination and teamwork to succeed in a combat environment.

EDUCATION OPPORTUNITIES

As a member of the Naval Special Warfare/Naval Special Operations (NSW/NSO) community, you will have any number of unique opportunities to advance your knowledge. The courses in this field are demanding, but those who accept these challenges will be rewarded not only with extra pay, but extraordinary duty assignments anywhere in the world.



PAY RANGE

In addition to normal military pay and allowances, the Navy offers an enlistment bonus for certain NSW/NSO communities. You may also earn additional pay that includes special duty assignment pay, parachute jump pay, dive pay or demolition pay. Together, these incentives make these individuals among the highest-paid Enlisted operators in the U.S. military.

For complete details on available specialty pay and enlistment bonuses, contact a recruiter.

BENEFITS

When it comes to financial advantages, the Navy amounts to much more than a competitive paycheck. As a Sailor in the Navy, you can look forward to:

- Supplemental/bonus pay
- Scheduled pay raises and regular promotions
- Postgraduate education, fully funded by the Navy
- Post-9/11 GI Bill – funding for you or your family to use for school
- 30 days' vacation with pay earned every year
- Outstanding retirement benefits, plus a 401(k)-like thrift savings plan
- Comprehensive medical and dental coverage
- Tax-free allowances for housing and meals
- Tax-free shopping privileges at military stores
- Free or low-cost travel opportunities
- Access to military bases, clubs and recreational facilities all over the world
- Credentials/Certifications through Navy Credentialing Opportunities On-Line (Navy COOL)

QUALIFICATIONS

Upon joining the Navy, you must:

- Meet specific eyesight requirements: 20/40 best eye; 20/70 worst eye; correctable to 20/25 with no color blindness
- Meet the minimum Armed Services Vocational Aptitude Battery (ASVAB) score: GS+MC+EI=165 or VE+MK+MC+CS=220
- Be age 30 or younger
- Be a U.S. citizen
- Pass a physical examination required for divers

PHYSICAL SCREENING TEST REQUIREMENTS

Upon joining the Navy, you must complete the following minimum Physical Screening Test Requirements:

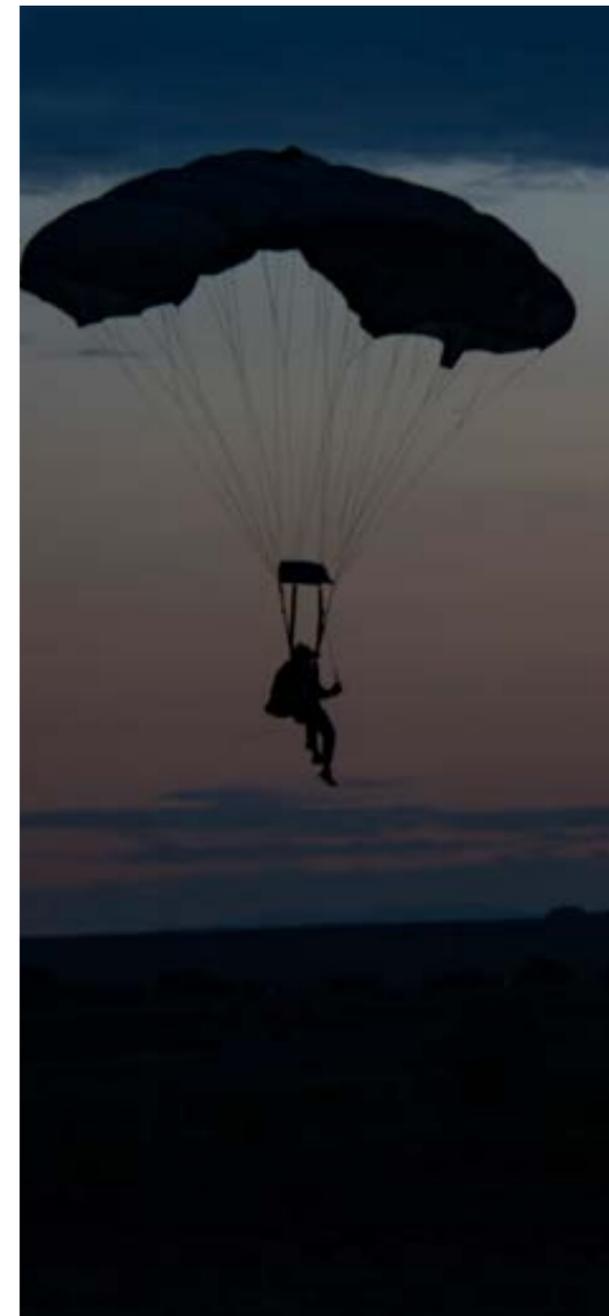
- Swim 500 yards within 12 minutes 30 seconds
- Rest 10 minutes
- 42 push-ups within 2 minutes
- Rest 2 minutes
- 50 sit-ups within 2 minutes
- Rest 2 minutes
- 6 pull-ups (no time limit)
- Rest 10 minutes
- 1.5 mile run within 11 minutes
- Pass a Basic Underwater Demolition/SEAL BUD/S physical fitness screening test in Boot Camp and in the Delayed Entry Program (DEP)

Note: If you're pursuing a SEAL position, much better PST scoring is expected.



AFTER THE NAVY

The Naval Special Warfare/Naval Special Operations (NSW/NSO) communities value leadership, self-determination and organization. Employers in the military and civilian communities alike will value you as you mature in your field. Completing some of the most demanding training our country has to offer says that you have what it takes to accomplish any task an employer could throw your way. Careers within the NSW/NSO forces have comparable civilian counterparts that include anything from high-level security assessment to emergency medicine to Chemical-Biological-Radiological (CBR) protection and response. The opportunities are as numerous as they are rewarding.



READY TO TAKE THE NEXT STEPS?

Once you're inspired, better informed and seriously interested, here's how to proceed:

1. TALK TO YOUR RECRUITER

- Find a local recruiter at navy.com/locator
- Ask questions
- Discuss your long-term goals
- Review your qualifications
- Go over relevant financial incentives and bonuses

2. APPLY FOR THE POSITION

- Go to navy.com/apply, follow the link at the bottom and complete the online application
- Provide personal information that includes your birth certificate, social security card and professional details (if applicable)
- Take the Armed Services Vocational Aptitude Battery (ASVAB) to help assess your skills and interests
- Pass a full medical examination
- Participate in a precommitment interview

3. BEGIN YOUR TRAINING

- Attend Boot Camp in Great Lakes, Illinois (7 to 9 weeks)
- Get advanced skills training at a Navy "A" School (time varies depending on specialty)
- From there, you're ready to start serving as a Sailor and respected professional

MORE INFORMATION

Visit navy.com/seal to get more information. Or find a local recruiter by calling 1-800-USA-NAVY. Visit [facebook.com/USNavyLife](https://www.facebook.com/USNavyLife) to ask questions. Get answers. And connect with others just like you.

