



AMERICA'S
NAVY
FORGED BY THE SEA

**WARRIOR CHALLENGE
PROGRAM**



**BECOME THE
WARRIOR WITHIN**

JOIN AMERICA'S MOST ELITE FORCES

The Warrior Challenge demands agility. Physical strength.
Hard work. Grit. And that's before training even begins.

Of those who accept, only an elite few will succeed.



AIRR

AVIATION RESCUE
SWIMMER



**ACHIEVE A MULTITUDE OF MISSIONS
BEYOND SEARCH AND RESCUE.
HUNT, TRACK AND KILL SUBMARINES,
SO OTHERS MAY LIVE.**

A destructive storm. An inaccessible cliff. An enemy sub. For AIRRs who put their own lives on the line so others may live, courage and stamina are instinctive. In an instant, you become a firefighter, an EMT, a submarine hunter. You might execute a search and rescue as you dangle from a rotary wing aircraft, or tread water as you extricate a survivor from a tangle of parachutes and aviation gear.



A photograph of three divers in a pool. Two divers are in the foreground, looking towards the right. They are wearing black wetsuits and diving masks. The diver on the right has 'TRAINING' written on his wetsuit. A third diver is visible in the background, also in a wetsuit. The water is clear blue. The text 'TRAINING' is overlaid on the left side of the image.

TRAINING

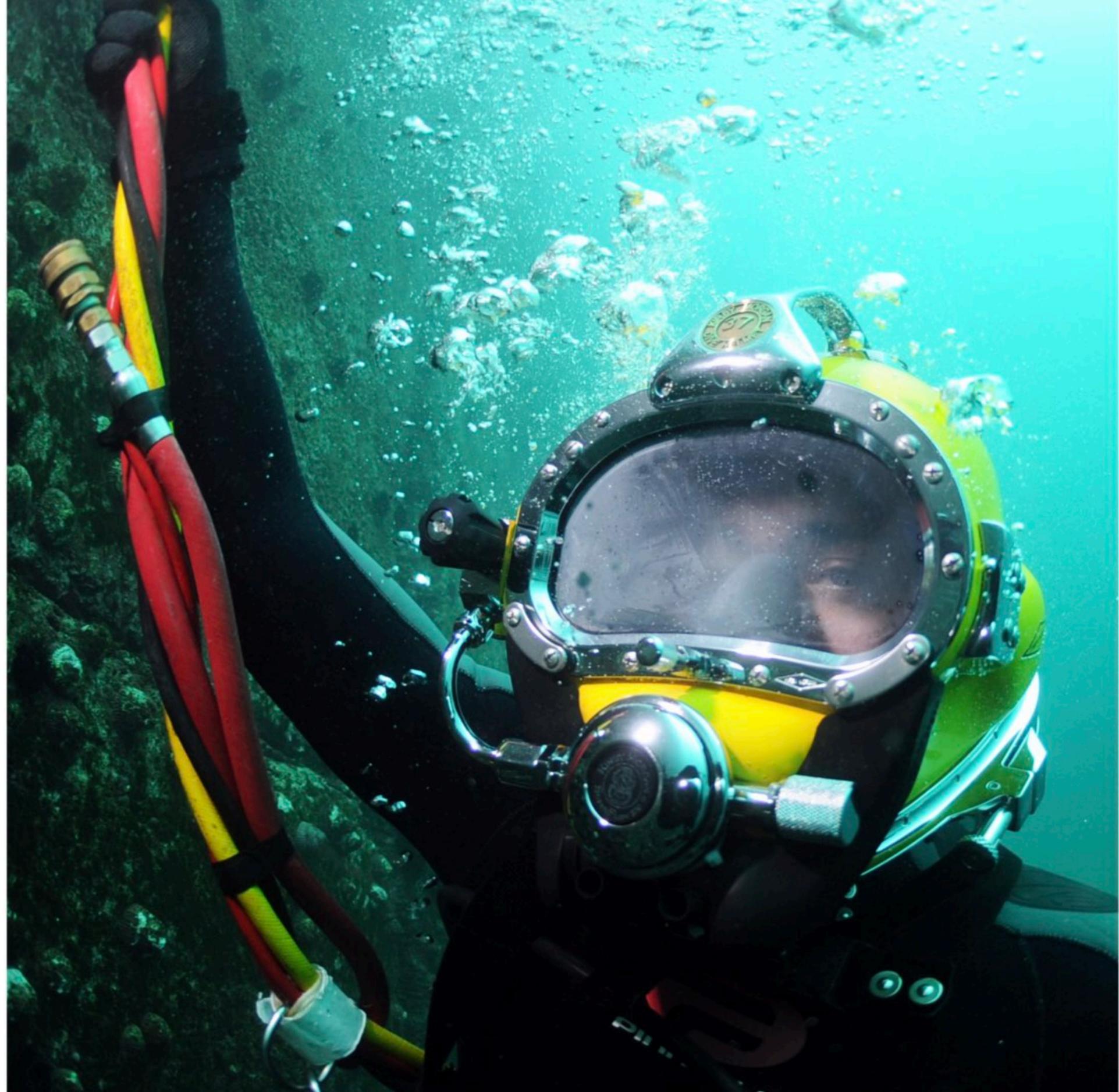
- Bootcamp: **8 weeks**
- Aircrew Candidate School: **5 weeks**
- Rescue Swimmer School: **8 weeks**
- Applicable "A" School: **6 months**
- Survival Evasion Resistance Escape: **2 weeks**
- AWS "A" Aircraft Systems: **6 weeks**
- FRS Aircraft Systems: **6–12 months**



ND
NAVY DIVER

**YOU ARE A WARRIOR
BENEATH THE SEA.
YOU RESCUE AND REPAIR,
SEARCH AND DESTROY.
IN DEPTHS THAT MOST
HUMANS WILL NEVER GO.**

You are called upon to be focused, capable and calm. All while operating highly technical diving systems and equipment—up to a depth of 2,000 feet beneath the sea. As a Navy Diver, depths, darkness and extreme temperatures are your day-to-day environment. Depending on your assignment, you will perform operations such as underwater ship repair, salvage, expeditionary and Special Warfare operations, submarine rescue, saturation and hyperbaric chamber treatments.





TRAINING

Bootcamp: 8 weeks

Basic Engineering Common Core: 4 weeks

Pre-Conditioning and Assessment Course: 2 weeks

Second-Class Dive School: 18 weeks



EOD

**EXPLOSIVE ORDNANCE
DISPOSAL**



SKYDIVE. HIT THE GROUND, INTEGRATED, WITH SPECIAL FORCES. WORK UNDERWATER. BLOW STUFF UP.

Search for a live mine in the murky depths of the ocean. Learn how homemade bombs are made so you can disarm the ones you find. Whether wearing a bomb suit or operating state-of-the-art robotics, you will maintain the surgical precision and nerves of steel required to identify, neutralize and destroy any explosive threats, including sea mines, torpedoes, bombs and improvised chemical, biological and nuclear devices.



TRAINING

- Bootcamp: **8 weeks**
- Pre-Conditioning and Assessment Course: **2 weeks**
- Dive School: **8 weeks**
- EOD School: **43 weeks**
- Basic Parachute Training: **3 weeks**
- Expeditionary Skills: **4 weeks**
- EOD Tactical Training: **3 weeks**



SWCC

SPECIAL WARFARE
COMBATANT-CRAFT CREWMAN

KEEP THE BOATS QUIET. UNTIL QUIET IS NO LONGER AN OPTION.

A Navy SWCC team works in small, fast, heavily armed watercraft. You will fight in extremely close quarters with extreme firepower. Your deadly skill set allows you to be swift and precise, conducting high-speed assaults in covert combat missions, often at night, with little or no air support.





TRAINING

- Bootcamp: **8 weeks**
- Navy Special Warfare Prep School: **8 weeks**
- Basic Crewman Training (BCT): **11 weeks**
- Crewman Qualification Training (CQT): **21 weeks**



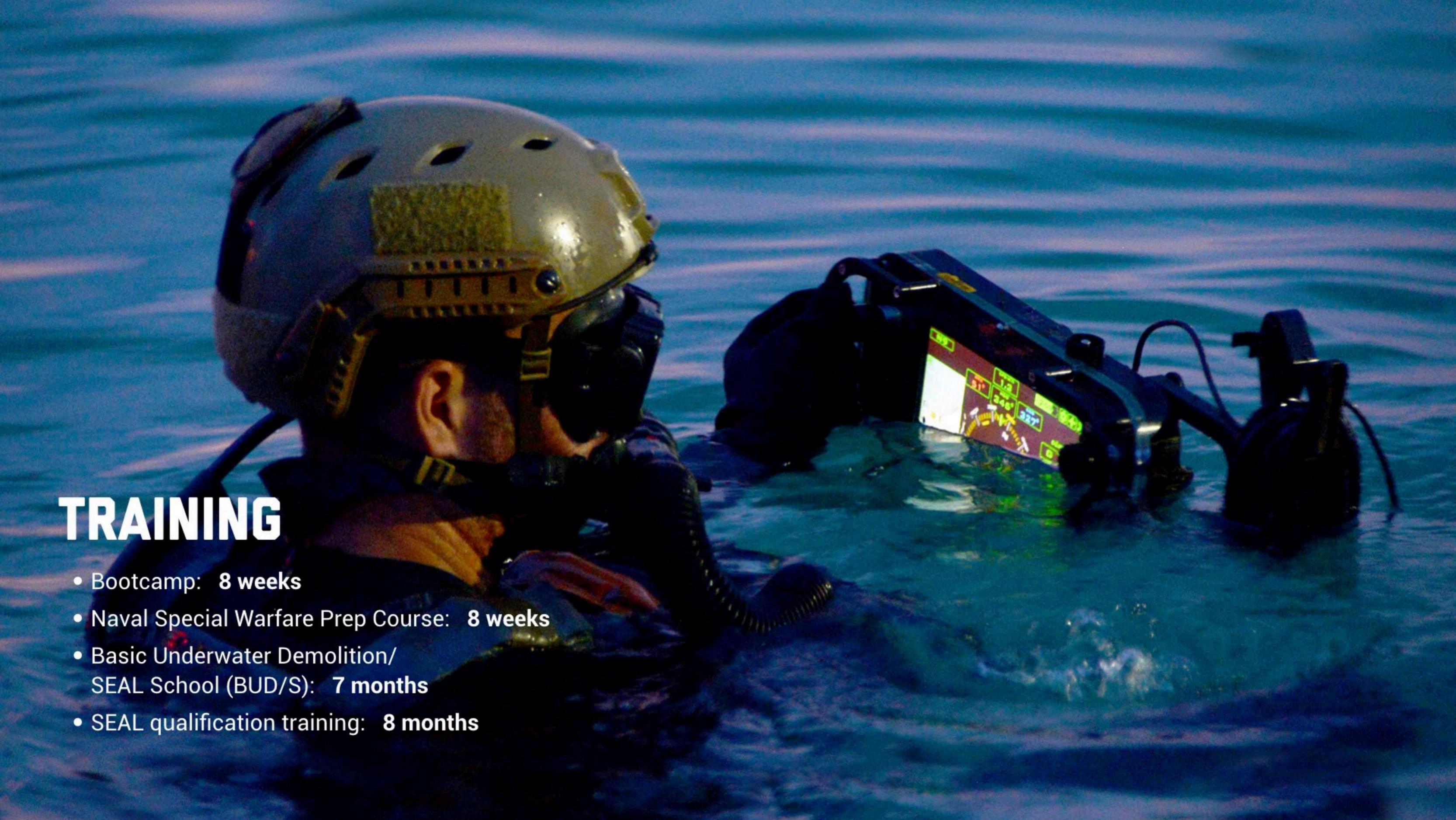
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NAVY SEAL



EXECUTE CLANDESTINE MISSIONS BY WAY OF SEA, AIR AND LAND. HUNT DOWN TERRORISTS. BUILD BONDS THAT WILL LAST FOR LIFE.

No mission is too dangerous. No water too cold. No desert too hot. Your training will teach you how to shoot everything from rocket launchers to long-range sniper guns and automatic weapons. On foot or aboard submarines, helicopters and high-speed boats, you will ultimately become America's most effective weapon against global terror.

A SEAL in a helmet and goggles is shown in profile, looking towards a night vision device mounted on a piece of equipment in the water. The device's display is illuminated with green and red data, including a map and various numerical readouts. The background is a dark, rippling body of water under a dim sky.

TRAINING

- Bootcamp: **8 weeks**
- Naval Special Warfare Prep Course: **8 weeks**
- Basic Underwater Demolition/
SEAL School (BUD/S): **7 months**
- SEAL qualification training: **8 months**

QUALIFICATIONS

You must be:

- U.S. citizen and eligible for a security clearance
- Age 17–30 years of age (17–28 for SEALs)

You must:

- Score the required minimum on the Armed Services Vocational Aptitude Battery (ASVAB)
- Meet specific medical and physical requirements
- Take a standard military physical at a Military Entrance Processing Station (MEPS)
- Pass a rigorous Physical Screening Test (PST)



PST REQUIREMENTS

To be eligible for the Warrior Challenge, before bootcamp you must pass a Physical Screening Test (PST) comprising of:

AIRR

- 12-minute swim
- 42 push-ups
- 50 sit-ups
- 4 pull-ups
- 12-minute run

ND/EOD

- 12:30 swim
- 50 push-ups
- 50 sit-ups
- 6 pull-ups
- 12:30 run

SWCC

- 13-minute swim
- 50 push-ups
- 50 sit-ups
- 6 pull-ups
- 12:30 run

SEAL

- 12:30 swim
- 50 push-ups
- 50 sit-ups
- 10 pull-ups
- 10:30 run

In the **Delayed Entry Program** (DEP), Warrior Challenge Mentors and Coordinators will offer nutritional advice, plus physical training and coaching for your PST.

ARE YOU READY?

QUESTIONS?

CONTACT INFO:

[Recruiter Info Here]

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