

COAST GUARD DETACHED DUTY
U.S. NAVY SEAL TRAINING APPLICATION
INSTRUCTION

References:

CG Central/my workspace/career management/officer/assignment (Officers)
<http://www.uscg.mil/epm/AO/Seals.asp> (Enlisted)

Job Description

USCG SEAL designated personnel will serve as a qualified and fully integrated member of a USN SEAL Organization. Members will serve in the same capacity as other SEALs and special operators, which may include combat operations.

For more information on the U. S. Navy SEAL program, visit the web site at WWW.SEALCHALLENGE.NAVY.MIL.

Minimum Qualifications:

The following requirements apply to all personnel:

- Only active duty male personnel are eligible for this training.
- All selected, (Officers) and (Enlisted) candidates must obligate a minimum of seven years of service prior to the commencement of The Naval Special Warfare (NSW) Preparation course.
- Applicants must have a minimum of 18 months time-in-service when their application is forwarded for consideration (to include Officer Accession time).
- Enlisted applicants must be in paygrades E-3 to E-5 to apply and enlisted in grade E3 must hold a current rating designator.
- Officer applicants must be in paygrade O-1 to O-2 to apply.
- Applicants must be between the ages of 18-28 years old.
- Applicants' vision must be 20/200 uncorrected or better in each eye. Both eyes must be correctable to 20/20 and have normal color vision.
- Applicants must be a US citizen.
- Applicants must not have any court martial or felony convictions (Federal, State or local), pending or otherwise.
- Applicants cannot have received NJP within the previous 4 years.
- Applicants must hold SECRET clearance and be eligible to hold a TOP SECRET clearance. If the applicant's present clearance level is less than SECRET, include a completed SF86 in the application as an attachment to the applicant's memorandum.
- Applicants must have received the minimum scores or higher on the ASVAB: GS+MC+EI=165.
- Applicants must speak, read, and write English fluently.

- Applicants must demonstrate financial stability by completing a DHS form 11000-9. This form is available from unit Command Security Officers.
- Applicants must sign a witnessed Statement of Understanding (SOU). The SOU will be available on or about 19JUN09. Please call the OPM &/or EPM POC's listed at the end of this application instruction to obtain a copy of the SOU after that date.
- Applicants must have a Command Endorsement from your current unit. The specific elements to be addressed in the endorsement are listed below.
- Applicants must have a current (within one year of panel convening, AUG 2009) US Navy Dive physical signed by an Undersea Medical Officer (UMO)
- Commands must verify that applicants meet screening requirements for sea duty and overseas assignment IAW Coast Guard Personnel Manual, COMDTINST M1000.6 (series).
- Commands must administer a preliminary physical fitness test (PFT) to verify that members meet the physical requirements. See the specific requirements listed below. All exercises are to be completed in succession. The specific criticalities are located in the references listed above. The criticalities must be reviewed prior to administration of the PFT. No waivers will be granted for failure to successfully complete any portion of these tests. The competitive (COMP) score and/or times are listed following the minimum standards below. By achieving and/or exceeding the COMP scores and/or times, applicants may increase their chance of selection. The PFT results must be verified by the Commanding Officer or Officer in Charge.

Timeline

14 AUG 2009: Application due to CG PSC

SEP 2009: Joint Officer and Enlisted Seal Selection Panel will convene. The results of the panel will be released within a week of the panel's convening. Those candidates selected during the panel will continue on in the screening process.

OCT 2009: Secondary screening: The secondary screening will include a second PFT, dive chamber testing, an interview and a review and verification of physical exams and records and will be approximately 7 days in duration. Psychological evaluations may be part of this of this process. However, if the psychological evaluation does not occur during the secondary screening process due to facility unavailability, an additional TDY period will be required for successfully screened candidates prior to the commencement of the NSW Preparation Course. All TDY will be funded by the Deployable Operations Group (DOG).

Date for commencement of training: approximately FEB 2010

Coast Guard personnel desiring to apply for SEAL training with the US Navy must complete an application in CG memorandum format providing the information and documentation as indicated. Incomplete applications will not be processed.

SEAL Packages must be submitted in a six (6) part red (red-brown) folder. The follow page is the cover to be stapled on the outside of the folder.

THIS APPLICATION IS FOR USCG PERSONNEL APPLYING FOR SEAL TRAINING WITH THE US NAVY TO SUPPLEMENT NAVAL SPECIAL WARFARE FORCES.

CANDIDATE FULL NAME

RANK/RATING: _____ **EMPLID** _____ **DOB** _____

UNIT: _____

SUPERVISOR NAME _____, **CONTACT #:** _____

6-part folder shall be assembled as follows:

Tab 1: Photo

Photograph: Include a full length, front facing, color photograph in Tropical Blue Long uniform, uncovered. Photograph may be taken with a digital camera and printed out on a color printer on normal paper. Minimum size is 5X7.

Tab 2: Administrative

Member's memorandum: Using a CG memorandum answer each question in paragraph format. All elements must be clearly addressed.

1. Why do you want to be a SEAL?
2. Provide examples where you demonstrated good maturity, judgment, and leadership.
3. What is your greatest accomplishment?
4. Are you willing to sacrifice personal time and absorb the inconveniences required for this position? Explain.
5. Do you have any objection to the use of fire arms or lethal force in the defense of your life or the life of your fellow shipmates? Explain.
6. Intent to Obligate Service/Reenlist: Provide a written statement, stating that you will extend or reenlist to meet any service obligations resulting prior to the commencement of any SEAL training. The expected total service obligation connected with successful completion of SEAL training is 7 years.
7. Security clearance: State your present security clearance and date. If the present clearance is less than SECRET, include a completed SF86 as an attachment. All prospective SEAL candidates must hold a SECRET clearance prior to the commencement of training and must be eligible to hold a TOP SECRET.

Attachments to Memorandum are (Please submit in the following order):

1. ASVAB scores. Please provide the Direct Access printout or other documentation with ASVAB scores. Minimums are GS+MC+EI=165 / VE+MK+MC+CS=220
2. Financial information: Complete DHS Form 11000-9. Available from Command Security Officer (CSO). Below the signature line, please hand-write or type in your home and/or billing address. This form authorizes a full credit check prior to the Board CLVN.

3. SF 86 (If Applicable): If the present clearance is less than SECRET, include a completed SF86. All prospective SEAL candidates must hold a SECRET clearance prior to the commencement of training.

Command Endorsement: Complete in FIRST ENDORSEMENT format. In addition to attesting to the member's ability to participate in SEAL training, the endorsement must also verify the following information on the member:

1. State there have not been any administrative remarks placed in his official record that demonstrated a lack of responsibility, judgment, or financial irresponsibility.
2. State there is no pending UCMJ or civil legal actions against the member.
3. State there was no NJP within the pervious 4 years.
4. State there is no Court Martial or Felony Convictions (Federal, State or Local) pending or otherwise.
5. Certify for enlisted personnel that they meet the minimum standards for Special Duty Assignments IAW PERSMAN, COMDTINST M1000.6a, Art. 4.E.2.a.
6. The Command Endorsement must also include a statement regarding backfill concerns if candidate is selected for the SEAL program.

Tab 3: Leave Blank for Board Use. (Signed SOU placed in application folder by Panel Coordinator, YN1 Rhone)

Tab 4: Medical Examinations: Provide a copy of your current completed US Navy Dive physical signed by an Undersea Medical Officer (UMO). If you are unable to schedule a US Navy Dive physical contact the DOG's Medical Officer. Additionally, candidates who successful screen for this program will require a Naval Special Warfare physical examination within 12 months of arriving to the NSW Preparation course. This may be completed during secondary screening process or a later date.

Tab 5: Leave Blank for Board Use.

Tab 6: Physical Fitness Results:

1. Physical Fitness Test: Applicant must complete a Physical Fitness Test (PFT), comprised of the events in the following table. The results must be printed out and validated with the signature of the unit Commanding Officer or Officer-in-Charge and be included with the applicant's package. It is important to note that while there are minimum standards, there are also competitive standards that the applicant must be

cognizant of. The applicant will be required to repeat the PFT during the secondary screening process at the Deployable Operations Group. The specific criticalities to administer the PFT are provided in the previously listed references.

The following standards apply (please see last column for “competitive repetitions and time”):

Event	Allowable Time	Minimum Repetitions	Rest Period	Competitive Repetitions/Time
500-yard swim using breast and/or sidestroke	12:30 Minutes/seconds	N/A	10 Minutes	10:00 minutes
Push-ups	2:00 Minutes	42	2 Minutes	79
Sit-ups	2:00 minutes	50	2 Minutes	79
Pull-ups	No time limit	6 (dead hang)	10 Minutes	11 (dead hang)
1.5 mile run wearing boots and trousers	11:30 minutes/seconds	N/A	N/A	10:20 minutes/seconds

Please use a copy of the table on page 7 of the instruction for TAB 6 of the application.

Physical Fitness Test Results: _____
(Type Rank and Full Name of Member)

Event	Allowable Time	Minimum Repetitions	Rest Period	Results
500-yard swim using breast and/or sidestroke	12:30 Minutes/seconds	N/A	10 Minutes	
Push-ups	2:00 Minutes	42	2 Minutes	
Sit-ups	2:00 minutes	50	2 Minutes	
Pull-ups	No time limit	6 (dead hang)	10 Minutes	
1.5 mile run wearing boots and trousers	11:30 minutes/seconds	N/A	N/A	

I certify the results are accurate.

 Signature, Rank, Name

 Title (Must be CO or OinC)

 Date

During the 7 day TDY secondary evaluation period, members will need to be prepared to repeat the above physical fitness test and complete an additional Swim Test. Applicants should be prepared to complete the following additional water survival and test events during the screening process at the Deployable Operations Group (for the below tests only, no documentation of prior completion is required):

1. Five minute drown proofing with hands and feet secured
2. One hundred yard swim in full gear
3. Enter water with all gear, shed gear and tread water for 5 minutes
4. One thousand yards open water swim with mask and fins

Packages must be sent via DHL, FEDEX or USPS certified mail to CGPC-epm-1 to arrive NLT 14 AUG 2009. Member will receive a confirmation email.

CGPC (EPM-1)
PERSONNEL SERVICE CENTER
ATTN: PANEL COORDINATOR, YN1 D. RHONE
US COAST GUARD STOP 7200
4200 WILSON BLVD STE 1100
ARLINGTON VA 20598-7200

For more information on the SEAL Program, please contact:

CGPC Panel Coordinator:	YN1 Derrick Rhone	(202) 493-1247
Enlisted Assignments:	LT Joy Blair	(202) 493-1270
	LT Kelly Merchen	(202) 493-1253
Officer Assignments:	LCDR Keith Utley	(202) 493-1647

DOG Points of Contact:		
Medical Officer	CDR Luis Ortega	(202) 493-1011
DG-7/Training:	CAPT Mark Hemann	(202) 493-1177
	Walt Edwards	(202) 493-1094, office (703) 625-8662, mobile

Training Info:

The first training course will be the Naval Special Warfare (NSW) Preparation course, Great Lakes Naval Training Center, IL. This training lasts between four and eight weeks. Four weeks is considered the minimum, eight weeks is optimal. After successful completion of the NSW Preparation course, personnel will receive orders to the USN for further screening and indoctrination. The USN will then send selected personnel to Basic Underwater Demolitions School (BUD/S) in Coronado, CA. This six-month course will focus on physical conditioning, boat handling, diving physics, basic diving techniques, land warfare, weapons, demolitions, communications, airborne operations and reconnaissance. Following successful completion BUDS, candidates will receive additional courses of instruction. Upon graduation from SEAL training pipeline,

personnel will be designated as SEALs and will receive PCS orders to a USN SEAL Team for their initial SEAL tour. USCG SEAL designated personnel will serve as a qualified and fully integrated member of a SEAL organization.