

# NAVY WARRIOR CHALLENGE PROGRAM





# SEAL

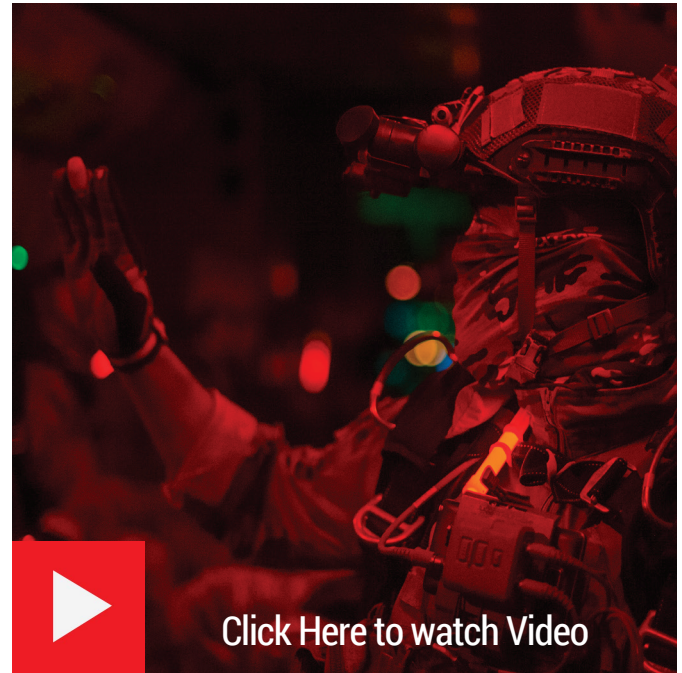
## SPECIAL WARFARE

### YOU KNOW YOUR POTENTIAL

There's something inside you. Pushing you against the tide – and away from convention. You're destined for greatness. And the rules you follow are your own.

Your place in the world isn't in the rank-and-file, nine-to-five routine. You belong where your physical skills and passion for achievement amount to something extraordinary. And you'll do anything to get there.

**NAVY SEALS. A REPUTATION THAT'S RENOWNED IN SOME CIRCLES, EVEN FEARED. THE MOST ELITE COMMUNITY IN NAVY SPECIAL WARFARE. VERY POSSIBLY THE TOUGHEST, MOST HIGHLY TRAINED MILITARY GROUP THAT EVER EXISTED.**



The Navy SEALs are unique. Uncompromising in their determination to achieve – sacrificing themselves to the toughest training in the world. Pushing themselves to the outer reaches of human capability. And pulling through with the most intense, electrifying career in existence. In total, they make up less than one percent of all Navy personnel.

### A LEGACY OF ACHIEVEMENT

In 1962, President John F. Kennedy directed the United States Navy to establish SEAL teams One and Two. Their mission: conduct counterterrorism warfare and clandestine operations in the maritime and riverine environments of Vietnam.

Since then, the SEALs have operated around the world, including Grenada, the Persian Gulf, Panama, the Middle East, Somalia, Bosnia, Haiti, and Liberia. During peace and war. Their impact has directly contributed to the security of our country – and the demise of our enemies.

### NO MISSION IS ROUTINE

There are soldiers, and there are warriors. Navy SEALs are trained to succeed. Taking out key targets. Conducting reconnaissance for future military actions. Standing ready to neutralize the threat of terrorism around the world. And utilizing the latest technology in transportation, reconnaissance and weaponry.

It's a life that only the strongest, most capable few are qualified to live.

**I WILL NEVER FAIL...**





# SWCC

## SPECIAL WARFARE COMBATANT-CRAFT CREWMAN

### A DIFFERENT BREED

Imagine: It's the dead of night – and the only sound is the rustling of reeds in shallow water. Instantly, the darkness erupts with the roar of engines, the pounding of .50 caliber incendiary rounds, and the utter devastation of everything in the target zone. Just as quickly, the thundering ceases, the motors recede, and all that remains are the reeds and the water.

**NAVY SWCC. THEY'RE SWIFT. THEY'RE DEADLY. AND THEY'RE READY, IN AN INSTANT, TO ACCOMPLISH THEIR MISSION – WHEREVER THE WATERWAYS MAY LEAD. ENTER THE WORLD OF THE SPECIAL WARFARE COMBATANT-CRAFT CREWMAN (SWCC).**

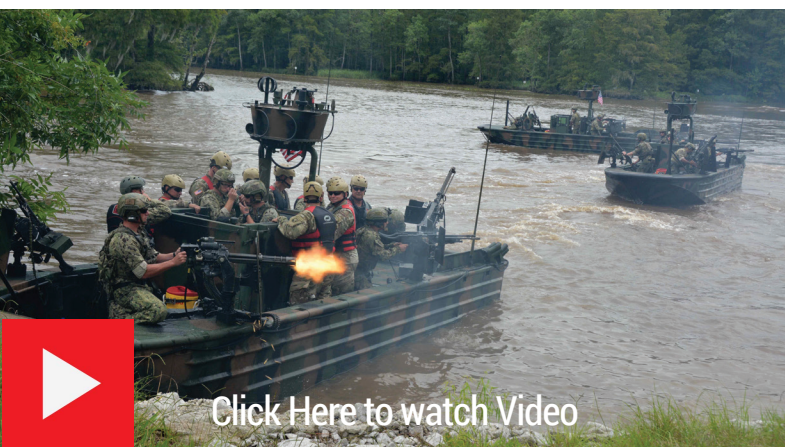
Navy SWCCs (pronounced "swicks") are the warriors of the sea. Expertly trained, highly disciplined, and armed with an earth-shattering amount of firepower, SWCCs embody stealth and destruction from the water. Their purpose: unconventional warfare from the world's waterways, including insertion and extraction of Navy SEALs. Their missions are covert. Their strikes are ferocious. And their forces are elite – comprising less than one percent of all Navy personnel.

### ACHIEVEMENTS OF LEGEND

From the Vietnam Conflict to the War on Terrorism, SWCCs have remained a key element in defending freedom in every corner of the world. Most of their missions are highly classified but recently have ranged from securing enemy oil platforms to intercepting and apprehending high-level terrorists on the open sea.

### FAST BOATS, SUPERIOR FIREPOWER

The life of a SWCC revolves around speed, stealth, and firepower. Being ready at a moment's notice to fly halfway around the world. Deploying in the ocean's most extreme environments, behind enemy lines. Inserting SEAL teams. Conducting reconnaissance. And taking out key targets. This is a lifestyle that is always on time, always on target and will never quit.



**I AM READY FOR WAR...**



# EOD

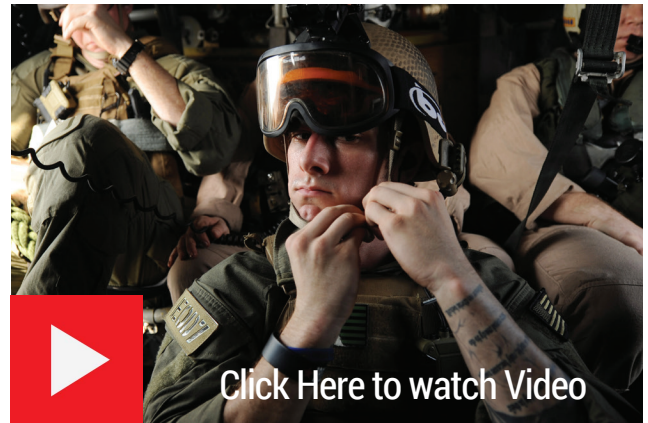
## EXPLOSIVE ORDNANCE DISPOSAL

### NO FEAR. NO FAILURE.

You thrive under pressure. Not the routine stress of everyday life. But the kind of tension that makes your adrenaline surge. Where every move is critical. And a moment of distraction could mean the difference between success and disaster.

And you wouldn't have it any other way. If this describes you, you might have the right stuff to join the elite community of Explosive Ordnance Disposal (EOD) personnel.

Deep under water or deep in the urban jungle. In forested mountains or desert wastelands. EOD Techs are the Navy's elite unit dispatched to seek out lethal devices of all kinds – and render them harmless.



### STEEL NERVES AND STEADY HANDS AREN'T THE ONLY REQUIREMENTS TO BE A MEMBER OF THE EOD COMMUNITY. IT TAKES GRUELING TRAINING, CONSTANT PRACTICE AND A DISCIPLINED APPROACH TO HANDLING PRESSURES THAT WOULD MAKE MOST MEN AND WOMEN BUCKLE.

In 1950, Admiral Forrest Sherman stated, "When you can't go where you want to, you haven't got command of the sea. Command of the sea is the bedrock for all our war plans."

EOD Techs can trace their roots to World War II, where unexploded Nazi ordnance was a constant threat to soldiers and civilians alike. Today, EOD Techs play a more critical role than ever – from prosecuting the War on Terrorism to keeping shipping lanes safe from the threat of piracy.

### ALL ENVIRONMENTS. ALL SITUATIONS.

Today's enemies are as varied in their tactics as they are cunning in their methods. Whether in the form of underwater mines, unexploded ordnance on the battlefield, or improvised explosive devices (IEDs) on city streets, the threats to our armed forces are frequent, real and ever-changing. And a single explosive device could spell disaster for an entire operation.

### ELIMINATING EXPLOSIVE THREATS SO THE NATION CAN FIGHT AND WIN – WHENEVER, WHEREVER, AND HOWEVER IT CHOOSES

A Navy EOD team is the most mobile and skilled unit of its kind. Enabling SEALs, Army Special Forces, CIA, Secret Service, Air Force and Marine Corps operations worldwide. And trained to take out nearly every type of lethal device – including conventional explosives, biological weapons, and even nuclear devices. Unflappable presence of mind. Exceptional physical endurance. And the thrill for dangers that others would sooner avoid.

**I WILL DEFEAT MY ENEMIES' SPIRIT  
BECAUSE MY SPIRIT IS STRONGER...**



# DIVER

## U.S. NAVY DIVER

### PUSH YOURSELF DEEPER

There are some places that humans just weren't meant to go. Where the darkness couldn't be deeper if you closed your eyes. Where near-freezing temperatures are tolerated only because of the strongest focus. And the pressures of the deep leave no room for error.

This is where you feel alive. Taking measured risks for the purpose of a greater goal. Excelling in extreme environments by virtue of rigorous training and sheer will.

**NAVY DIVERS. Their accomplishments are legendary. Their prowess is untouched. In the world of deep-sea exploits, no other community is as highly trained – or as completely ready – to achieve the impossible.**

From their simple beginnings as swimmers disarming mines during the Civil War, to their current role in supporting the Fleet in the War on Terrorism, Navy Divers serve an enormous range of functions. Reconnaissance. Demolition. Construction. Search and rescue. Salvage. And many more. Each operation critical in its own right.

### DIVE THE WORLD OVER

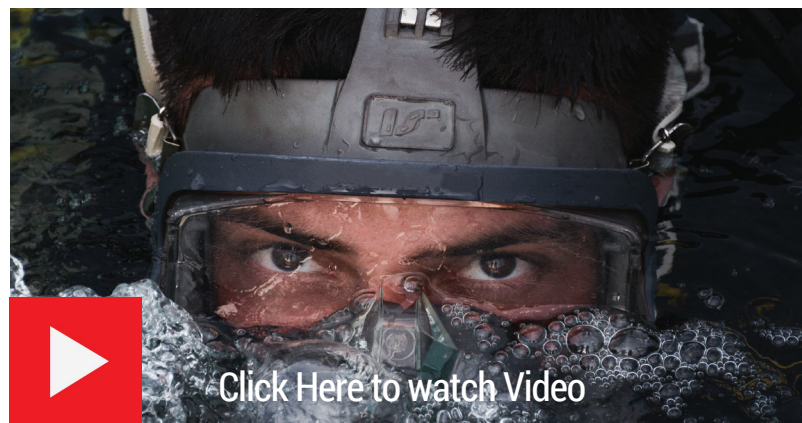
Name the task, name the place. As a Navy Diver, you're trained to perform in nearly every underwater condition – from the clear tropics, to the frigid darkness beneath icebergs, to the deepest reaches mankind has ever explored.

### NO ROOM FOR DOUBT

In the life of a Navy Diver, second thoughts are dangerous – and self-doubt can lead to disaster. That's why Navy Diver training is among the most intense in the world.

Designed to not only impart the necessary skills but also to build endurance. Secure confidence. And eliminate the weak of heart. Those who drop out are a testament to the training that makes the Navy Diver community elite, indeed.

It's a job that few have the inner strength to handle. But for those who make it, it brings rewards unlike any other.



[Click Here to watch Video](#)

## EXCELLENCE IS MY TRADE...





# AIRR

## AVIATION RESCUE SWIMMER

### SAVING LIVES AND HELPING OTHERS

You'll feel the adrenaline course through you as the helo lifts off the deck. The mission ahead is literally about life and death. As you scan the ocean below you recall the intense training that led you here. You are ready. You are confident. And soon that confidence and readiness will be the difference for the person in the water. It will be a rescue that neither of you will ever forget.

**"So Others May Live." It is a motto, But it is also a way of life. For Those who have fallen and for Those who are lost, for those who lose hope and those who call out, they live their lives, they risk their lives, and they give their lives to ensure others will live.**

Born of necessity during WWII, today's Aviation Rescue Swimmer has evolved into a multi-mission capable, highly trained and elite expert who provides Search and Rescue lifesaving techniques while providing medical care of both military (combat and peacetime) and civilians in distress over open ocean, land and mountain terrains.

### ALL ENVIRONMENTS. ALL SITUATIONS.

As an Aviation Rescue Swimmer you'll take part in helicopter operations around the world. Search and Rescue. Humanitarian aid and relief. Medical evacuation. Combat search and rescue. Special Warfare support. Air Ambulance. Cargo transfer. Reconnaissance operations. Anti-submarine warfare. Mine countermeasures. Airborne fire fighting. Drug interdiction. Anti-surface warfare. You'll also support the State Department, Coast Guard, Treasury and Customs Service, Federal, State and local law enforcement, and rescue agencies.



## SO OTHERS MAY LIVE...



# HOW FAR CAN YOU GO?

## TAKE THE TEST

Warrior training weeds out all but the toughest, strongest and most determined individuals. Just completing training earns a great deal of respect.

Take the Navy Warrior Physical Screening Test and do everything you can to exceed the minimum requirements.

### SEAL

500-yard swim using breast-and/or sidestroke in under 12 minutes and 30 seconds; 10-minute rest

Perform a minimum: 50 push-ups in 2 minutes; 2-minute rest

Perform a minimum: 50 sit-ups in 2 minutes; 2-minute rest

Perform a minimum: 10 pull-ups (no time limit); 10-minute rest

Run 1.5 miles under 10 minutes and 30 seconds

### EOD / DIVER

500-yard swim using breast-and/or sidestroke in under 12 minutes and 30 seconds; 10-minute rest

Perform a minimum: 50 push-ups in 2 minutes; 2-minute rest

Perform a minimum: 50 sit-ups in 2 minutes; 2-minute rest

Perform a minimum: 6 pull-ups (no time limit); 10-minute rest

Run 1.5 miles under 12 minutes and 30 seconds

### SWCC

500-yard swim using breast-and/or sidestroke in under 13 minutes; 10-minute rest

Perform a minimum: 50 push-ups in 2 minutes; 2-minute rest

Perform a minimum: 50 sit-ups in 2 minutes; 2-minute rest

Perform a minimum: 6 pull-ups (no time limit); 10-minute rest

Run 1.5 miles under 12 minutes and 30 seconds

### AIRR

500-yard swim using breast, American crawl or sidestroke in under 12 minutes; 10-minute rest

Perform a minimum: 42 push-ups in 2 minutes; 2-minute rest

Perform a minimum: 50 sit-ups in 2 minutes; 2-minute rest

Perform a minimum: 4 pull-ups (no time limit); 10-minute rest

Run 1.5 miles in under 12 minutes

## BE AWARE: PASSING THIS SCREENING TEST IS JUST THE BEGINNING.

## THE REWARDS OF A WARRIOR

Navy Special Warfare Warriors are also among the most highly compensated communities in the military. Their tremendous work translates into salary, bonuses and other benefits.

- Dive Pay\*
- Flight pay\*
- Parachute Pay\*
- Demolition Pay\*
- Foreign Language Pay\*
- Special Duty Assignment Pay\*
- Re-enlistment bonuses up to \$45,000\*
- Above average advancement opportunities\*

**\*For those who qualify**

\*Visit Navy.com to view what current special pays are available.



**THIS IS ALL IN ADDITION TO NOT ONLY SEEING THE WORLD BUT – IN A VERY REAL SENSE – SAVING IT.**

**...I AM A NAVY SEAL**

**...I AM A SWCC**

**...I AM A EOD TECH**

**...I AM A NAVY DIVER**

**...I AM A NAVY AIRR**



For more information on forging opportunities in  
America's Navy and Navy Reserve, please visit  
us online at [navy.com](http://navy.com)

**DO YOU HAVE WHAT IT TAKES  
TO JOIN THE RANKS?**



**CAREERS**



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