

to become a navy seal

To become a Navy SEAL is a dream for many who seek to serve their country in one of the most elite military units in the world. The Navy SEALs, or Sea, Air, and Land teams, are known for their rigorous training, adaptability, and unparalleled skills in various combat environments. However, the path to becoming a SEAL is not easy; it requires exceptional physical fitness, mental toughness, and a strong commitment to service. In this article, we will explore the steps necessary to join the Navy SEALs, the training involved, and the challenges candidates face.

Understanding the Requirements

To become a Navy SEAL, candidates must meet specific eligibility requirements. These requirements ensure that only the most capable individuals are selected for this demanding role.

Basic Eligibility Criteria

Before aspiring candidates start their journey, they need to meet the following essential criteria:

- **Age:** Candidates must be between 17 to 28 years old. Waivers can be granted for those up to 29 years old.
- **Citizenship:** Candidates must be U.S. citizens.
- **Education:** A high school diploma or GED is required. Some candidates may benefit from higher education, but it is not mandatory.
- **Physical Fitness:** Candidates must pass a Physical Screening Test (PST) to qualify for SEAL training.
- **Background Check:** A thorough background check will be conducted, and candidates must pass a security clearance.

Preparing for the PST

The Physical Screening Test (PST) consists of several events that evaluate a candidate's physical fitness. To prepare, candidates should focus on the following components:

1. **Swimming:** Candidates must swim 500 yards in under 12 minutes and 30 seconds.
2. **Push-Ups:** Candidates need to complete a minimum of 50 push-ups in two minutes.
3. **Sit-Ups:** A minimum of 50 sit-ups in two minutes is required.
4. **Pull-Ups:** Candidates must perform at least 10 pull-ups without a time limit.
5. **Running:** A 1.5-mile run must be completed in under 10 minutes and 30 seconds.

Steps to Join the Navy SEALs

Once candidates meet the eligibility criteria and are physically prepared, they must follow a series of steps to become a Navy SEAL.

1. Enlist in the U.S. Navy

The first step is to enlist in the U.S. Navy. Candidates can do this through a recruiter, who will guide them through the enlistment process, including taking the Armed Services Vocational Aptitude Battery (ASVAB) test.

2. Complete Basic Training

After enlisting, candidates must complete basic training (boot camp) at the Recruit Training Command in Great Lakes, Illinois. This training lasts approximately eight weeks and covers essential military skills, physical fitness, and basic naval knowledge.

3. Attend the SEAL Training Preparation Course

Following boot camp, candidates will attend the SEAL Training Preparation Course (STPC), which is designed to help them improve their physical fitness levels and prepare for the rigorous training that lies ahead.

4. Pass the PST

Candidates must pass the PST again to qualify for the next stage, which is the Naval Special Warfare (NSW) Preparatory School.

5. Naval Special Warfare Preparatory School

The NSW Preparatory School is a 2-month program that further prepares candidates physically and mentally for BUD/S (Basic Underwater Demolition/SEAL training). Candidates will focus on swimming, running, and other physical training, all while learning about the SEAL ethos and culture.

6. Basic Underwater Demolition/SEAL Training (BUD/S)

BUD/S is the heart of SEAL training, lasting approximately six months. It is divided into three phases:

- **Phase 1:** This phase focuses on physical conditioning and includes Hell Week, a grueling five-and-a-half-day stretch that tests candidates' endurance and teamwork.
- **Phase 2:** In this phase, candidates learn diving skills, including combat diving and underwater navigation.
- **Phase 3:** The final phase emphasizes land warfare, small unit tactics, and advanced combat skills.

Challenges Faced During Training

The journey to become a Navy SEAL is filled with numerous challenges. Candidates must possess exceptional mental resilience to overcome these obstacles.

Physical Demands

BUD/S training is physically demanding, and candidates often face extreme fatigue and physical exhaustion. Training sessions can be grueling, often lasting for hours, with little time for rest.

Mental Toughness

Mental resilience is just as important as physical fitness. Candidates are constantly pushed to their limits, and many experience self-doubt and fear during training. Developing a strong mindset is crucial to overcoming these hurdles.

Teamwork and Leadership

SEAL training emphasizes teamwork and leadership skills. Candidates must learn to work effectively with others, often in high-pressure situations. The ability to lead and follow is essential for success in the SEAL teams.

Life as a Navy SEAL

Upon successful completion of BUD/S, candidates earn the coveted SEAL trident and officially become Navy SEALs. The life of a SEAL is filled with unique experiences and challenges.

Deployment and Missions

Navy SEALs are deployed worldwide, engaging in various missions, including direct action operations, reconnaissance, and counter-terrorism efforts. Their work is often classified, and they must be prepared for the unexpected at all times.

Continuous Training

Even after becoming SEALs, the training never stops. SEALs participate in continuous training to maintain their skills and stay sharp. This involves advanced courses in various combat tactics, survival skills, and specialized missions.

Conclusion

To become a Navy SEAL requires a combination of physical fitness, mental toughness, and unwavering commitment. The journey is not for the faint of heart, but for those who successfully navigate the rigorous training and challenges, the rewards are immense. Serving as a Navy SEAL offers a unique opportunity to protect and serve the nation while being part of an elite

brotherhood. Whether you are just beginning to explore this path or are already on your way, understanding the steps and challenges ahead is essential for success. If you are committed to this goal, the journey to becoming a Navy SEAL can be one of the most rewarding experiences of your life.

Frequently Asked Questions

What are the basic eligibility requirements to become a Navy SEAL?

To become a Navy SEAL, candidates must be U.S. citizens, aged 18-28, have a high school diploma or equivalent, pass a physical screening test, and meet specific medical and security clearance standards.

What does the Navy SEAL training process entail?

Navy SEAL training includes several phases: Basic Underwater Demolition/SEAL (BUD/S) training, which lasts about six months, followed by SEAL Qualification Training (SQT) for another six months, focusing on advanced combat skills, tactics, and survival.

How physically demanding is the training to become a Navy SEAL?

Navy SEAL training is extremely physically demanding, with rigorous workouts including running, swimming, obstacle courses, and team exercises. Candidates often face mental challenges that test their resilience and determination.

What is the average attrition rate for Navy SEAL training?

The average attrition rate for Navy SEAL training is around 70-80%, meaning that only about 20-30% of candidates who start the training successfully complete it.

Are there any specific educational requirements to become a Navy SEAL?

While a high school diploma is the minimum requirement, many successful candidates have college degrees. Education can enhance a candidate's competitiveness, but it is not mandatory.

What skills or qualities are important for someone aspiring to be a Navy SEAL?

Key skills and qualities for aspiring Navy SEALs include physical fitness, mental toughness, teamwork, adaptability, problem-solving abilities, and a strong commitment to service.

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