

**Naval Special Warfare (NSW)
Command Career Counselors Worksheet**

- 1. Purpose.** The purpose of this worksheet serves as a guide to assist Command Career Counselor's in properly pre-screening applicants. All applicants must meet the minimum requirements prior to the command recommending applicants for the SEAL/SWCC programs.
- 2. Service record.** Review the applicant's service record to ensure the applicant meets or exceeds the minimum requirements IAW MILPERSMAN 1220-120.
- 3. Medical record review:** The annual health assessment must be completed and you must be in good health prior to taking the Physical Screen Test (PST). The DIVE physical is not required for the PST, but must be completed and submitted in your package.
 - a. No waivers for color deficiencies for SEAL/SWCC.
 - b. **Eyesight Requirements (SEAL/SWCC):** Uncorrected vision no worse than 20/200 in either eye. Both eyes must be correctable to 20/20. Any vision deficiencies require BUMED approval. (Reference; Manual of the Medical Department, P-117, chapter 15-105, paragraph 7a(c)).
 - c. All Medical waivers must be pre-approved by BUMED and included with the applicants' package. BUMED waiver request: Reference Manual of the Medical Department, P-117, chapter 15-102, paragraph 3 and 3a.
- 4. Fitness evaluation:** Command Physical Readiness Test (PRT) history should be used to evaluate the applicant's historical physical readiness before recommending an applicant for SEAL/SWCC programs.
- 5. Career Counselors interview:** The interviewer should cover the following subjects:
 - a) Discuss with the applicant any financial, marital, or other hardships that may impede their ability to concentrate on and complete the training.
 - b) Stress with the applicant the importance to participate in a regular physical training regiment.
 - c) Confirm the applicant's motivation for entry into the program. Honor, Courage and Commitment are the cornerstones of the Naval Special Warfare Community and the United States Navy.
- 6. PST Request:**
 - A. The Career Counselor worksheet must be faxed to the PST Coordinator at (619)437-2873 for processing.
 - B. After the Worksheet is processed the applicant may request the PST online. http://www.seal.navy.mil/seal/pst_request.asp
- 7. Waivers:** All packages are screened by the PERS-401 SEAL/SWCC Detailers. Any required waivers are processed and approved/disapproved by the Enlisted Community Manager (ECM) at PERS-401. There is no waiver form for the candidate to fill out; the waiver is submitted by the ECM.
- 8. Package Submittal:** Please submit your complete package to the SEAL/SWCC detailers via: MILL_ND_EOD_SB_SO_packages@navy.mil.

NC WORKSHEET SEAL/SWCC

(CCC MUST PRINT AND FAX THIS SHEET WHEN COMPLETED to 619.437.2873)

Candidate: _____ SEAL/SWCC
RATE/RANK LAST NAME/FIRST NAME PROGRAM(CIRCLE ONE)
@ _____ .navy.mil
(PRINT CLEARLY) Service Members CMD EMAIL ADDRESS

SSN: _____ - _____ - _____ (optional) **Command** _____

Command Location _____

CCC Information: _____
RATE/RANK LAST NAME/FIRST NAME
(_____) - _____ @ _____ .navy.mil
CMD PHONE (PRINT CLEARLY) CMD EMAIL ADDRESS

1. Service record:

Date of Birth _____ DD _____ MM _____ YYYY *AGE _____ (Max 28)

ASVAB (SEAL) GS _____ + MC _____ + EI _____ = _____ (Min. 165) or
VE _____ + MK _____ + MC _____ + CS _____ = _____ (Min. 220)

ASVAB (SWCC) AR _____ + (WK OR VE) _____ = _____ Min.104) MC _____ = (Min 50)

(CCC only) (Circle one) Initials of CCC
Evaluation (3.0 or above in every category) Yes/No _____
NJP within last 12 months? (No wavier) Yes/No _____
Applicant has a current annual health assessment? Yes/No _____
Applicant will be released prior to PRD Yes/No _____
Command endorsement (recommended, not required) Yes/No _____
NOTE: Completed 1306 should be sent by CCC from service member to Naval Personnel Command (NPC) via the Commanding Officer. CO's have recommendation authority for all qualified candidates, final approval is from NPC.

Applicant (Circle one) Initials of applicant
Obliserve 51 months after graduation (SEAL)? Yes/No _____
Obliserve 36 months after graduation (SWCC)? Yes/No _____
Reapplying for training? Yes/No _____
If yes? Your paperwork can be resubmitted at 12 months from when you were released from training. However, there is a standard 24 months waiting period, which can be waived to 12 months in certain cases. If you don't receive the 12 month waiver resubmit your package at 24 months.

2. PST Request: After your NC worksheet has been submitted and your NC has received the confirmation, applicant must request the PST online: http://www.swcc.navy.mil/seal/pst_request.asp, your request will not be processed if your NC worksheet has not been cleared. Your NC will receive a confirmation email stating the receipt and approval for you to proceed with your PST request. Please allow a maximum of 5 business days for processing.

NSW Motivators PSTcoordinator@navsoc.socom.mil

PST Overview:

a. The physical screening test is designed to assess the applicant's physical ability to undergo initial training. The test will be administered exactly as indicated. No waiver will be granted for failure to successfully complete the physical screening test.

b. The run/swim times and push-up/sit-up/pull-up standards are minimum standards only. Maximum effort is required for all exercises and will be reported on the physical fitness screening test form submitted with your application.

I. SEAL PST

500-yard swim using breast and/or sidestroke in less than 12 minutes and 30 seconds

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds.

II. SWCC PST

500-yard swim using breast and/or sidestroke in less than 13 minutes.

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles in running shoes and shorts 12 minutes and 30 seconds.

Competitive PST Scores: SEAL & SWCC

500-yard swim: 10:00

Push-ups: 79

Sit-ups: 79

Pull-ups: 11

Run: 10:20