**General FAQs**

**How do I submit a package to become a SEAL or SWCC?**

Refer to MILPERSMAN 1220-300 for submission for SEAL training.

Refer to MILPERSMAN 1220-400 for submission to SWCC training.

**There are a number of physical fitness programs that advertise themselves as recommended for SEAL or SWCC training preparation programs. What is the official recommended training program to prepare for BUD/S or BCT?**

The only officially recognized preparation program is the NSW Physical Training Guide. Visit SEALSWCC.com for physical training information.

**If I previously DOR’d or was performance/medically dropped, can I return to training?**

Candidates previously disenrolled from an NSW training pipeline are eligible for consideration to return to training after two years from their disenrollment date, assuming they still meet all other eligibility requirements. Eligibility requirements for conversion to SO and SB are outlined in MILPERSMANs 1220-300 (SO) and 1220-400 (SB).

**Is a personal statement required?**

Per MILPERSMANs 1220-300 and 1220-400, personal statements are required for applicants that were previously disenrolled from SO, SB, ND, EOD, Air Rescue or other service special programs. Personal statements are not required for first-time applicants, but they are highly encouraged.

**Are letters of recommendation (LOR) required?**

LORs are not required, but they are encouraged and should be limited to a maximum of five.

**What criteria are applicants evaluated on?**

NSW assesses applicants based on the “whole person” concept, taking into account multiple attributes including, but not limited to, professional performance (evaluations, personal awards, etc), personal capacity (age, language and regional/cultural experience, education, ASVAB, previous SO/SB program progress, etc), and physical fitness (PST scores). No one factor is considered singularly controlling, but all attributes are considered to identify the best and most fully qualified candidates.

**I no longer have/was not provided with a NAVPERS 1070/613 administrative remarks document from BUD/S or BCT recommending I can return to training. Can I still submit a package without it?**

No. The NAVPERS 1070/613 administrative remarks document recommending you can return to training is required IAW MILSPERMANs 1220-300/400. All packages not in accordance will be returned without action. If you do not have this document, then we recommend you contact NSW Center Student Control to request a copy.

**I’m in a YG that is outside of NSW’s need. Can I still submit a package?**

Yes, but we recommend you instead consider submitting for an NSW rate where your YG is within NSW’s need for conversion.

**I was dropped from training post-Hell Week in BUD/s or post-Tour in BCT. Is my previous training progress make me more competitive compared to other applicants that did not make it as far?**

NSW does consider your previous training experience. It will be factored into the “whole person” assessment.

**What is considered a good PST score?**

That depends. Every applicant’s composite PST score is evaluated and compared against his/her’s YG cohort for that specific conversion application period, and every panel has ever-changing cohorts of applicants with varying PST scores. For example, while an applicant with a 750 composite PST score may receive a conversion authorization during one application period, that very same PST score may no longer be considered competitive in another application period due to an increase in physicality of the next period’s applicant pool. Applicants should strive for the best possible composite PST score to increase their chances of receiving a conversion authorization and be successful in training.

**How many times am I allowed to apply?**

Applicants may continue to reapply as long as they maintain eligibility IAW MILPERSMANs 1220-300 (SO) or 1220-400 (SB). However, if you were previously notified to no longer resubmit, then your package will not be considered and will be returned without action.

**Can I apply for SEAL Officer Assessment and Selection (SOAS) and SO conversion at the same time?**

Yes, however if you are selected and choose to attend SOAS while also applying for SO conversion, then you will no longer be considered for SO conversion until the results of SOAS are published. If you are not selected through the SOAS process and still wish to apply for SO, then you must submit another SO application to be considered for conversion, even if you have previously received an SO conversion authorization.

**Can I apply for SEAL and SWCC at the same time and make a decision when the results are released?**

No. You may apply to either SO or SB, but not to both at the same time.

**Fleet FAQs**

**I am a Professional Apprenticeship Career Track (PACT) Sailor. Can I apply?**

Yes, PACT sailors may apply. PACT eligibility shall be IAW MILPERSMAN 1306-611.

**I’m a PACT Sailor. Do I first need to choose a rate before applying?**

PACT Sailors may apply for SO/SB conversion prior to choosing a rate.

**I’m in a YG outside of SO or SB needs. Do you recommend I get out of the Navy, so I can reset my YG and then reapply for a SEAL/SWCC contract?**

No, we do not recommend that. There is no guarantee that your new YG will be within NSW community needs. You are taking a risk that your new YG will be reset to another YG outside of NSW’s need. We recommend you instead consider applying for an NSW rate where your YG is open for conversion, continue within your current rate’s career path, or pursue other Navy in-service procurement programs

**I am/was an Officer. Can I apply?**

No, per COMNAVCRUITCOMINST 1130.8K (Navy Recruiting Manual – Enlisted) Vol IV, Ch. 4:

“Recruiters will not solicit former officers of the Armed Forces to enlist in the Navy and former officers will not be approved should they volunteer; however, an individual is considered non-prior service and eligible for enlistment if their appointment was terminated by an entry level separation in their enlisted status from Officer Candidate School (OCS), ROTC, or one of the Service Academies. In some cases, these recruits may have received a RE-4. NAVCRUITCOM may waive RE-4 code restrictions in this case.”

**I am currently serving in NSW as combat support/combat service support (CS/CSS). Am I automatically selected for SO/SB?**

No. All SO and SB applicants must submit a conversion package IAW MILPERSMAN 1220-300 (SO) or 1220-400 (SB) to be considered for conversion.

**Should I apply for a conversion quota in CWAY?**

No. If you are given a SO/SB conversion authorization and make it through training, you will be awarded a conversion quota. If you are in your window and need to pick a rate, apply for an in-rate quota with your respective ECM.

**I do not meet the ASVAB/age/time in service (TIS) eligibility requirements. How do I apply for a waiver?**

You do not. If you are in a YG within NSW’s need, you may apply. If you are considered for an SO/SB conversion authorization, the NSW ECM will then conduct a second review of your application to determine if a waiver should be granted. If you are in a YG outside of NSW’s needs and require a waiver, do not apply. We recommend you instead consider submitting for an NSW rate for which you don’t require a waiver or pursue other Navy in-service procurement programs.

**Navy Veteran (NAVET)/Other Service Veteran (OSVET)/Reservist/Inter-Service Applicants**

**I’m a NAVET/OSVET. What should I include in my package?**

Consult your local Navy Recruiter for documentation required for enlistment in the Navy. Additionally, we recommend you refer to MILPERSMAN 1220-300 (SO) or 1220-400 (SB) to see package requirements for active duty Navy sailors and strive to include similar enclosures from your prior service, particularly performance evaluations, awards, and a personal statement. The NSW ECM will accept these additional enclosures via separate correspondence if they cannot be included within the prescribed CNRC package.

**How are NAVETs/OSVETs considered for selection to NSW training?**

NAVETs/OSVETs are considered alongside Fleet (active duty Navy) applicants using the same “whole person” assessment. NAVETs/OSVETs are subject to the same YG constraints as the Fleet applicants based on NSW community needs. The YG for NAVETs/OSVETs is calculated by subtracting the candidates’ Total Active Federal Military Service (TAFMS) from the anticipated ship date should they be given a SO/SB conversion authorization. TAFMS can be found on the DD214 or Reservist Point Capture Sheet. Candidates with more than 6 years of TAFMS are not eligible for NSW.

**I am active duty in the Army/Air Force/Marines/Coast Guard. Can I apply for an inter-service transfer into NSW?**

No, current Navy policy does not permit enlisted active duty inter-service transfers. Contact your nearest Navy Recruiter for information regarding your eligibility for enlistment into the Navy.

**I’m in the Reserves. Can I apply for conversion into NSW?**

Navy Reservists are not eligible for conversion to SO. However, SB does accept Navy reservists. Please contact the NSW Reserve Coordinator (619) 537-1781.

**Applicants That Have Received a SO/SB Conversion Authorization**

**Who do I contact if I have an issue/question with my orders to the NSW training pipeline?**

PERS-401DH processes all NSW student orders.

Mr. Joe Kons

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**I submitted an SO/SB package at the same time as a shipmate, but he was given a conversion authorization and I was not. I did better on the PST and I work out more than he does, so why did he receive a conversion authorization over me?**

Although you may feel that you are a better sailor or more physically fit, NSW assesses applicants based on community needs and the “whole person” concept. Attributes considered include, but are not limited to, YG, professional performance, language/cultural experience and expertise, ASVAB, and physical fitness. No individual factor is considered to be singularly controlling.

**I submitted a package at the same time as my shipmate and he has been notified of the conversion application results and I have not. When will I be notified of my results?**

Your package may be pending medical review, release by your ECM, pending waivers, or pending normal processing of all packages. If you have not received notification within 45 days after the package submission deadline please contact the NSW ECM.

**I was given an SO/SB conversion authorization. I want off my ship now!**

Be patient, stay positive and continue to work out. You will receive orders to attend the training that aligns best with the needs of NSW and the Navy.

**I received an SO/SB conversion authorization before my shipmate, however he received orders before me. Why?**

You will receive orders to attend the training class that aligns best with the needs of NSW and the Navy. There may be factors affecting your orders such as relief required before transfer, orders funding, orders release dates, or school seat availability. Contact PERS-401DH for all student orders-related questions.

PERS-401DH

Mr. Joe Kons

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**I received a SO/SB conversion authorization, but I also was previous student. Do I have to go back through the portion of training that I previously completed?**

Yes. Regardless of how far you made it previously, all candidates will begin Day 1 of the pipeline.

**I received an SO/SB conversion authorization and I have received my orders, but I no longer want to attend training. What do I do?**

Contact PERS-401DH to cancel your orders.

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