

NROTC

[Naval Reserve Officers Training Corps \(NROTC\)](#) Midshipmen should inform their chain of command of their desire to be selected for SEAL Officer Assessment and Selection (SOAS) as their 1/C Summer Cruise and seek out current and former SEALs for mentorship. Midshipmen must submit one package during their 2/C year. This package will be used for consideration to attend SOAS and for the subsequent final Selection Panel held annually in September. Applications shall be submitted via the Midshipman's chain of command to, and for processing by, Naval Service Training Command (NSTC)/OD4. The Midshipman's application will then be routed to the SEAL OCM. Midshipmen will be notified by NSTC in the fall of their 1/C year as to final selection. The SEAL OCM and Detailer will follow-up with selectees with additional information.

References

- Regulations for Officer Development for NROTC, [NSTC M-1533.2D](#)
- [OPNAVINST 1420.1B](#)
- [MANMED P-117 \(Chapter 15\)](#) Section 105 – Medical Requirements
- [MILPERSMAN 1210-220](#) – SEAL Officer Qualification
- [MILPERSMAN 1220-410](#) – Physical Screening Test requirements

SEAL Officer Application Contents

1. Application Letter for NSW: [Example](#).
2. Duty Preference/CO Recommendation: signed by NROTC unit CO, including first choice designator (1180 for SEAL officer).
3. [NAVPERS Form 1210/9](#): must be returned to the SEAL OCM as a digital PDF.
4. Report of Applicant Screening: [PST Test Results Form](#). PST should be conducted within 6 months of package submission, administered by your NROTC OIC, SEA, or NSW representative.
5. No more than two (2) Letters of Reference (LOR): [This is the official format for LORs](#).
6. Official College Transcript. Please do not mail transcripts to the OCM office. PDF copies of official transcript is acceptable for the application.
7. Resume or Curriculum Vitae. There is no specific format required. **Include accurate contact information.**
8. [DD2807-2](#): medical history. ****EKG/ECG and Chest X-Ray must be completed**** *The SOAS Medical Form is no longer required.*
9. [DD2808](#): medical exam stamped "PQ for diving duty". ****Dive medical officer signature is preferred but not required on physical to attend summer cruise but is required for final accession into NSW****

****Submit Package through your Chain of Command and to SEAL_Apply@navy.mil****

****Please submit all package items as individual PDF files.****

****Please encrypt any e-mails containing PII and ensure compliance of your command's PII guidance. If you do choose to send unencrypted e-mails containing your PII understand the risk involved.****

****1210/9 must be submitted via DoD SAFE or encrypted email. If you do not have access, request a DoD SAFE Drop-Off link when you submit your package.****