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Official Navy SEAL + SWCC website of the U.S. government. How to become a SEAL or SWCC. Official application steps, general requirements, SEAL Officer Assessment and Selection, PST calculator, and training forum.

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The United States Navy Sea, Air, and Land Teams, commonly abbreviated as Navy SEALs, are the U.S. Navy's primary special operations force and a component of the Naval Special Warfare Command.

United States Navy SEALs - Wikipedia

HELL WEEK! Welcome to the US Navy SEALs. SEALs are the elite Naval Special Operations unit of the US Navy. The U.S. Navy's SEA, AIR, LAND (SEAL) teams are one of the most

HELL WEEK! The U.S. Navy's SEA, AIR, LAND (SEAL)

The average member of the United States Navy's Sea, Air, Land Teams (SEALs) spends over a year in a series of formal training environments before being awarded the Special Warfare Operator Naval Rating and the Navy Enlisted Classification (NEC) 5326 Combatant Swimmer (SEAL) or, in the case of commissioned naval officers, the designation 1130 ...

United States Navy SEAL selection and training - Wikipedia

0-9 . 0-dark-hundred, 0'dark-hundred (pronounced "oh dark hundred", because the "zero" in time expressions was verbally pronounced "oh" in the US Navy and US Army as late as the 1980s: A slang term for any time between midnight and daylight.

Appendix:Glossary of U.S. Navy slang - Wiktionary

This 6-week Navy SEAL workout routine offers real-world training in speed, strength, and endurance to improve your overall fitness.

6 Week Navy Seal Workout: Speed, Strength & Endurance

The U.S. Navy traces its origins to the Continental Navy, which was established during the American Revolutionary War and was effectively disbanded as a separate entity shortly thereafter.

United States Navy - Wikipedia

RUDY DAVIS, U.S. Navy Frogman/ SEAL. From: Rudy Davis 12 Mar 2016 to: Doc Rioja . Doc - Every thing was good about Apollo 15, until the last shot.

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