

SAILOR TO SAILOR

THE OFFICIAL NEWSLETTER OF MYNAVY HR

NOVEMBER 2024

If you or someone you know is in crisis,
call the Veterans Crisis Line.



EVENT DATES:

Jan. 16, 2025: [AD/TAR E7 Exam](#)

Feb. 1 - 28, 2025: [SELRES E5-E7 Exam Window](#)

Feb. 1 - Nov. 30, 2025: [2025 PFA Cycle](#)

DEADLINES:

Dec. 15, 2024

[Judge Advocate General's Corps In-Service Procurement Program](#)

Jan. 17, 2025

[Syracuse University Advanced Military Visual Journalism Training Program 2025 Application Deadline](#)

Feb. 14, 2025

[Navy Flight Demonstration Squadron Enlisted Applications](#)

CHIEF OF NAVAL PERSONNEL:

VADM Richard J. Cheeseman Jr.

FLEET MASTER CHIEF OF PERSONNEL, MANPOWER, AND TRAINING:

FLTCM Delbert Terrell Jr.

S2S PRODUCED BY

CNP Public Affairs

PEARL HARBOR REMEMBRANCE DAY



Observed on December 7th, Pearl Harbor Remembrance Day honors the courage of those who defended their ships during the Japanese attack on Pearl Harbor. While the surprise attack on our Pacific Forces spurred shock and anger within all Americans, it also emboldened our fighting forces and united our Nation as we entered World War II.

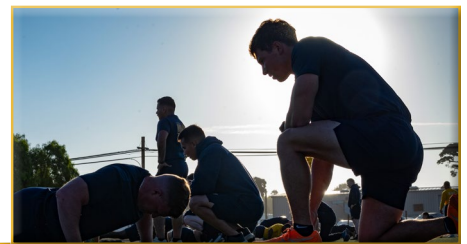
[CLICK HERE FOR MORE INFO](#)

NOVEMBER RECAP

NAVY PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR YEAR 2025

[NAVADMIN 242/24](#) | [FACTSHEET](#)

Announces changes for the CY2025 Physical Fitness Assessment (PFA) cycle, introducing exemptions for Sailors with exceptional Physical Readiness Test (PRT) performance.



Key updates include:

- **BCA and Age-Adjusted Standards (AAS) Exemption:** Sailors scoring EXCELLENT-LOW or higher on the PRT, despite not meeting Body Composition Assessment (BCA) or AAS, will receive a PFA PASS and be exempt from the Fitness Enhancement Program (FEP).
- **Eligibility Requirements:** Sailors must complete all PRT modalities (pushups, forearm plank, and run/cardio) and meet specific nutrition education requirements.
- **Nutrition Education Options:** Includes consultations with dietitians, ShipShape Program, self-study courses, Mission Nutrition, or Navy Operational Fitness and Fueling System (NOFFS).
- **Policy Goals:** Recognizes operational readiness in Sailors who exceed PRT standards but fall short on BCA or AAS, aligning with Department of Defense guidelines.

NUCLEAR ENLISTED TALENT MANAGEMENT BOARD PILOT PROGRAM

[NAVADMIN 226/24](#)

The FY25 Nuclear Enlisted Talent Management Board Pilot Program (TMBPP) offers high-performing SEA-1 Sailors (E5/E6) opportunities for career-enhancing assignments, including high-visibility billets, fellowships, and overseas tours. Convening twice annually, starting May 2025, the program requires eligible participants to meet strict criteria, commit to a second sea tour, and may involve applying to additional boards. Details and timelines are on the Navy's career management website.

NAVADMINS CONTINUED ON PAGE 2

NAVY ELECTRONIC SPORTS TEAM APPLICATIONS



The application window for the Navy Electronic Sports (Esports) team is open! Active and Reserve component Sailors are invited to apply as primary or auxiliary team members under Commander, Navy Recruiting Command (CNRC). The Navy Esports team engages with prospective Sailors in digital spaces, reflecting the growing influence of online arenas like gaming on centennials. Primary team members will serve on 2-3 year orders at CNRC, receive recruiter training, and operate at a dedicated Esports facility for streaming, practicing, and competing in events. Auxiliary team members, operating from their current duty stations, will participate in virtual events and tournaments, promoting Navy outreach via social media. Both roles require specific qualifications, including gaming proficiency, equipment access, and command endorsements.

[CLICK HERE TO FIND OUT MORE!](#)

NAVAL SPECIAL WARFARE OFFICER RETENTION BONUS PROGRAM NAVADMIN 239/24

Updates the Naval Special Warfare Officer Retention Bonus (NSWRB) for 1130 and 1137 designators, offering bonuses up to \$125,000 based on service years, contract length, and command screening. Eligible officers must commit to service obligations, with agreements managed by OPNAV N137. Payments can be lump sum or annual, running concurrently with other obligations. Full details are provided by the program manager.



2024 NAVAL INTELLIGENCE COMMUNITY AWARDS RESULTS NAVADMIN 235/24



Announces the 2024 Naval Intelligence Community Awards winners for their exceptional contributions.

Highlights include:

- **Junior Intel Officers of the Year:**
 - LT Leah O. Alstad
 - LT Michael J. Carboni
- **Intelligence Specialist of the Year:**
 - IS1(IW) Thomas M. Berry
 - IS1(IW/SW/AW) Ariel V. Macon
 - IS2(SW/EXW) Justin A. Minnott
 - IS2 Laura G. Wulfman
- **Vice Admiral Rufus L. Taylor Leadership Award**
 - CAPT Jason H. Davis
 - CDR Karen L. Camp

For the full list of awardees, click on the NAVADMIN link above.

WHAT'S NEW IN THE APPLOCKER?

Records Management At Your Fingertips!

MyNavy has an app for that!



The Department of the Navy (DoN) Records Management app provides a mobile capability to complete the mandatory annual DON Records Training, providing personnel with Records Management guidelines and best practices following Federal regulations.

[Download the app here: applocker.navy.mil](#)