

# Navy SEALs

Coms 133 – Documentary Film

CSUS – Spring 2022

# Training

- 1,000 Trainees each year.
- Everyone has “pre-qualified”
- 20% to 25% make it through training.
- Why?
- Injured (“rolled back”)
- Limited number of “roll backs”
- Mentally can’t stand the constant pain...
- Usually from being constantly cold.

# 7 Mental Qualities of Successful Recruits

- 1. Loyal.
- They don't call themselves SEALs, they call themselves *Team Guys*.
- 2. Put others before themselves.
- 3. They are reflective and can accept their own mistakes.
- 4. They are obsessively organized.
- 5. They assume they don't know enough.
- 6. They are extremely detail oriented.
- 7. They never get comfortable.