

SEAL FIT CHALLENGE CAMP FAQs

1. What is the purpose of this event?

The SEAL Fit challenge camp was created to TEACH you how to train like a warrior. We do not want you to just experience SEAL training, but to learn how to prepare yourselves physically and mentally to succeed like a SEAL - whether in SEAL training itself or in any endeavor in life.

2. What the event is NOT:

The camp is not an event where you will have a bunch of ancient SEAL instructors screaming in your face. We will be firm, hold you accountable, but we are not going to harass you. We cram 10 lbs into a 5 lb bag so there is not time for anything but serious physical and mental toughness training.

3. Where is the NavySEALs.com training center?

The center is at 849 Second Street in Encinitas, CA. 92024. 760-634-3825 is the center phone. (760) 230-6751 is the HQ phone. From SD airport it is North on the I-5 to Encinitas Blvd, West to Highway 101 South. South into Encinitas and right on H street to Second. We are on the corner of H and Second. From LA or Orange County take the 5 south to Encinitas Blvd. Time from SD is 35 minutes. From OC 45 minutes. From LA 1.5 hours. The sign in the window says "US CrossFit" which is our CrossFit affiliate name.

4. Do I qualify for the student price of \$495?

If you are a student, OR a pre-SOF candidate, you pay \$495. If you are a working stiff and doing this to make yourself stronger, then it is \$795. You will be responsible for making your way to the center, for lodging Friday night (shared room @ \$50) and for 3 meals. All else will be provided.

5. What gear do I need to bring?

- 1 pair of BDU's (desert) & floppy hat
- 1 pair of boots
- up to 5 pairs of socks & 2 white t-shirts
- workout gear (2 pairs of shorts and running shoes)
- Swim fins and mask
- Foul weather gear
- Watch
- Notebook & pen
- Money and / or credit cards for food, lodging 1 night (estimate \$150 - \$200 total)
- Toiletries & shave kit
- Supplements (if you use them)

A winning attitude

6. I still have questions...who can I talk to?

Call Sarah for general admin / financial / logistics questions. (760) 230-6754. For specifics on how to prepare for the event, or what to expect physically / mentally, call Rob at (760) 634-3825 or Mark at (760) 230-6752. Email works as well: sealift@navyseals.com.

See you at the event!