

# WELCOME TO THE AFSPECWAR DEVELOPMENT PROGRAM

Our Special Warfare Airmen are highly trained specialists capable of deploying in combat and hostile environments. These Airmen have some of the most demanding jobs in the U.S. Air Force. To become a part of this highly elite group, it requires dedication and endurance to withstand rigorous training that challenges an individual both physically and mentally.

Without assistance and insider knowledge many candidates were eliminated because they were not adequately prepared. In order to reduce this attrition rate, the Air Force and Air Force Recruiting Service partnered to create the Special Warfare Developer Program.



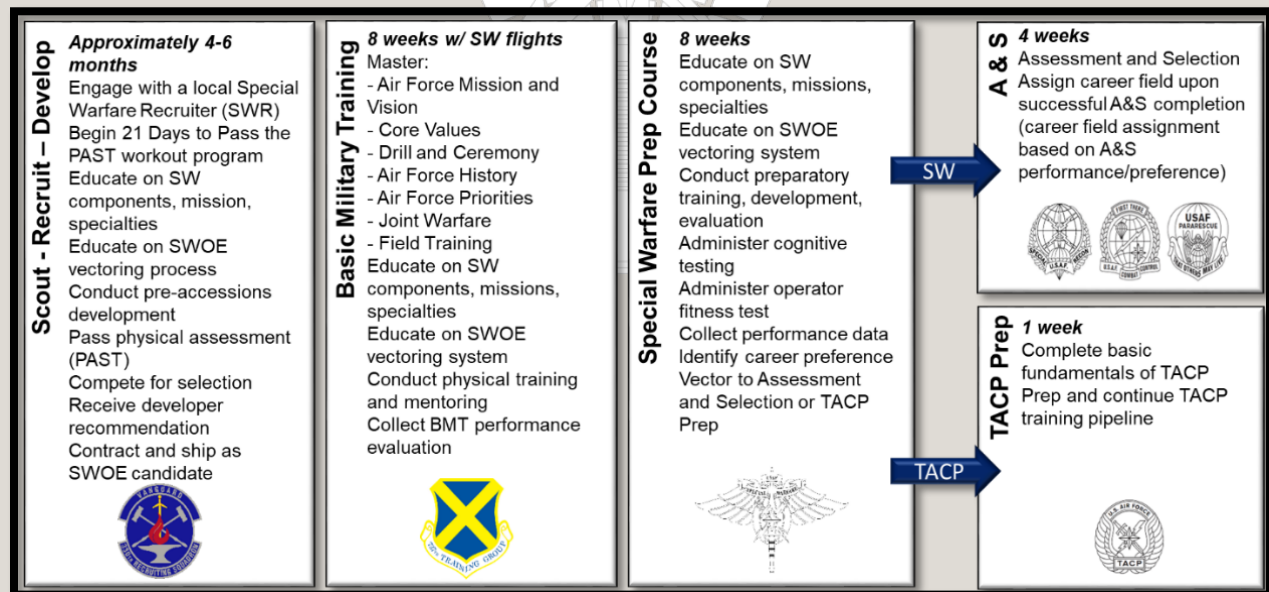
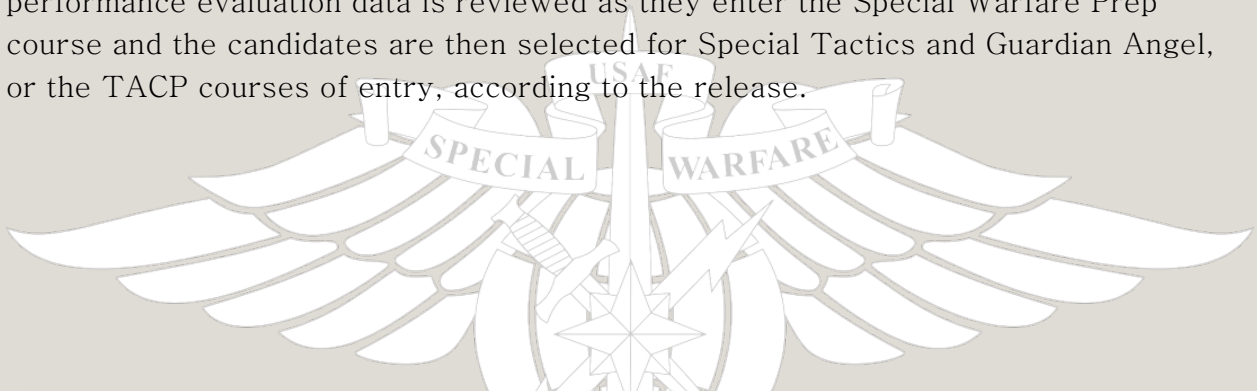
## How to secure your AFSPECWAR contract

Once you complete MEPS and enter the Delayed Entry Program, you will work to meet the entry requirements of the Special Warfare Development Program. Until you have passed all components of the Physical Ability Stamina Test, you cannot receive a SWOE contract. Follow the workout regimen dictated by your Mentor because you will need to pass an additional PAST 45 days before boot camp in order to keep your SWOE contract. Strong, committed physical preparation is key to maximizing your chance of success.

How long will you be in Development?

Everyone's progression is different but Special Warfare candidates are typically in development between four and six months. Timeline are contingent on a candidate's performance. During this process, candidates undertake a 21-day "Pass the PAST" workout program aimed at preparing them to pass the Physical Abilities Stamina Test while also being taught subjects such as special warfare components, mission, and specialties.

After a candidate passes the PAST, they then compete for selection and get a recommendation from a developer before going to BMT at Joint Base San Antonio-Lackland, Texas. Here, they are trained under the Air Force BMT curriculum, along with additional training for the Special Warfare Prep Course. Upon completion, their performance evaluation data is reviewed as they enter the Special Warfare Prep course and the candidates are then selected for Special Tactics and Guardian Angel, or the TACP courses of entry, according to the release.



## AFSW CANDIDATE EXPECTATIONS

*AFSPECWAR Candidates must be self-motivated and should have the following “golden” traits to be considered successful candidates: pays attention to detail, has a sense of urgency, puts the team before themselves, and has confidence, optimism, resilience, grit, enthusiasm, and integrity.*

1. Return all calls or text ASAP. You will be given a card with my cell phone number and email. If I do not answer the phone, LEAVE A MESSAGE.

Airman' s Initials: (       )

2. Maintain strict entry-level standards for your program and sustain your eligibility for the Air Force. Airman' s Initials: (       )

3. Attend AT MINIMUM of 1 PAST & 1 Development session each month as directed by your supervisor (me). Note: PAST/Development sessions are usually on Tuesdays or Thursdays. ATTENDANCE IS NOT AN OPTION!!

Absences must and will always will be approved one week before, unless due to a family emergency. HS Seniors are only required to attend 1 event each month. Airman' s Initials: (       )

4. Training Challenges will be issued weekly. Results will be submitted to the RED Team Leader. PARTICIPATION IS NOT AN OPTION!! Airman' s Initials: (       )

5. Training is required on your own every day regardless of whether time etc. This program is designed to be challenging and improve your physical fitness, which increases your chance of selection. There are very few excuses for not training at least once a day. You will also stay at least 10 pounds from your max weight, which was determined at MEPS.

Airman' s Initials: (       )

6. Weekly updates are required via GroupMe or Text. Immediately notify me of any changes to your basic enlistment eligibility status, (i.e., injuries, traffic tickets, marital status, dependents, education status, etc.) Updates shall include Circumstances (Family, Friends, Work, and Training) Concerns (Stressors), Current Motivation, Weight, and Next week' s goals/agenda Airman' s Initials: (       )

7. You will be respectful at all times and conduct yourself as a professional Airman Should. Airman' s Initials: (       )

## TRAINING PROGRESSION

Accepted into Development



0-30 days	30-60 days	60-90 days	90-180 days
Meet Dry PAST Standards <ul style="list-style-type: none"><li>• Intervals</li><li>• Nutrition</li></ul>	60% Water Con/ 40% Calisthenics Training <ul style="list-style-type: none"><li>• Intervals</li><li>• Breath holds</li></ul> Long and slow distance runs	Meet Wet PAST Standards  <b>*If not meeting PAST standards in 90 days Candidate will be selected for highest qualified program</b>	Skills Refinement Assist in team development

Upon entry into the program you will be provided a training plan and given **30 days** to pass the land portion of the PAST.

Once you are passing the land portion you will be given **60 days** to meet the swim requirements (2x25m underwaters & 500m Freestyle).

**\*If you are not passing the PAST requirements for your desired Subprogram (SWOE, EOD, SERE) within 90 days you will be reserved a career the highest eligible Combat Support Career.**

I fully understand **3 MISSED SUSPENSE' S** will results in my removal from the Special Warfare program.

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*TSgt Joppy, Special Warfare Recruiter*

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*Future Operator Signature*