



Career progression, community management, personnel matters, and general information from the desk of the Navy Personnel Command, Force Master Chief, FORCM Jon Port

ENLISTED RETENTION BOARD (ERB)

The goal of the ERB is a more balanced force. Some positive results will be improved advancement opportunities, expanded PTS re-enlistment quotas and increased manpower support in needed ratings over the long term. The ERB was designed to eliminate over manning in 31 ratings. As with all boards, performance will be the main factor with the number of retention quotas within competitive groups broken down by rating, pay grade and years of service. The Master Chiefs and Officers assigned to the board will value Sailors with proven performance in challenging billets, while Sailors with negative performance indicators such as convictions for drunk driving, declining performance evaluations, lost security clearances and non-judicial punishments will be less competitive for retention quotas. Not only will the ERB help stabilize advancement opportunity in the 31 ratings, currently undermanned ratings will benefit from the expanded conversion opportunity Navy leaders approved in advance of the board. More information on the conversions will be released soon. To find out if you are included in this board, check your board eligibility profile sheets after May 16th at the Navy Advancement Center page of Navy Knowledge Online. Once logged into NKO, Sailors should select “Navy Advancement Center” under the Career Management tab. There will then be an option to select “Enlisted Retention Board Eligibility Profile.”

ENLISTED EARLY TRANSITIONING PROGRAM

[NAVADMIN 142/11](#) announced the extension of Enlisted Early Transitioning Program, or “Early Out” to 30 September 2013. The major update to the program is that Sailors can now apply for a voluntary early separation up to **24 months** prior to their End of Obligated Service as Extended (EAOS) and all separations **must** be effective no later than **September 15, 2013**. A few items that is important to understand:

- Commanding Officer has final disapproval authority and need not send any requests (s)he cannot support!
- Not all ratings will be approved; see the NAVADMIN
- The Montgomery GI Bill, Post 9/11 Veterans Education Assistance Act of 2008, and veterans’ benefits **will** remain in place for qualified Sailors separating under the EETP. For specifics refer to the NAVADMIN. Separation incentives will not be offered.
- Early Enlisted Transition Program (EETP) **is a separate program** from the Early Career Transition Program (ECTP – [NAVADMIN 088/11](#)). EETP involves requesting separation from the Navy up to 24 months from EAOS as extended while ECPT involves transitioning to the SELRES to complete their service requirement.

NAVY PREPARING TO CONDUCT FITNESS BETA TEST

The Navy, working in concert with the University of Memphis Department of Health and Sport Sciences, will be conducting a test of several new physical fitness exercises beginning July 11. In order to effectively develop potential performance standards, the test will use volunteers from each age and gender category, as established by the Navy Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1 series). The beta test will last through the end of July and will incorporate several muscular strength tests, including the leg/hip dynamometer and standing long jump. Both exercises use the same muscle groups (i.e., the legs, hips, and back) that are used when performing a squat, lifting a box, and other such movements that occur daily in Navy life. There will also be a short distanced timed event called the pro-agility test. It measures an individual's speed and agility as they accelerate, decelerate, and change direction. Again, these are common movements practiced both in sports and on the job. Endurance events being tested include a 300-yard shuttle run, two-kilometer rower and five-kilometer bike test. We want to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT.

For more information, visit the Navy's physical readiness Web page at <http://www.npc.navy.mil/support/physical>.

This week in Navy History

- May 2nd, 1975 – U.S. Navy departed Vietnamese waters at end of the evacuation.
- May 4th, 1942 - Battle of Coral Sea began (this is the first carrier vs. carrier battle)
- May 5th, 1961 - CDR Alan Shepard Jr. makes first U.S. manned space flight. Flight of Freedom 7 (Mercury 3)
- May 6th, 1909 - Great White Fleet anchored in San Francisco (go to the Naval Historical webpage to learn more about the fleet)

Quote of the Week

“America is not merely a nation, but a nation of nations” – President Lyndon B. Johnson