



DEPARTMENT OF THE NAVY
OFFICE OF THE COMMANDANT OF MIDSHIPMEN
UNITED STATES NAVAL ACADEMY
101 CALVERT ROAD
ANNAPOLIS MARYLAND 21402-5100

COMDTMIDNINST 1531.6A
APTITUDE
14 Aug 2026

COMMANDANT OF MIDSHIPMEN INSTRUCTION 1531.6A

From: Commandant of Midshipmen, U.S. Naval Academy

Subj: STRENGTH, TOUGHNESS, ENDURANCE, ENERGY, LEADERSHIP

Ref: (a) DIRATHINST 6110.2G

1. Purpose. To direct the organization and supporting structure that enhances the general physical fitness and human performance of the Brigade.

2. Cancellation. COMDTMIDNINST 1531.6.

2. Background. It is the tradition and culture of the U.S. Naval Academy that all midshipmen maintain a high level of physical fitness. Strength, Toughness, Endurance, Energy, Leadership (STEEL) creates a flexible oversight structure for a wide variety of physical fitness activities where properly trained staff members, with the support of properly trained midshipmen, support each member of the Brigade in developing towards a measurable human performance goal.

3. Applicability. The STEEL program applies to all midshipmen and supports all midshipmen.

4. The STEEL program will not introduce widespread changes into the battle rhythm of most midshipmen. Midshipmen will still be free to pursue individual physical fitness goals, among which positive Physical Fitness Assessment (PFA) performance will still comprise an important part. STEEL provides resources to ensure midshipmen are receiving the support that they need and building habits that position them for long term success in the physical fitness domain.

a. Varsity, Junior Varsity, Club A, and Club B sports participants will continue to pursue the physical mission under the auspices of their athletic team, and should defer to their respective coaches, trainers, and team staff to ensure that they are achieving optimal performance.

b. Sea Trials. Plebes who are not otherwise excused will participate in the Ice Trials/Sea Trials preparation and training plan as established on the Company level. In the Fall semester the physical goal is to develop and improve their general capacity to do "physical work," and this will be a combination of cardio and strength building activities (Ice Trials). In the Spring semester, the physical goal will narrow to preparing for strength, endurance, and techniques required to excel during Sea Trials. Company Brigade Fitness Instructor Team (BFIT) representatives will advise Ice Trials/Sea Trials staff regarding the content of training, to ensure that all training conducted has human performance value.

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5. Duties and Responsibilities

a. Brigade Physical Mission Officer (PMO). Liaise with the Director of Human Performance on the overall organization, oversight, and effectiveness of the STEEL program. Recommend improvements and corrective actions to the Deputy Commandant of Midshipmen.

b. Battalion Intramural Directors (MIDN LTJG). Serves as the liaison between the Brigade Intramurals Officer and the Company PMOs. Executes the intramural program for the sport(s) assigned by the Brigade Intramurals Officer to their Battalion. These individuals will not be required to participate in an intramural sport, but will attend no less than one day of games per week. Specific duties and responsibilities include:

(1) Compiles intramural sports scores each day and forwards the attendance and forfeiture report for inclusion in the weekly Intramural Sports Report.

(2) Reviews Company intramural rosters in MIDS to ensure rosters are correct and the coach and official positions are properly assigned. Delivers a copy of all rosters to the Brigade Intramurals Officer during the first week of the intramural season.

(3) Ensures that the Brigade Intramurals Officer has received scores for their sport(s) from the Intramural Sports Supervisors on a weekly basis.

(4) Attends bi-weekly meetings with Brigade Intramurals Officer,

(5) Collects results of intramural competitions each day from Intramural Sports Supervisors, reviews them for discrepancies, and sends a daily report to the Battalion PMO by 2200.

(6) Coordinates with the Intramural Directors of the sister Battalions and the regarding intramural gear issue and return at the beginning and end of each intramural season.

(7) Reports lost or damaged gear to the Brigade Intramural Officer in a timely manner. Conducts maintenance or repairs to intramural gear as required.

c. Sea Trials Commander and Executive Officer (XO)

(1) Coordinate with the Director of Human Performance to provide clear and robust (flexible) guidance on plebe workouts for the Fall and Spring semester to Company leadership. Each semester's workout plan will be cumulative, account for 6- and 12-week exams, account for the timing of the Physical Readiness Test, and otherwise provide 3-4 workouts per week. The Brigade-wide plan can be passed to Battalion PMOs for detailed oversight and support.

(2) Field questions and approve or disapprove "custom workout requests" after consulting with the Director of Human Performance, and Brigade BFIT instructor staff.

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d. Sea Trials Company Representative. Exercise overall oversight and coordination of the physical training plan for the plebes in the Company. Take guidance from the Company Commander, XO, BFIT representative and Company Officer (CO)/Senior Enlisted Leader (SEL), combined with the framework and limits provided by the Director of Human Performance, and purposefully develop the physical capabilities of the plebes during the Fall and Spring semesters. When done successfully, the objectives of the Company training plan and the objectives of ice trials and sea trials will be aligned and will be met simultaneously.

e. BFIT CO

(1) Provide overall logistical and organizational support and coordination to all BFIT Company representatives

(2) Spot check accountability practices and review feedback from instructors and midshipman participants for process improvement.

f. Brigade Training Team (BTT) CO. Provide training support and accountability for all midshipmen assigned to BTT by their CO/SEL. This should include morning (~0530).

g. All Midshipmen. All midshipmen will establish semester physical fitness goals in Leaders' Compass. Progress toward these goals will be assessed by the Company PMO at the 6-week, 12-week, and end of semester marking periods. Midshipmen who need more structured guidance to achieve their goals will be referred to the Company BFIT representative. All midshipmen may (and are encouraged to) also use their Company BFIT representative as a resource to help them progress in the physical mission.

h. Company PMOs. At the 6-week, 12-week, and end of semester marking periods, Company PMOs will track and assess midshipmen progress on their physical goals as stated in Leaders' Compass at the beginning of the semester. Midshipmen deemed to be inexplicably delinquent in physical progress will be referred to the Company BFIT representative for further guidance and more tailored oversight.

i. Company BFIT Representatives. Company BFIT representatives will coordinate with Company PMO staff to ensure that midshipmen are making progress toward their physical goals and successful completion of the PFA. Company BFIT representatives will also assist members of their Company requesting additional guidance or assistance with their physical goal-setting and programming. Company BFIT representatives will coordinate with Company Ice/Sea Trials staff, as well as Plebe Admin and Plebe Training to ensure the efficacy of Plebe physical training.

6. Records Management

a. Records created as a result of this instruction, regardless of format or media, must be maintained and dispositioned per the records disposition schedules located on the DON Assistant for Administration, Directives and Records Management Division portal page at

<https://portal.secnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/Approved%20Record%20Schedules/Forms/AllItems.aspx>.

b. For questions concerning the management of records related to this instruction or the records disposition schedules, please contact your local record custodian or the USNA Records Manager.

7. Review and Effective Date. Per OPNAVINST 5215.17A, the Aptitude Officer will review this instruction annually on the anniversary of its issuance date to ensure applicability, currency, and consistency with Federal, Department of Defense, Secretary of the Navy, and Navy policy and statutory authority using OPNAV 5215/40 Review of Instruction.



C. A. CORNELL

Releasability and distribution: This instruction is cleared for public release and is available electronically via the USNA Commandant Web Page,
<https://www.usna.edu/Commandant/comdinst.php>