**TRANSCRIBER NAME: ENS Franchuk**

**Date: 1/30/2022**

**Participant #: 615**

Interviewer (Code in blue): CDR Ledford

Participant (Code in black): #615

**CDR Ledford:**

**All right. I am with 615, and you're okay with me recording this?**

**615:**

**Yes.**

**CDR Ledford:**

**I just wanna get that on video, too ... Or, recording. Um, today is 4 January, 2022. Uh, we're gonna be doing our interview, and I basically just have 10 questions. Um, take as, you know, there's ... Go into as much detail as you want to.**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**Uh, what phase did you leave?**

**615:**

**Uh, first phase.**

**CDR Ledford:**

**First phase. And uh, what, what part of first phase? Like uh, was it first week, second week?**

**615:**

**Uh, it was, it was first week.**

**CDR Ledford:**

**First week. First phase, first week. And how meh, and when, what class was that? Was that...**

**615:**

**351.**

**CDR Ledford:**

**351.**

**615:**

**I was in, previously in 347, too.**

**CDR Ledford:**

**Oh, you were in 347.**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**[inaudible 00:01:08]. When you, when you rolled from, you rolled uh, 347, what, when did you roll in 347?**

**615:**

**Uh, it was first week as well, uh, I think it was Thursday. Thursday of the first week.**

**CDR Ledford:**

**[inaudible 00:01:21]. Okay.**

**615:**

**The official roll was beginning at second week, but ...**

**CDR Ledford:**

**Yeah.**

**615:**

**But um, but I pretty much knew by Thursday first week I was probably gonna get rolled.**

**CDR Ledford:**

**That you were gonna get rolled?**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**And was that a, that was a performance roll, or ...**

**615:**

**Medical.**

**CDR Ledford:**

**Medical roll, okay. Medical roll. What was it? Was it uh ...**

**615:**

**Uh, I had SIPE, and I also had uh, a stress fracture in my right shin.**

**CDR Ledford:**

**Ooh. What about this, this go with 351?**

**615:**

**Um, I didn't have any real medical problems.**

**CDR Ledford:**

**[inaudible 00:02:00], okay.**

**615:**

**Just kinda was cold. (laughs)**

**CDR Ledford:**

**Okay. So that was, that was 351, so that was probably what, like 10 weeks ago?**

**615:**

**Yeah, somethin' like that.**

**CDR Ledford:**

**Yeah, 10 weeks ago. Okay. Got it. So, can you describe a little bit about you childhood? Like uh, did you guys move around a lot, parents together, siblings, sports?**

**615:**

**Um, uh, my, both my parents are together. I've got two older brothers, one's 25 and one's 22. Um, I played soccer the majority of my life, and then in high school I picked up rugby in uh, sophomore year. Never moved around, really. Just stayed in the, pretty much grew up in the same house.**

**CDR Ledford:**

**Good. And two older brothers, you said?**

**615:**

**Yeah. 25 and 22.**

**CDR Ledford:**

**... 22, okay. How would you describe your personality, uh, with traits? If you had to describe three different traits, how would you describe your personality?**

**615:**

**Mindful ... Honest ... Passive sometimes.**

**CDR Ledford:**

**What did you do uh, for the last five years prior to training?**

**615:**

**Uh, I was in high school and um, so pretty much ...**

**CDR Ledford:**

**So weh, high school, straight to bootcamp?**

**615:**

**Yeah, high school, straight to boot camp.**

**CDR Ledford:**

**Okay. Yeah. In your previous, you know, prior to BUD/S, um, is there any ... Did you have any prior experiences that'd be kind of life-changing? Like felt like really molded you, or changed the direction of your life, or shaped you in some way? Any experiences that kinda stuck out?**

**615:**

**Um, I think my, my brother that's 22, he had a, kind of a troubling, I'd say kinda quarter-life crises or somethin' like that.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**In, in high school he was kinda a troubled kid where he would um, he got involved with trouble with the law and stuff like that, and I just kinda didn't wanna fall under that kinda category, and try to steer far away from that.**

**CDR Ledford:**

**And so, is this your 22-year-old brother-**

**615:**

**Yeah.**

**CDR Ledford:**

**... or 25?**

**615:**

**22.**

**CDR Ledford:**

**So this is the one who's closer to you, to, in age?**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**Yeah.**

**615:**

**It was my freshman year, and he was a senior.**

**CDR Ledford:**

**Okay.**

**615:**

**So I kinda knew a little more-**

**CDR Ledford:**

**Yeah.**

**615:**

**... once I got to high school about kinda what he was doing, and then ...**

**CDR Ledford:**

**Yeah.**

**615:**

**... just didn't wanna fall that way. There was kind of a reputation around him.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**And when I got to high school, it started coming-**

**CDR Ledford:**

**You could see it?**

**615:**

**Yeah, I could see it 'cause ... "Oh, you're his younger brother, blah blah blah."**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**So a lot of teachers would mention that, too, and I'd just try to ...**

**CDR Ledford:**

**Interesting.**

**615:**

**Yeah, so I'd try to steer away from acting that way, and be my own person.**

**CDR Ledford:**

**Describe your background that led you to join the Navy.**

**615:**

**Um, I always wanted to be in the military in general, ever since I was in like, elementary school I would say. I, I went to the recruit one time when I was real young, I think like third grade. And I went over to the, the Navy side and they showed me that, and I was pretty interested. Even like, I think I have a picture from third grade where my grandpa got me a Navy SEAL hat and I was wearing it. So I was pretty interested for a long time in the, the SEAL program, so ...**

**CDR Ledford:**

**Uh, what motivates you on a daily basis?**

**615:**

**Um, do right by my family, I'd say.**

**CDR Ledford:**

**Okay. Can you uh, describe your experience at BUD/S?**

**615:**

**Um, definitely more of a challenge than I anticipated it to be, and um ... Even for the little time I was in it, I think I had learned a lot about myself, what I'm capable of.**

**CDR Ledford:**

**Mm-hmm (affirmative). Anything about like, interaction with students, or instructors? Or did you see a difference between 347 and 351?**

**615:**

**Um, I don't think there was a real difference. Um, definitely like, I'd say being around older guys ... I'm, I'm pretty, I'm considered pretty young for a class, I think. The average cla, um, age from the classes I was in was like 24 to 26, and I'm 20 years old. So I guess being able to interact with older, older men, I just kinda learned a little more, I guess life experience without experiencing it, I guess.**

**CDR Ledford:**

**Mm-hmm (affirmative). Is there a time that you had a uh, you had to make a difficult decision?**

**615:**

**Um ...**

**CDR Ledford:**

**During BUD/S? And what went through you mind when you were making that decision?**

**615:**

**Definitely quitting was a big decision. Um, I didn't really think too hard on it, um ...**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**I don't remember uh, thinking, er, like thinking over the weekend-**

**CDR Ledford:**

**Yeah.**

**615:**

**... or anything that I was going to do, uh, but in the moment I was, I was on the fence about it and I just did it. And then definitely regretted it for a while, but ...**

**CDR Ledford:**

**So was that uh, it was something that ... Like, what part were you, where were you doing when you ...**

**615:**

**We were doing uh, swimmer, ss, uh, surf rescue.**

**CDR Ledford:**

**Uh-huh (affirmative).**

**615:**

**And we were just in and out of the water, and then I think we were in the, we had like a surf immersion that morning, and I swam. So my, I was kinda feelin' like my lungs were getting SIPE again.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**And then I was thinking ahead to like, I knew we had the night evolution that night with the uh, night surf passage. And I was just thinkin' that I wasn't gonna be able to like, keep up with, with my guys under a boat because I just couldn't run.**

**CDR Ledford:**

**Yeah.**

**615:**

**I mean, we were doin' like, burn sprints and stuff just for um, the evolution we were in. And I was huffin' and puffin' and I was just like, I don't really wanna ... Don't really wanna either be forced out by the guys I'm around, or ...**

**CDR Ledford:**

**Yeah.**

**615:**

**... or um, make them suffer any m, more than they have to, especially when it could be easier.**

**CDR Ledford:**

**Is there anything that you would have done differently?**

**615:**

**Um, I think between um, 347 and 351 when I was healing up from my stress fracture, I wish I would've uh, maybe been a little more disciplined in training my, on my own accord.**

**CDR Ledford:**

**Mm-hmm (affirmative). How much time was there between?**

**615:**

**Ah, let's see, four classes, so ... I think 347 was March, February and March.**

**CDR Ledford:**

**Yeah, so maybe eight months?**

**615:**

**Yeah, somethin' like that.**

**CDR Ledford:**

**Yeah, about eight months.**

**615:**

**Six, six to eight I think.**

**CDR Ledford:**

**Okay. Six to eight months. And were you just here, you were, where were you at?**

**615:**

**Uh, yeah. I was in 505.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**And I was LOD for, I'd say over half of that time, just letting my leg get better. And then I went into PTRR, and um, we were doing the evolutions there. But I mean, we only did like the big th, big three or four, where you're ... You do like a calisthenic workout-**

**CDR Ledford:**

**Yeah.**

**615:**

**... a swim, run, O-course. And I'm, wish I would of did a little more training in my own time.**

**CDR Ledford:**

**Yeah. Good. Uh, would you consider coming back?**

**615:**

**Yeah.**

**CDR Ledford:**

**So, that's what you wanna do.**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**What practices, like physical, mental, or spiritual do you use to push through any challenges?**

**615:**

**Um, I had a mentor that introduced me to like, Stoic philosophy.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**So I kinda picked up a few things there, um ...**

**CDR Ledford:**

**Like what?**

**615:**

**A big phrase that kinda stuck with me, stuck out to me was uh, Memento Mori.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**Just remember one day, uh, remember your death is coming one day, pretty much.**

**CDR Ledford:**

**Mm-hmm (affirmative).**

**615:**

**So, kinda take it with a grain of salt that ... Yeah.**

**CDR Ledford:**

**Anything else? Mm?**

**615:**

**Um ...**

**CDR Ledford:**

**As far as a daily practice, or ritual or anything?**

**615:**

**Um, no real daily practice, I'd say.**

**CDR Ledford:**

**Mm-hmm (affirmative), okay. And how do you, how would you say this has changed you as a person, this experience?**

**615:**

**Um ... Definitely that I can take a f, take failure well, I'd say. 'Cause um, I mean, like I said earlier, this is kinda the, what I wanted to do for a long time. And then suddenly I'm not doing it, so ...**

**CDR Ledford:**

**Yeah.**

**615:**

**I was, I think I was able to get over that failure pretty quickly, and readjust and ... Yeah.**

**CDR Ledford:**

**Yeah. Got it. Uh, is there anything else you feel like, in regards to these things that we should ask you guys?**

**615:**

**Mm ...**

**CDR Ledford:**

**Is there any other question that you think would be a good question that we should ask?**

**615:**

**Mm, [crosstalk 00:15:25] nothing really comes to mind.**

**CDR Ledford:**

**M'kay. Awesome. All right. Christian, right?**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**Yeah. Thanks a lot, Christian. I really appreciate you stickin' around and doin' this.**

**615:**

**Yeah.**

**CDR Ledford:**

**Especially when all the other guys opted out-**

**615:**

**(laughs) Yeah.**

**CDR Ledford:**

**... and buggered out on us like that. But um, it's been really helpful.**

**615:**

**Mm-hmm (affirmative).**

**CDR Ledford:**

**Let me uh, stop the re-**