

Senator Tim Sheehy Military Experience Summary:

Midshipman, U.S. Naval Academy: June 2004-May 2008

Entered Plebe year in June 2004 as part of 13th Company. That fall, Sheehy completed the football run as part of the Army Navy tradition (the 13th company runs the game ball to the Army Navy Game each year). In the fall of his Plebe year, Sheehy was accepted into the U.S. Army Special Operations Exchange program where, over the course of three summers, he completed various Special Operations training periods to include Ranger Regiment Training, Ranger School, Airborne School, Air Assault Ropemaster School and exchange training with the 75th Ranger Regiment and 5th Special Forces Group. In this program, Sheehy became the first Midshipman to graduate from Ranger School and earned a Distinguished Leadership Award at graduation by receiving the Col. Tex Turner Officer Leadership Award.

During his time at the Naval Academy, Sheehy also completed an open ocean sailing course, a deployment on the USS Nashville, and one deployment alongside U.S. Army Forces.

Coursework: History, Engineering, Arabic

Awards and Certificates: Bachelor of Science in History, Meritorious Unit Commendation Medal, National Defense Service Medal, Expert Pistol and Expert Rifle Medals, GWOT Service Medal, Naval Parachutist Wings, Ranger Tab

Trainee, Naval Special Warfare Command: May 2008-November 2009

Began Basic Underwater Demolition/SEAL Training in May 2008 as part of BUD/S Class 272. Completes SEAL training.

Awards and Certificates: SEAL Trident, Military Freefall Parachutist, Army Reconnaissance Surveillance Leaders Course, CQB, Hand to Hand Combat, Closed Circuit Dive Training, GWOT Service Medal

Assistant Operations Officer and Assault Team Member, TM NSW, TF SOUTH, Joint Special Operations Command (JSOC Forward): November 2009-May 2010

Reported to SEAL Team TWO to serve as Junior Officer.

Operation Iraqi Freedom: Sheehy immediately deployed to Iraq as part of Joint Special Operations Command. His primary duties were as an operations officer in the Joint Operations Center at TF South in Baghdad, serving as an operations support for an NSW Strike Force, Army Special Mission Unit strike force (SFOD-D) and 160th SOAR elements. Sheehy helped coordinate and oversee hundreds of Capture/Kill Operations on high value targets within the CMII and AQI threat lines. Sheehy learned IMINT and SIGINT targeting techniques as well as operations and logistics support. Sheehy participated in over a dozen missions with Army SMU and NSW strike force with duties as a gunner. He participated in roughly 20 Capture/Kill missions as an Assault Team member, Containment Team member, driver and partner force handler. The primary mission set of TF South was the capture/kill of high value terrorist cell leaders of both the CMII and AQI target sets. A handful of AMCIT hostage rescue missions were also part of this deployment.

Awards and Certificates: Joint Service Commendation Medal, Sea Service Deployment Ribbon, OIF Campaign Medal

Assistant Operations Officer, TF 3-10, TF EAST (JSOC Forward): May 2010-November 2010

Operation Enduring Freedom: Sheehy returned from deployment to Iraq and was immediately temporarily assigned to a Naval Special Warfare Development Group as an Operations Officer. Sheehy completed an individual refresher training course and equipment load out, then deployed in support of JSOC TF East in Northeastern Afghanistan as part of a Classified Joint Task Force. Throughout the deployment, Sheehy participated in dozens of operations to include supporting day and night patrols, battlespace owner engagement, high value capture/kill missions and hostage rescue operations. Sheehy worked closely with Ranger counterparts, the 101st Airborne, interagency intelligence partners and 160th SOAR. Primary adversaries were Haqqani network leaders, AQ facilitators and senior Taliban leadership as well as hostage rescue operations.

Awards and Certificates: Joint Service Commendation Medal with Valor, Combat Action Ribbon, Sea Service Deployment Ribbon, OEF Campaign Medal

Squad Leader, SEAL Team TWO Delta Platoon: November 2010-January 2012

Sheehy led his squad through full pre-deployment workup training to include Land Warfare, Mountain Warfare, Urban Combat, Close Quarters Combat, Boat Training, Military Freefall and partner force training. He deployed in support of OEF with his platoon to a mountainous village stability site. This mission set was primarily reserved for Green Berets in previous campaigns. NSW joined the NSW fight in 2011.

Awards and Certifications: Various training certifications and supervisory qualifications

Platoon Commander (OIC), SEAL Team TWO, Alpha Platoon detachment Bravo: February 2012-July 2012

Sheehy took over a platoon as OIC in one of the most kinetic and contested areas of the mountains in eastern Afghanistan. He was rated as #1 Junior Officer on the team, leading his men on hundreds of missions across the region. His unit, VSP Bagh, Trident 2211B, included Army Special Operations personnel, Navy EOD, SEALs and host nation special operations forces. The mission here was to raise an Afghan partner force capable of clearing and holding a valley north of Qalat. This valley was entirely controlled by enemy forces and had been one of the deadliest regions for the SOTF. VSP Bagh became a model example of successful counterinsurgency and stability operations in a hotly contested region.

The platoon fought through hundreds of enemy contacts and vicious daily combat, successfully liberating most the valley in the face of heavy enemy opposition. The unit was recognized with dozens of awards for valor, several Purple Hearts, and was singled out for direct praise by ISAF leadership for pioneering counterinsurgency tactics. During this deployment, LT Sheehy was wounded on multiple occasions but refused to leave his unit.

Awards and Certifications: Bronze Star with Valor (for Heroism), Purple Heart Medal, Naval Unit Commendation, Combat Action Ribbon, Sea Service Deployment Ribbon, Afghanistan Campaign Medal

Team Leader (OIC), Naval Special Warfare Group TWO: July-September 2012

Sheehy returned from Afghanistan and was promptly deployed without notice to South America to lead a small SEAL element on a brief combined mission with special operations forces with the Brazilian government. He completed jungle training, deep jungle penetration operations and Counter Narcotics Operations to help prepare the national security landscape in Brazil for the approaching World Cup and Olympics.

Mission Commander and Squad Leader, SDVT-1: October 2012-September 2014

Sheehy reported to specialized undersea command under Naval Special Warfare Group EIGHT (formerly Group THREE). He trained in mini-submarine operations, becoming a certified SDV Pilot and Navigator. He trained, led and conducted undersea operations in a highly classified environment. Sheehy deployed worldwide in support of national mission objectives in multiple theaters. Inherent in the national undersea mission is close partnership with the classified undersea community and the nation's most sensitive intelligence operations. In this role, LT Sheehy deployed in support of real-world operations in CENTCOM and PACOM. He was injured in a dive accident which led to a med review process ending in his resignation from Active Service.

Awards and Certifications: Navy Achievement Medal, Mk-16 Operator, SDV Operator

Recruiter and Assessor, U.S. Naval Academy: October 2014-February 2019, October 2025-Present

LT Sheehy stayed in the Navy Reserve (IRR) as a recruiter and assessor for future Naval Officers and SEALs. He volunteered to recruit, screen and mentor future naval leaders for both the U.S. Naval Academy and Naval Special Warfare. Sheehy separated from the Navy in 2019. H rejoined again in October of 2025 as a reservist assigned to SOCOM, ST-18.

Awards and Certificates: Honorable Discharge Certificate

CERTIFICATE OF RELEASE OR DISCHARGE FROM ACTIVE DUTY

This Report Contains Information Subject to the Privacy Act of 1974, As Amended.

1. NAME (Last, First, Middle) SHEEHY, TIMOTHY PATRICK		2. DEPARTMENT, COMPONENT AND BRANCH NAVY-USN		3. SOCIAL SECURITY NUMBER [REDACTED]																																									
4a. GRADE, RATE OR RANK LT	b. PAY GRADE O3	5. DATE OF BIRTH (YYYYMMDD) 19851118	6. RESERVE OBLIGATION TERMINATION DATE (YYYYMMDD) NA																																										
7a. PLACE OF ENTRY INTO ACTIVE DUTY ANNAPOLIS, MD 21		b. HOME OF RECORD AT TIME OF ENTRY (City and state, or complete address if known) ST. PAUL, MN 55126																																											
8a. LAST DUTY ASSIGNMENT AND MAJOR COMMAND SDVT-1			b. STATION WHERE SEPARATED PERSUPDET PEARL HARBOR, HI																																										
9. COMMAND TO WHICH TRANSFERRED COMMANDER, NAVY PERSONNEL COMMAND (PERS-912), MILLINGTON, TN 38055			10. SGLI COVERAGE NONE AMOUNT: \$ [REDACTED]																																										
11. PRIMARY SPECIALTY (List number, title and years and months in specialty. List additional specialty numbers and titles involving periods of one or more years.) 9294 SEAL DELIVERY VEHICLE OFFICER (01YR, 03MOS)// 1130 SEAL OFFICER (05YRS, 02MOS) // X X X X X X X X X X X X X		12. RECORD OF SERVICE <table border="1"><thead><tr><th></th><th>YEAR(S)</th><th>MONTH(S)</th><th>DAY(S)</th></tr></thead><tbody><tr><td>a. DATE ENTERED AD THIS PERIOD</td><td>2008</td><td>05</td><td>23</td></tr><tr><td>b. SEPARATION DATE THIS PERIOD</td><td>2014</td><td>08</td><td>31</td></tr><tr><td>c. NET ACTIVE SERVICE THIS PERIOD</td><td>06</td><td>03</td><td>09</td></tr><tr><td>d. TOTAL PRIOR ACTIVE SERVICE</td><td>00</td><td>00</td><td>00</td></tr><tr><td>e. TOTAL PRIOR INACTIVE SERVICE</td><td>00</td><td>00</td><td>00</td></tr><tr><td>f. FOREIGN SERVICE</td><td>00</td><td>00</td><td>00</td></tr><tr><td>g. SEA SERVICE</td><td>00</td><td>00</td><td>00</td></tr><tr><td>h. INITIAL ENTRY TRAINING</td><td>00</td><td>00</td><td>00</td></tr><tr><td>i. EFFECTIVE DATE OF PAY GRADE</td><td>2012</td><td>06</td><td>01</td></tr></tbody></table>					YEAR(S)	MONTH(S)	DAY(S)	a. DATE ENTERED AD THIS PERIOD	2008	05	23	b. SEPARATION DATE THIS PERIOD	2014	08	31	c. NET ACTIVE SERVICE THIS PERIOD	06	03	09	d. TOTAL PRIOR ACTIVE SERVICE	00	00	00	e. TOTAL PRIOR INACTIVE SERVICE	00	00	00	f. FOREIGN SERVICE	00	00	00	g. SEA SERVICE	00	00	00	h. INITIAL ENTRY TRAINING	00	00	00	i. EFFECTIVE DATE OF PAY GRADE	2012	06	01
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13. DECORATIONS, MEDALS, BADGES, CITATIONS AND CAMPAIGN RIBBONS AWARDED OR AUTHORIZED (All periods of service) PURPLE HEART MEDAL, BRONZE STAR MEDAL W/COMBAT "V" DEVICE, NAVY AND MARINE CORPS ACHIEVEMENT MEDAL, COMBAT ACTION RIBBON(2), NAVY UNIT COMMENDATION, NATIONAL DEFENSE SERVICE MEDAL. AFGHANISTAN CAMPAIGN "SEE REMARKS"		14. MILITARY EDUCATION (Course title, number of weeks, and month and year completed) NAV SPEC WARFRE, DIV SUP, 2WKS, MAR13; SEAL DEL VEH OPR, 10WKS,; NAV SPEC WARFRE COMM, 6WKS, JUN10; NSW ROS CRSE, 1WK, APR10; SEAL QUAL TRN, 19WKS, NOV09; SEAL ADV CL QUAR DEF, 11WKS, OCT09; NAV SPEC WARFARE SERE TRN 2WKS, SEP09; JOT, "SEE REMARKS"																																											
15a. COMMISSIONED THROUGH SERVICE ACADEMY				YES	X NO																																								
b. COMMISSIONED THROUGH ROTC SCHOLARSHIP (10 USC Sec. 2107b)				YES	X NO																																								
c. ENLISTED UNDER LOAN REPAYMENT PROGRAM (10 USC Chap. 109) (If yes, years of commitment: _____)				YES	X NO																																								
16. DAYS ACCRUED LEAVE PAID NONE	17. MEMBER WAS PROVIDED COMPLETE DENTAL EXAMINATION AND ALL APPROPRIATE DENTAL SERVICES AND TREATMENT WITHIN 90 DAYS PRIOR TO SEPARATION				YES NO X																																								
18. REMARKS SER: 62980-19-55687-ML. BLK 13 CONT: MEDAL(2) (11JUN10 -30SEP10 AND 08JAN12 - 05JUN12), IRAQ CAMPAIGN MEDAL (26DEC09 - 05APR10), MERITORIOUS UNIT COMMENDATION, GLOBAL WAR ON TERRORISM EXPEDITIONARY MEDAL, GLOBAL WAR ON TERRORISM SERVICE MEDAL, SEA SERVICE DEPLOYMENT RIBBON(3), NAVY RIFLE EXPERT MEDAL, NAVY PISTOL EXPERT MEDAL, ARMY COMMENDATION MEDAL, NAVY EXPEDITIONARY MEDAL, JOINT SERVICE COMMENDATION MEDAL W/COMBAT "V" DEVICE, JOINT SERVICE COMMENDATION MEDAL// BLK 14 CONT: 5WKS, JUN09; RECON & SUR, LDRSHP, 4WKS, MAY09; NPC FREEFLL, 4WKS, MAY09; DEM, 5WKS, JUL08; "SEE CONT'D DD 214-C" The information contained here in is subject to computer matching within the Department of Defense or with any other affected Federal or non-Federal agency for verification purposes and to determine eligibility for, and/or continued compliance with, the requirements of a Federal benefit program.																																													
19a. MAILING ADDRESS AFTER SEPARATION(Include ZIP Code) [REDACTED]			b. NEAREST RELATIVE (Name and address - Include ZIP Code) CARMEN SHEEHY(SPOUSE) [REDACTED]																																										
20. MEMBER REQUESTS COPY 6 BE SENT TO (Specify state/locality) _____ OFFICE OF VETERANS AFFAIRS																																													
a. MEMBER REQUESTS COPY 3 BE SENT TO THE CENTRAL OFFICE OF THE DEPARTMENT OF VETERANS AFFAIRS (WASHINGTON, DC)				YES	X NO																																								
21a. MEMBER SIGNATURE SIGNATURE UNATTAINABLE				b. DATE (YYYYMMDD) 20190226	22a. OFFICIAL AUTHORIZED TO SIGN(Typed name, grade, title, signature) W. SETTLER, LTJG, AD ANALYST(P312) BY DIRECTION OF COMNAVPERSCOM																																								
				b. DATE (YYYYMMDD) 20190226																																									

SPECIAL ADDITIONAL INFORMATION (For use by authorized agencies only)

23. TYPE OF SEPARATION RESIGNED	24. CHARACTER OF SERVICE (Include upgrades) HONORABLE	
25. SEPARATION AUTHORITY SECNAVINST 1920.6C	26. SEPARATION CODE FBK	27. REENTRY CODE NA
28. NARRATIVE REASON FOR SEPARATION COMPLETION OF REQUIRED ACTIVE SERVICE		
29. DATES OF TIME LOST DURING THIS PERIOD (YYYYMMDD) TL: NONE		30. MEMBER REQUESTS COPY 4 (Initials)



THE UNITED STATES OF AMERICA

TO ALL WHO SHALL SEE THESE PRESENTS, GREETING:

THIS IS TO CERTIFY THAT
THE SECRETARY OF DEFENSE
HAS AUTHORIZED THE AWARD OF THE

JOINT SERVICE COMMENDATION MEDAL

TO

ENSIGN TIMOTHY P. SHEEHY, UNITED STATES NAVY

FOR

MERITORIOUS SERVICE

FOR THE ARMED FORCES OF THE UNITED STATES

FROM 28 DECEMBER 2009 TO 25 MARCH 2010

GIVEN UNDER MY HAND THIS 20TH DAY OF MAY, 2010

JOINT TASK FORCE
COMMAND OR OFFICE




WILLIAM H. MCRAVEN, VADM, USN, COMMANDER
SECRETARY OF DEFENSE



THE UNITED STATES OF AMERICA

TO ALL WHO SHALL SEE THESE PRESENTS, GREETING:

THIS IS TO CERTIFY THAT
THE SECRETARY OF DEFENSE
HAS AUTHORIZED THE AWARD OF THE

JOINT SERVICE COMMENDATION MEDAL
WITH "V" DEVICE
TO

LIEUTENANT JUNIOR GRADE TIMOTHY P. SHEEHY, UNITED STATES NAVY

FOR
MERITORIOUS SERVICE
FOR THE ARMED FORCES OF THE UNITED STATES
ON 17 JULY 2010

GIVEN UNDER MY HAND THIS 17TH DAY OF OCTOBER 2011

JOINT TASK FORCE
COMMAND OR OFFICE



Joseph L. Votel
JOSEPH L. VOTEL, LTG, USA, COMMANDER
SECRETARY OF DEFENSE



DEPARTMENT OF THE NAVY
THIS IS TO CERTIFY THAT
THE SECRETARY OF THE NAVY HAS AWARDED THE
NAVY AND MARINE CORPS ACHIEVEMENT MEDAL
TO

LIEUTENANT TIMOTHY P. SHEEHY, UNITED STATES NAVY

FOR

PROFESSIONAL ACHIEVEMENT AS CHARLIE PLATOON TASK UNIT OPERATIONS OFFICER AND SQUAD LEADER FOR SEAL DELIVERY VEHICLE TEAM ONE FROM SEPTEMBER 2012 TO AUGUST 2014. LIEUTENANT SHEEHY EXPERTLY LED HIS FIVE-MAN OPERATIONAL SUPPORT TEAM CONSISTING OF THREE SEALS AND TWO SUPPORT PERSONNEL IN THE OPERATIONAL AND LOGISTICAL PLANNING OF A CRITICAL OPERATION IN SUPPORT OF STRATEGIC NATIONAL INTERESTS. HE SUBSEQUENTLY DEPLOYED IN SUPPORT OF THIS OPERATION TO PERSONALLY ENSURE THE SEAMLESS TRANSITION OF CRITICAL PERSONNEL AND ASSETS FROM A PREVIOUS OPERATIONAL LOCATION IN A COMPRESSED TIMEFRAME. LIEUTENANT SHEEHY'S EXCEPTIONAL PROFESSIONALISM, UNRELENTING PERSEVERANCE, AND LOYAL DEVOTION TO DUTY REFLECTED CREDIT UPON HIM AND WERE IN KEEPING WITH THE HIGHEST TRADITIONS OF THE UNITED STATES NAVAL SERVICE.

GIVEN THIS 20TH DAY OF AUGUST, 2014



A handwritten signature in black ink, likely of the Secretary of the Navy, D. A. Evenson.

FOR THE SECRETARY OF THE NAVY
D. A. EVENSON
COMMANDER, UNITED STATES NAVY
SEAL DELIVERY VEHICLE TEAM ONE



THE UNITED STATES OF AMERICA

THIS IS TO CERTIFY THAT
THE PRESIDENT OF THE UNITED STATES OF AMERICA
HAS AWARDED THE

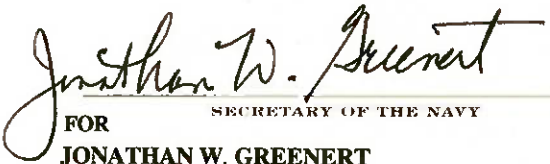
BRONZE STAR MEDAL (WITH COMBAT "V")

TO
LIEUTENANT TIMOTHY P. SHEEHY, UNITED STATES NAVY
FOR

HEROIC ACHIEVEMENT ON 9 APRIL 2012

GIVEN THIS 24TH DAY OF JUNE 2014




FOR SECRETARY OF THE NAVY
JONATHAN W. GREENERT
Admiral, U.S. Navy
Chief of Naval Operations



Chief of Naval Operations

The President of the United States takes pleasure in presenting the
BRONZE STAR MEDAL to

LIEUTENANT TIMOTHY P. SHEEHY
UNITED STATES NAVY

for service as set forth in the following

CITATION:

For heroic achievement in connection with combat operations against the enemy while serving as the TRIDENT 2211B Officer-in-Charge at Special Operations Task Force-SOUTHEAST, in direct support of Operation ENDURING FREEDOM on 9 April 2012. While leading a combined combat reconnaissance patrol in the denied enemy territory of the Arghandab River Valley, Lieutenant Sheehy and his patrol came under fire from multiple directions, wounding one of his men. With total disregard for his own life, he ran 50 meters through enemy fire to aid the casualty, pulling him from the contact area and personally shielding him from fire. When his medic was unable to locate the casualty, Lieutenant Sheehy ran through the contact area to personally guide him to the casualty's location. While under persistent attack, he ordered a medical evacuation helicopter landing zone set up and single-handedly fireman carried the casualty 200 meters for evacuation. Lieutenant Sheehy called in a nine-line medical evacuation and coordinated further air support. He then rearmed, heroically returning to the contact zone in order to lead the flanking counterattack on the enemy's position, resulting in two insurgents killed in action. After suppressing the contact, he returned to the helicopter landing zone to mark the field for landing and carried his teammate to the helicopter. Lieutenant Sheehy's total disregard for his own personal safety under fire undoubtedly saved the life of his wounded man and ensured the defeat of the attackers. By his bold initiative, courageous actions, and unwavering dedication to duty, Lieutenant Sheehy reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.

The Combat Distinguishing Device is authorized.

For the President,

JONATHAN W. GREENERT
Admiral, United States Navy



THE UNITED STATES OF AMERICA

TO ALL WHO SHALL SEE THESE PRESENTS, GREETING:
THIS IS TO CERTIFY THAT
THE PRESIDENT OF THE UNITED STATES OF AMERICA
HAS AWARDED THE

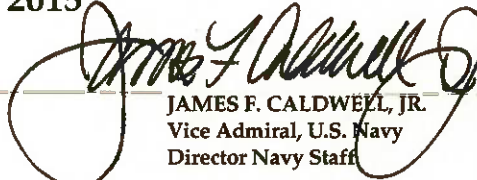
PURPLE HEART

ESTABLISHED BY GENERAL GEORGE WASHINGTON
AT NEWBURGH, NEW YORK, AUGUST 7, 1782
TO
LIEUTENANT TIMOTHY P. SHEEHY, UNITED STATES NAVY

FOR WOUNDS RECEIVED
IN ACTION

ON 25 APRIL 2012 IN AFGHANISTAN

GIVEN UNDER MY HAND IN THE CITY OF WASHINGTON
THIS 5TH DAY OF JUNE 2015


JAMES F. CALDWELL, JR.
Vice Admiral, U.S. Navy
Director Navy Staff



Honorable Discharge



from the Armed Forces of the United States of America

This is to certify that

LT TIMOTHY P. SHEEHY, USNR

was Honorably Discharged from the

United States Navy

on the 1ST *day of* FEBRUARY 2019 *This certificate is awarded*
as a testimonial of Honest and Faithful Service

GC McCoy CDR/USN

G. C. MCCOY, CDR, USN

DIVISION DIRECTOR

RESERVE PERSONNEL ADMINISTRATION

NAVY PERSONNEL COMMAND