



United States Navy Biography

CAPTAIN FRANK T. INGARGIOLA **Prospective Commanding Officer** **Naval Support Activity Lakehurst**

Captain Frank T. Ingargiola is a 1993 graduate from SUNY Plattsburgh, earning a Bachelor of Arts in Environmental Science. He joined the United States Marine Corps in 1996 and was commissioned as a Second Lieutenant in 1997. In 2003, Captain Ingargiola transitioned to the Navy to attend advanced flight training and reported to HT-28 in Milton, Florida.

LT Ingargiola received his wings and was designated a Naval aviator on 16 July 2004. Following initial training in the SH-60F & HH-60H Seahawk, he reported to Helicopter Anti-Submarine Squadron Three (HS-3) based in Jacksonville, Florida where he soon deployed on the USS Theodore Roosevelt supporting

OPERATION ENDURING FREEDOM from 2005-2006. After his tour with the Tridents, CAPT Ingargiola was hand picked to serve as the HSCWSL JAX OIC focused on spearheading the transition from legacy HS to the new HSC community. In 2010, he joined HS-7 on deployment for his department head tour. Upon return, he was made the Assistant OIC and Operations officer for the newly established HSC-7. Ashore, CAPT Ingargiola served as a staff officer from 2013 to 2015 at NATO Allied Command Transformation as a Strategic Communications expert publishing multiple NATO articles and the NATO Strategic Communication's Handbook.

In 2015, CDR Ingargiola reported aboard Helicopter Sea Combat Weapons School Pacific (HSCWSP) as Executive Officer and assumed command in August 2016. During his tour, he designed, planned and executed two iterations of exercise PHOENIX FIRE - the only Navy (HSC) led Close Air Support (CAS)/SOF exercise. Additionally, he led the HSC Community in developing Unmanned/Manned systems tactics for the MQ-8B/C.

Capt. Ingargiola served as the Air Officer (AIRBOSS) onboard the USS KEARSARGE (LHD 3) from January 2018 to February 2020, conducting a seven-month deployment including direct support to Operations Inherent Resolve and Freedom Sentinel.

Capt. Ingargiola is currently serving at the Combined Joint Operations from the SEA Centre of Excellence (CJOS COE) and leads NATO interoperability efforts for Commander SECOND FLEET / Joint Force Command Norfolk.

Capt. Ingargiola's personal awards include the Defense Meritorious Service Medal, Meritorious Service Medals, Navy/Marine Corps Commendation Medals, and Navy/Marine Corps Achievement Medals.

