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Navy Training Headquarters Honors Top Sailors

PENSACOLA, Fla. – Naval Education and Training Command (NETC) recognized their top Sailor and top instructor of quarter during an award ceremony July 26.

Avionics Technician 1st Class Jose A. Muniz Jr., from Devine, Texas, was honored as Instructor of the Quarter (IOQ) and Machinist Mate 1st Class Alexander W. Lange, from Athens, Tennessee, received the Sailor of the Quarter (SOQ) award. The honors were presented on board NAS Pensacola during an All Hands call with Rear Adm. Mike White, commander NETC, with Muniz and Lange present via teleconference. The IOQ and SOQ programs are designed to recognize and reward the performance and dedication of outstanding enlisted Sailors.

“It’s nice to be recognized at all levels,” said Muniz, NETC General Skills Training (GST) Instructor. “Kings Bay Learning Site has great chiefs and officers. They tell me I am doing a good job and keep me on the right track, but it’s really nice to see it when the whole command recognizes you.”

An IOQ is selected for how they have exemplified Navy core values while on and off duty. “For the past three months Petty Officer Muniz has shown that his abilities have no boundaries,” said Master Chief Boatswain’s Mate Johnny R. Ford, supervisor. “His expertise in every topic for Navy Instructor Training Course (NITC) makes it easy for him to connect with students and explain things in a way they fully comprehend. With each graduating class, he constantly receives top-notch remarks on his critiques. His uniformed appearance is impeccable and it exemplifies all that NETC GST means to instill in future instructors.”

As a qualified GST instructor and Drug and Alcohol Program Advisor (DAPA), Muniz is responsible for delivering formal leadership training to equip Sailors to think critically, act responsibly and lead proactively to meet global challenges.

Muniz is active in the community, volunteering as a youth sports coach, and is part of the Trident Training Facility First Class Petty Officers' Association.

"Rarely in a person's career are they fortunate enough to encounter a Sailor with the natural talent and ability personified by AT1 Muniz," said NETC East Regional Director, Lt. Cmdr. Armando J. Castellanos, Muniz's supervisor. "He is intensely motivated and highly dedicated to mission readiness. There is not a better candidate for this prestigious honor."

According to NETC's SOQ, understanding the people you work with is critical.

"If we as leaders can understand someone's needs, we can provide the support they need to move forward and face the challenges hindering them from succeeding," Lange said.

In addition to directing day-to-day schoolhouse operations, Lange provided DAPA, Command Equal Opportunity (CMEO) and Alcohol and Drug Abuse Management Seminar (ADAMS) training to 100 leaders in the European Command (EUCOM) and Central Command (CENTCOM) areas. As the Learning Site Sigonella, Sicily CMEO and DAPA course supervisor, he ensured all course changes and updates were incorporated throughout his Learning Site to ensure the appropriate curricula promulgation to the fleet.

As Installation Assistant Command Drug and Alcohol Programs Advisor (DAPA) at Sigonella, Lange assisted in the successful implementation of the DAPA's awareness training for more than 500 Sailors. Additionally, as the Installation Command Financial Specialist, he provided individual financial counseling and facilitated numerous classes for personal financial manager training.

"Within one year of reporting, MM1 Lange has met and exceeded my expectations for Sigonella," said Castellanos, Lange's supervisor. "He is performing like a seasoned khaki in a high visibility environment."

"I made first class at 23 years old and the first thing I had to learn was that my job and position in the Navy was no longer about me," said Lange, instructor at NETC's Learning Site, NAS Sigonella. "My successes and failures were based on my junior Sailors. I had to learn quickly at a very young age what it meant to be a selfless Sailor. I think that has played a big role in why I have been selected for this award."

Lange continuously provides in-rate training and mentoring to Sailors for their advancement and education goals.

"I get rave reviews about his leadership and professionalism," said Castellanos. "It was evident when he took over as site lead in a forward operating learning site responsible for all curricula delivery to Sailors."

Lange volunteered to support community relations projects, as well as First Class Petty Officer's Association (FCPOA) events, and as the local high school assistant basketball coach. He also created five Armed Forces Network (AFN) Radio spots covering the Thrift Saving Plan, Budgeting, Taxes, Raising Financially Fit Kids, and Car Buying that aired across eight countries to 800,000 listeners.

"I make myself available to Sailors, hoping I can make a difference in their lives, just as my chief has done for me," said Lange.

For additional information on the Naval Education and Training Command, visit the NETC website: <https://www.netc.navy.mil>.

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