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Florida Resident Retires After 34 Years of Service to U.S. Navy

WASHINGTON — Rear Adm. Michael Frick of Panama City, Fla., retired July 14 as the vice commander of Naval Sea Systems Command (NAVSEA) in Washington, D.C., after an expansive 34-year military career.

“My years in the Navy have been both challenging and rewarding,” Rear Adm. Frick said. “Whether serving aboard ship or working with acquisition professionals, I am thankful for the varied opportunities the Navy has afforded me. But most of all, I am grateful for the support I’ve received from my fellow Sailors, officers, and colleagues.”

Rear Adm. Frick, son of retired Army Lt. Col. Stanley J. Frick and Annalee M. Frick of Panama City, Fla., was born in Fort Meade, Md., and enlisted in the naval service in 1971 under the Nuclear Power Program and received a commission in 1977 upon graduating from the U.S. Naval Academy. He also holds a Master of Science degree in Anti-Submarine Warfare Systems Technology from the U.S. Naval Postgraduate School.

He served as the executive officer aboard the destroyer USS Leftwich (DD 984) in the early 1990s, where he participated in Operations Desert Shield and Desert Storm. Frick also served as the commanding officer of the guided-missile frigate USS Curts (FFG 38), homeported in Yokosuka, Japan.

Frick spent the last decades of his career as an acquisition professional. As a major program manager, he helped design and build the Rolling Airframe Missile (RAM), a small, lightweight, surface-to-air missile and the Phalanx Close-in Weapon System (CIWS) a high-speed, short-range surface ship weapon system. In 2005, Frick was named the program executive officer for Integrated Warfare Systems, where he managed surface ship and submarine combat technologies and systems, and coordinated Navy Open Architecture across ship platforms.

In his final position with the U.S. Navy, Frick served as the vice commander of the Naval Sea Systems Command, the command charged to engineer, build, buy and maintain the Navy’s ships and submarines and their combat systems. The command has more than 53,000 personnel and a budget of \$24.8 billion.

Frick’s personal awards include the Legion of Merit, the Bronze Star, the Meritorious Service Medal, the Navy and Marine Corps Commendation Medal, the Navy and Marine Corps Achievement Medal, the Combat Action Ribbon, and the German Iron Cross in Silver.



Rear Adm. Frick and his wife, Lisa, of Severna Park, Md., will remain in the Washington, D.C., area. Lisa Frick is the daughter of Adele Powell currently residing in Lake Mary, Fla.

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