

Rear Admiral Amy Bauernschmidt



Rear Admiral Amy Bauernschmidt is a native of Milwaukee, Wisc. and graduated in 1994 from the U.S. Naval Academy with a Bachelor of Science degree in Ocean Engineering. She earned a Master of Arts in National Security and Strategic Studies from the Naval War College, is a nuclear power school graduate, and was designated a Naval Aviator in 1996.

Her sea tours include the “Wolfpack” of Helicopter Anti-submarine Squadron Light (HSL) 45 twice deployed with USS [*John Young*](#) (DD 973) in support of maritime interdiction operations in the Northern Arabian Gulf; aide-de-camp to Commander, Carrier Strike Group 7 deployed with USS [*John C. Stennis*](#) (CVN 74) supporting *Northern Edge* and *Rim of the Pacific* exercises; the “Warlords” of HSL-51 twice deployed aboard USS [*Kitty Hawk*](#) (CV 63); executive and commanding officer of the “Spartans” of Helicopter Maritime Strike Squadron (HSM) 70 deployed aboard USS [*George H.W. Bush*](#) (CVN 77) in support of Operation *Enduring Freedom*; served as executive officer USS [*Abraham Lincoln*](#) (CVN 72). She commanded USS [*San Diego*](#) (LPD 22) and *Abraham Lincoln*. Bauernschmidt began her tour as Deputy Commander, U.S. 7th Fleet, June 2023.

Ashore her tours include instructor pilot and quality assurance officer at the “Seahawks” of HSL-41; executive assistant and action officer to the Director, Joint Staff/J6; and senior military advisor at the State Department.

Bauernschmidt has accumulated over 3,000 flight hours in naval aircraft. Her personal awards include the Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal, Navy/Marine

Commendation Medal, Navy and Marine Corps Achievement Medal and various unit, campaign and service medals.

Last updated: 28 February 2025