

# Frank Fabregas

44 London Way, Ypsilanti, MI 78755

[Fabregas@arsenal.com](mailto:Fabregas@arsenal.com) – [FrankF10@yahoo.com](mailto:FrankF10@yahoo.com) / 333.333.3333 – 444.444.4444

---

## NAVY NUCLEAR TRAINED ENGINEERING PROFESSIONAL

*Process Improvement and Quality Assurance Trained/Qualified Navy Nuclear Engineer*

Detail-oriented, military-trained leader with nuclear engineering training and a proven track record for completing projects on time and within budget. Solid foundation in mechanical, electrical, chemical and nuclear engineering coupled with demonstrated skill in leading large teams to achieve objectives. Experienced in international training and relations.

---

### **Education & Training**

**BS Physics and Astrophysics**, University of Colorado at Boulder, Boulder, CO, 2008

- 3.02 cumulative GPA, graduated with honors. Math and physics tutor, peer mentor.

**Lean Six Sigma Black Belt Candidate**, Acuity Institute, estimated completion Spring 2011

**Franklin Covey "Seven Habits of Highly Effective Leaders"**, Everett, WA, 2012

**Navy Prototype School**, Charleston, SC, 2009

- Hands-on study of design and operations of mechanical and electrical systems including causality response in a nuclear power plant.

**Navy Nuclear Power School**, Charleston, SC, 2008

- Graduate level training in Math, Thermodynamics, Chemistry, Physics, Electrical Engineering, Material Sciences, Reactor Dynamics and Nuclear Plant Operations.

### **Highlights of Experience**

**Reactor Mechanical and Auxiliaries Division Officer/Quality Assurance Manager**, 2011 – Present

*USS ABRAHAM LINCOLN, CVN 72, Everett, WA*

Supervised, led, trained and managed two divisions of over 60 nuclear trained mechanics and 20 enginemen in operation, maintenance, repair and quality assurance of reactor support mechanical systems, four diesel generators and reactor safety systems for two A4W nuclear reactors. As Quality Assurance Manager, created and verified procedures, validated maintenance practices and provided jobsite supervision and post completion verification.

- Reduced the number of mechanical safety incidents by 50% after taking over Reactor Mechanical Division. Revamped the ship's carbon steel safety/inspection program, developed more effective training and established a higher sense of ownership throughout the division resulting in increased overall safety onboard.
- Safely executed over 2,000 maintenance/repair items, from identification through planning, execution and completion during a seven-month repair cycle allowing for early project completion.
- Commended by inspection teams for calm response and leadership during complex casualty situations. Selected to stand Propulsion Plant Watch Officer by the ship's Reactor officer during an intense Operational Reactor Safeguards Examination and Post Overhaul Reactor Safety Exam. Selected to stand General Quarters Propulsion Plant Watch Officer during heightened security/tactical situations.
- Qualified Nuclear Engineer by Naval Reactors (Department of Energy). Consistently sought out to run the most complex plant evolutions and train peers on aspects of plant operations.
- Qualified Propulsion Plant Watch Officer. Led team of 22 nuclear trained mechanics, electricians, electronic technicians, chemists and mechanics in the safe operation, maintenance and casualty response of a nuclear reactor.

**Supply Officer/Weapons Officer/Anti-Terrorism Officer**, 2009 - 2011

*MHC CREW CONQUEST, Ingleside, TX*

Managed all aspects of supply operations including parts procurement and budget control. Developed and implemented training for the Weapons department. Coordinator for weapons and ordinance expended.

- Oversaw a \$2M annual budget. Saved the U.S. Navy over \$200,000 through extensive parts research and procurement.
- Qualified Officer of the Deck. Responsible for the safe navigation, routine operation and tactical maneuvers of three Coastal Mine Hunters during day-to-day mine hunting and combat operations.
- Developed and executed a force protection training plan to ensure safe protection of U.S. Naval Vessels during a six month Arabian Gulf Deployment.
- Over a five month span, trained one Greek and two Egyptian crews on handling, operations, maintenance and firefighting/damage control of three Coastal Mine Hunter class ships while preparing them to be sold under Foreign Military Sales.
- Commended by inspection team and Commanding Officer for being responsible for passing the ship's Supply Management Inspection and Maintenance Management Inspection with zero inventory and zero financial discrepancies.

### **Personal Information**

**Rocky Mountain Rescue team member**, 2004-2006 - Participated in more than 300 rescue missions.