

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*; and executive officer of USS [*Abraham Lincoln*](#) (CVN 72). She commanded USS [*San Diego*](#) (LPD 22) and *Abraham Lincoln*.

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.

As a Flag Officer, she served as deputy commander, U.S. 7th Fleet in Yokosuka, Japan. Bauernschmidt assumed the role as Commander, Carrier Strike Group ONE (CSG-1) in April 2025.

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.

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