

#4 | LCDR JAMES COX | USN

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Lieutenant Commander James Cox is a native of Chesapeake, Virginia, and graduated from Great Bridge High School in 2001. He attended James Madison University in Harrisonburg, Virginia, and graduated with a Bachelor of Science in Public Administration in 2005. Following college, he worked in Washington, D.C. in sales and consulting until 2009, when he joined the Navy and earned his commission through Officer Candidate School in Newport, Rhode Island.

James reported to Naval Air Station (NAS) Pensacola, Florida, for aviation indoctrination in July 2009. He completed Primary flight training in the T-34C Turbo Mentor as NAS Whiting Field, Milton, Florida, and completed Intermediate and Advanced flight training in the T-45 Goshawk as NAS Meridian, Mississippi. He earned his Wings of Gold in October 2011.

James then reported to Strike Fighter Squadron (VFA) 106, the “Gladiators” as NAS Oceana, Virginia, for initial training in the F/A-18 E/F Super Hornet. Upon completion, he reported to the VFA-103 “Jolly Rogers” at NAS Oceana in November 2012, where he served as Landing Signals Officer, Aircraft Division Officer and Personnel Officer. James has deployed on USS Dwight D. Eisenhower (CVN 69) and the USS Harry S. Truman (CVN 75) in support of coalition operations in the Navy’s Fifth Fleet area of operations.

Upon departing VFA-103 in December 2015, James reported to NAS Fallon, Nevada, for the U.S. Navy Fighter Weapons School (TOPGUN). Upon completion in April 2016, he reported to Strike Fighter Weapons School Atlantic, where he served as a Strike Fighter Tactics Instructor, Subject Matter Expert of several F/A-18 weapons systems, and a Forward Air Controller (Airborne) instructor.

James joined the Blue Angels in September 2018. He has accumulated more than 1,400 flight hours and has 200 carrier arrested landings. His decorations include the Navy and Marine Corps Commendation Medal, two Navy and Marine Corps Achievement Medals, and various personal and unit awards.

