

#7 | LT CARY RICKOFF | USN

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Lieutenant Cary Rickoff is a native of Atlanta, Georgia, and graduated from Riverwood High School in 2005, where he lettered in baseball. He attended Duke University in Durham, North Carolina, graduated with a Bachelor of Arts in Biological Anthropology and Anatomy in 2009, and earned his commission as an Ensign in the U.S. Navy.

Cary reported to Naval Air Station (NAS) Pensacola, Florida, for aviation indoctrination training in September 2009. He completed Primary flight training in the T-34C Turbo Mentor at NAS Whiting Field, Florida, in December 2010. He subsequently completed Intermediate and Advanced flight training in the T-45C Goshawk at NAS Meridian, Mississippi, and earned his wings of gold in March 2012.

Cary then reported to Strike Fighter Squadron (VFA) 106, the “Gladiators”, at NAS Oceana, Virginia, in April 2012 for initial training in the F/A-18 Super Hornet. In November 2013 he reported to the World Famous “Red Rippers” of Strike Fighter Squadron (VFA) 11 at NAS Oceana. While there he served as Squadron Mess Officer, First Lieutenant, AT/AE Branch Officer, Aviation Technician/Armament Division Officer and Head Landing Signals Officer (LSO). Cary completed a deployment aboard USS Theodore Roosevelt (CVN 71) in support of Operation Inherent Resolve. Cary then reported to the “Golden Eagles” of Training Squadron (VT) 22 at NAS Kingsville, Texas, in January 2017, as an instructor pilot where he also served as Schedules Officer and Training LSO.

Cary joined the Blue Angels in September 2018. He has accumulated more than 1,400 flight hours and over 180 carrier arrested landings. His decorations include a Strike Flight Air Medal, three Navy and Marine Corps Achievement Medals, and various other unit and personal awards.

