

Captain Fernandez "Frank" Ponds
United States Navy
Commander, Amphibious Squadron EIGHT

Captain Ponds is a native of Alabama. He earned a Bachelor of Science degree from the University of Alabama in 1982 and received his commission from Officer Candidate School in June 1983.

He commanded USS FIFE (DD 991) from October 2001 to February 2003. Additional sea billets include: Damage Control Assistant and Assistant First Lieutenant aboard USS MAUNA KEA (AE 22); Boilers Material Officer aboard USS MIDWAY (CV 41) under the Carrier Improvement Program (CVRIP); Engineering Officer aboard USS BERKELEY (DDG 15); Flag Secretary for Commander Amphibious Group ONE Okinawa, Japan; and Executive Officer aboard USS PAUL F. FOSTER (DD 964).



His shore assignments include Steam and Diesel Inspector in Pacific Fleet Propulsion Examining Board; Inspector in the Office of the Naval Inspector General; Assessment Division/Capability Analysis Group Team Lead for Deputy Chief of Naval Operations (N81), Resources, Requirements and Assessment; and Senior Naval Advisor in the Bureau of Political Military Affairs, Department of State.

Captain Ponds assumed command of Amphibious Squadron EIGHT in November 2007.

His personal decorations include the Defense Superior Service Medal, Meritorious Service Medal (fourth award), Navy and Marine Corps Commendation Medal (third award), the Navy and Marine Corps Achievement Medal, and various other service and campaign awards.

Captain Ponds holds a Master of Science in Information Systems Technology from George Washington University, a Master of Science in Military Studies from the Marine Corps Command and Staff College, and a Master of Science in National Security Strategy from the National War College, National Defense University.