



WOUNDED WARRIOR REGIMENT

UNITED STATES MARINE CORPS

HEALING THROUGH THE WARRIOR ATHLETE RECONDITIONING PROGRAM

WAR-P Required Sports

1. Swimming
2. Cycling, Handcycling, Recumbent
3. Running / Track & Field
4. Archery
5. Shooting (Air Pistol, Air Rifle)
6. Sitting Volleyball
7. Wheelchair Basketball
8. Strength & Conditioning

Additional WAR-P Activities & Sports

(includes but not limited to)

1. Fencing
2. Hiking
3. Martial Arts
4. Paddling (Kayaking, Canoeing, Stand-Up Paddling)
5. Physician's Physical Therapy
6. Rock Climbing
7. Sled Hockey
8. Snow skiing, Nordic Skiing, Snowboarding, Snowshoeing
9. Surfing
10. Triathlon
11. Equine
12. Golf
13. Fishing
14. Hunting
15. Sailing
16. Scuba Diving
17. Shooting - Skeet, Trap
18. Softball, Baseball
19. Tennis
20. Waterskiing, Wakeboarding
21. Yoga, Tai Chi

Every Marine has been trained to work as part of a team and never give up, whether the challenge is during wartime or peace. When a Marine is wounded, ill or injured (WII), the Wounded Warrior Regiment (WWR) is there to remind them of that drive and focus through the Warrior Athlete Reconditioning Program (WAR-P). WAR-P provides activities and opportunities for wounded, ill, and injured (WII) Marines to train as athletes, while increasing their strength so they can continue with military service or develop healthy habits for life outside the service. This added activity does more than help the Marine maintain a healthy weight; it provides a boost to help with declining self perception, depression and stress associated with their injury.

WAR-P tactics focus on 3 steps:

1. Implement healthy nutritional habits and maintain the physical conditioning expected of a warrior. WII Marines must select one required sport and begin daily training (in addition to minimum requirements for physical conditioning).
2. Participate in regional training camps and local / regional events / competitions to improve skills and prepare for achievement of their ultimate goal. These events may be WAR-P hosted training camps / events or programs offered by the VA or other command-approved organizations
3. Accomplish their ultimate athletic achievement. This is a culminating event in which they achieve a significant athletic goal. Examples: climbing a mountain, cycling across state or continent, participating in triathlon, participating in Marine Corps Trials or Warrior Games.



How is a WII Marine authorized for WAR-P events?

1. Physician referral, or
2. Command referral, or
3. Marine self-referral

For Command or self-referral, acceptance is contingent on a military physician's approval. Once accepted, each WII Marine receives an individualized plan based on their needs and / or interests which strengthens the Marine's already existing recovery plan. Veterans with DoD rating of 30% or greater (medical retirement), who served after 11 Sept 2001, are also eligible to participate in WAR-P events.

Sport Camps

During the year, WAR-P and other organizations hold a variety of sports camps and events for WII Marines. These camps provide world-class coaching, equipment and once in a lifetime experiences for WII

Marines to learn and excel in a number of sports. While WII Marines must participate in the camp providing training for completion of their ultimate goal, they can participate in others.

Marine Corps Trials

For those Marines who desire to participate in a more competitive environment, the Marine Corps Trials is a great first step. The Marine Corps Trials are more than just a competition; they are a venue for helping Marines improve their athletic capabilities, build camaraderie with other WII Marines and to select the most qualified athletes for the All Marine Warrior Games Team.

WII Marines participate in a variety of team and individual sports, first working on skills in camps, then competing for medals and a spot on the All Marine Team.

Department of Defense Warrior Games

The Warrior Games are hosted and sanctioned by the U.S. Olympic Committee Paralympics Military Program at the Olympic Training Center, Colorado Springs, Colorado. The Warrior Games are an annual event to celebrate the achievement and abilities of WII service members, while building camaraderie and raising awareness for adaptive sports. Started in 2010, the Marine Corps team has taken the Chairman's Cup for the team with the most points in 2010 and 2011.



THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to Wounded, Ill and Injured (WII) Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Va., coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, Calif., and Camp Lejeune, N.C. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.



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