



WWR RECONDITIONING SPORTS ACTIVITIES

FACT SHEET

THE WARRIOR ATHLETE RECONDITIONING (WAR) PROGRAM provides opportunities for Marines to engage in both physical and cognitive activities outside the traditional therapy setting. Activities are individualized to the Wounded, Ill, and Injured (WII) Marines' needs, and encompass over 18 activities—from aquatic training to yoga. Supporting WII Marines in individual or team settings, the program greatly improves overall physical and mental fitness.

The WAR Program provides activities or sport opportunities for Marines to train as athletes, while increasing their strength so they can continue with military service or develop healthful activities to ensure a healthy life post active duty service. This added activity assists with weight control concerns, declining self perception, and assists with depression and stress associated with their injury.

The WAR Program is a physician referral based reconditioning program. Commands may also refer and/or Marines may self refer and will be accepted contingent on a military physicians approval. Once accepted, each Marine receives a plan that is established according to individual need or expressed desire and is in accordance with the Marine's already existing recovery plan.

In addition to the WAR Program, WII Marines who desire and are prepared to compete at an elite level have an opportunity to try-out, and if selected, participate in the **DEPARTMENT OF DEFENSE WIDE 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.

ADDITIONAL RECONDITIONING AND REHABILITATIVE SPORTS ACTIVITIES:

The Marine Corps Martial Arts Program (MCMAP) is a combat system developed by the United States Marine Corps to combine existing and new hand-to-hand and close quarter's combat techniques with morale and team-building functions and instruction. It also stresses mental and character development, including the responsible use of force, leadership, and teamwork. MCMAP offers WII Marines an opportunity to regain their confidence by reintroducing Marine conditioning and personal fitness goals and requirements.

WII Marines are further introduced to various sports and have the opportunity to build their confidence at sporting events, camps, and outings sponsored by Veterans Service Organizations, non-profits or generous business owners. Past events include hunting trips with the Commandant of the Marine Corps, scuba diving and surfing, hand bike races and even wheel chair basketball at the White House.

FOCUS ON ABILITY

The WWR staff works to focus the mindset of our WII Marines on their ability to meet their goals for a fulfilling, successful life. Whether it is through adaptive, rehabilitative sports programs or reintegration support through job and education opportunities, the Regiment and Battalion staffs work with each individual Marine and his/her family to develop a roadmap for their future. Wounded Marines prove everyday that they can improvise, adapt, and overcome their physical limitations and thrive within their new normal.



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 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, Virginia, coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, California, and Camp Lejeune, North Carolina. 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.



UNITED STATES MARINE CORPS WOUNDED WARRIOR REGIMENT

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