



WOUNDED WARRIOR REGIMENT

Fact Sheet | WAR-P

The Warrior Athlete Reconditioning Program (WAR-P)

WAR-P provides adaptive sports, activities, and opportunities for wounded, ill and injured (WII) Marines to train as athletes, while increasing their strength for continued military service or developing healthy habits for civilian life. This added activity does more than help the Marine maintain a healthy weight; it provides a boost to help overcome stress associated with injury.

How may a WII Marine participate in WAR-P events?

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

For command or self-referral, acceptance is contingent on a military physician's approval, both into the program and the specific sport/activity in which the Marine desires to participate. Once accepted, each WII Marine receives an individualized plan based on needs and/or interests that will strengthen the Marine's already existing recovery plan. Veterans with a Department of Defense (DoD) rating of 30% or greater (medical retirement) who served after September 11, 2001 may participate in certain athletic events by invitation.



WAR-P tactics focus on three steps:

1. Implement healthy nutritional habits and maintain the physical conditioning expected of a warrior. WII Marines must select one required cardio 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 an 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 an ultimate athletic achievement. This is a culminating event in which Marines strive to achieve a significant athletic goal.

*Examples: climbing a mountain, cycling across a state or continent, participating in a triathlon, participating in the Marine Corps Trials or Warrior Games.



External Events for WAR-P Participants

Mind. Body. Spirit.

Sport Camps

WAR-P and other organizations hold a variety of annual 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.

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 is more than just a competition; it is 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.

DoD Warrior Games

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.

