

## CHAPTER 2



### Andy Hargreaves

Andy Hargreaves served as the cycling coach during the 2010 All-Marine Warrior Games Team. He is a clinical and research exercise physiologist who formerly worked in Old Dominion University's Human Performance Lab doing research with elite-level cyclists, triathletes, and collegiate swimmers. He is a former USCF CAT III-level cyclist. Currently, Andy works for Marine Corps Combat Development Command.



### Brent Petersen

Brent Peterson, Sitting Volleyball Coach for the 2010 All-Marine Warrior Games Team, is an AFPA Certified Personal Trainer, Certified Sports Specific Conditioning Specialist, and Certified Children's Fitness Specialist. He played and coached collegiate volleyball at the University of South Carolina and went on to become a semi-pro beach and grass volleyball player. Co-Founder of Core Possibilities and the Core Institute Performance Development Center, he has continued his athletic pursuits as an adventure racer.



### Stephanie Barnes

Stephanie Barnes, Swimming Coach for the 2010 All-Marine Warrior Games Team, is a two-time U.S. Olympic Trials Qualifier in the 200 meter breaststroke (1984, 1988). She has extensive elite college coaching experience from the University of Texas, University of South Carolina, and at Auburn University, as Assistant Coach for the NCAA National Championship winning team. Currently, she serves as Swimming Coordinator, Wounded Warrior Detachment, Brooke Army Medical Center (BAMC), San Antonio, TX.

## CHAPTER 2



### Emily Windmassinger

Sgt. Emily Windmassinger, USMC, Shooting Coach for the 2010 All-Marine Warrior Games Team, is a member of the U.S. Marine Corps Rifle Team. She earned a gold medal at the 2009 National Service Rifle Championships, is a two-time Silver Palma National Championships medal winner, and has earned numerous medals at national, regional, and military shooting competitions.



### Mark Windmassinger

Sgt. Mark Windmassinger, USMC, served as Shooting Coach for the 2010 All-Marine Warrior Games Team. He is a Marine Corps Distinguished Marksman and member of the U.S. Marine Corps Rifle Team. In 2009, he earned a gold medal (rifle) in the Marine Corps Championship as well as a gold medallion in the Springfield MIA Match. He has earned numerous divisional and national awards at pistol and rifle competitions.



### Eric Bildstein

Sergeant Eric Bildstein (USMC, Veteran), volunteered as Field Coach for the 2010 All-Marine Warrior Games Team. While training as a 2012 Olympic hopeful in discus, he works full-time as a chemist for AkzoNobel. Currently ranked 14th in the country, he is also a five-time All-Mid American Conference field athlete in weight throw, javelin, and discus from Ohio University (2003 to 2007).

## CHAPTER 3

# TRAINING BEGINS

*“During my workouts I am inspired by how physical exercise has energized and transformed my life. I look in the mirror and see someone that was confined to a wheelchair and now is competing in the Warrior Games. By competing in the Warrior Games, I feel that I am one step closer to recovering to my best ability.”*

*Kevin Blanchard, 2010 All-Marine Warrior Games Team Member*

Marines are natural competitors and take advantage of any opportunity to test their skills with the best. The WWR wanted to capitalize on their athletes’ competitive spirits and build camaraderie among the Marine athletes. The All-Marine Warrior Games Team and coaches arrived in Colorado Springs, Colorado two weeks prior to the Games for the training camp. Due to most Marine-athletes competing in 2-3 sports, the training camp had a jam-packed schedule, offering the athletes a prime opportunity to focus on training. Both the coaches and athletes credit the training camp for the many accomplishments during the Games. It enabled the Marines to acclimate to the altitude in Colorado Springs (approximately 6,200 feet); it gave them a chance to practice as a team, the same way Marines train and fight together in a battle; and the athletes bonded in an intangible way that brought the Marines together for one focus: to prepare to win. The athletes came from locations around the country; they had varying degrees of injuries and athletic skill sets, yet after the training camp they were one team with one goal: to make themselves, their families, and the Marine Corps proud. They accomplished their goal.









## CHAPTER 4

# OPENING CEREMONY

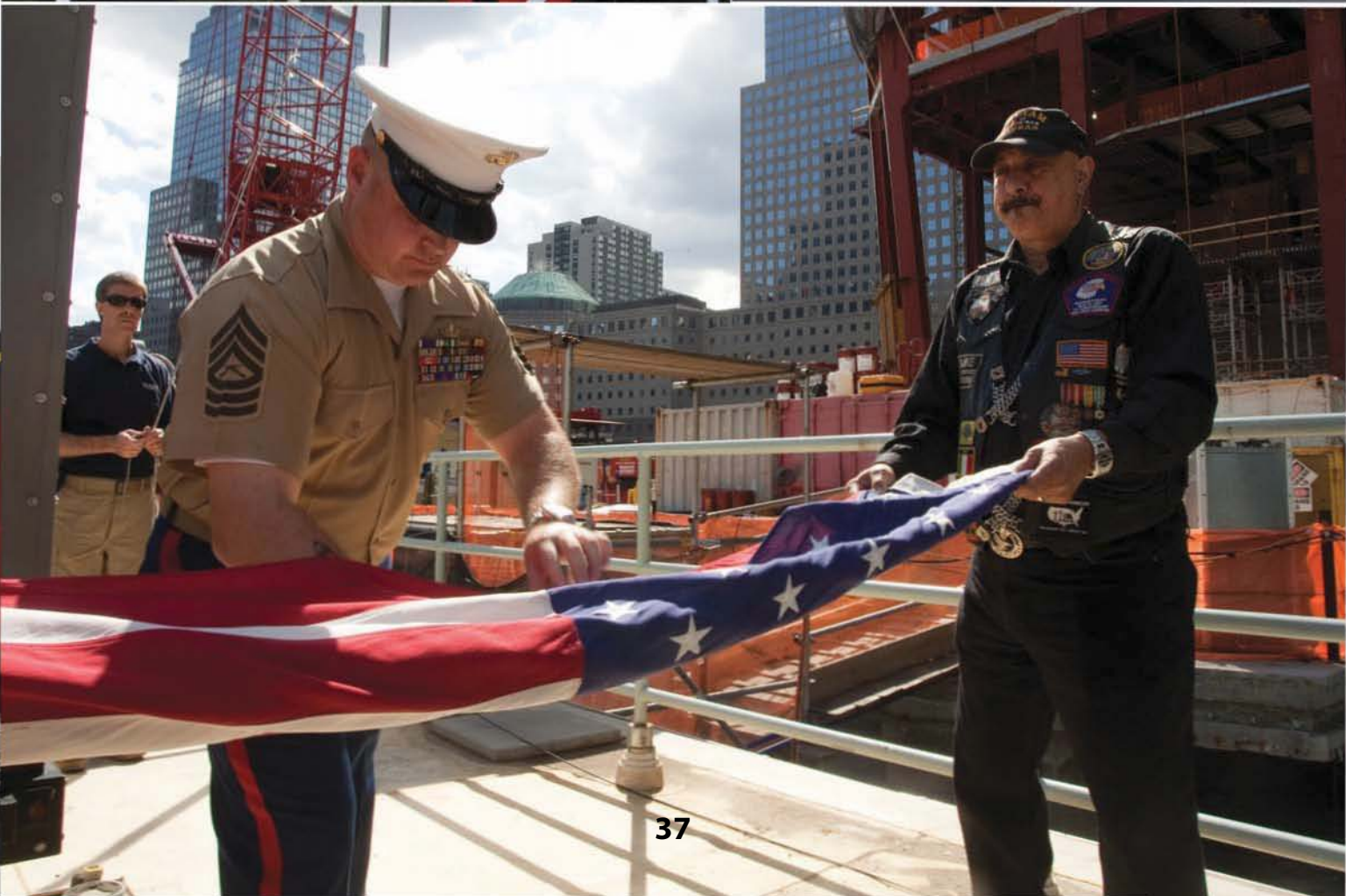
*“I am participating in the Warrior Games for a chance to show what a disabled veteran can do. Even though we are hurt we aren’t useless.”*

*Matthew Brown, 2010 All-Marine Warrior Games Team Member*

On May 4, 2010, Col. Gregory Boyle, Commanding Officer, WWR and MSgt. William Gibson, All-Marine Team athlete, converged upon Ground Zero in New York City, where they were joined by representatives from the USO, Rolling Thunder, the U.S. Olympic Committee, City of New York Fire Department, and New York Police Department, to kick off the inaugural Warrior Games in a flag ceremony. The flags used in the ceremony were initially flown in Iraq and Afghanistan, and then transferred to New York City. Representatives from Rolling Thunder then escorted the American flag to the Olympic Training Center in Colorado Springs, Colorado, the site of the inaugural Warrior Games. The flags were raised in front of the cauldron at noon on May 10, 2010.

Later that evening, the inaugural Warrior Games launched with an inspiring opening ceremony. Due to his dedication, perseverance, and love of the Marine Corps, the All-Marine Warrior Games Team athletes selected veteran Lance Cpl. Chuck Sketch to represent and carry the torch down Belk Olympic Pathway. Lance Cpl. Sketch lost his sight and both legs from his waist down due to complications from a brain tumor. Each service displayed team colors: Army in black, Navy in navy blue, Air Force in royal blue and the Marine Corps in red. The athletes proceeded down the Olympic Training Center’s pathway in formation wearing their warm-up suits in the color of their respective branch. Lance Cpl. Sketch passed the torch to the Navy’s torchbearer and then on to the legendary Roger Staubach, Vietnam veteran and former Dallas Cowboy quarterback, who lit the cauldron with the ceremonial torch. As the cauldron burst into flames, both the athletes and spectators were inspired as they realized the inaugural Warrior Games had begun.











## CHAPTER 5

# THE EVENTS

*“All the Marines showed tremendous pride and ability through their individual events. Many overcame physical and mental challenges, and performed well at the games. It was a win for the Marine Corps, but it was also a personal victory. The fact that we won the cup is a testament to how seriously our Marines trained. We put in a lot of hard work as a team to win the cup.”*

*Major Christopher Iazzetta, All-Marine Warrior Games Team Member.*

The events selected for the Warrior Games were chosen to provide the athletes with an introduction to paralympic sports. The events included archery, wheelchair basketball, cycling, shooting, swimming, sitting volleyball and track & field. Additionally, there was an “Ultimate Champion” competition, which consisted of five events: 50m freestyle swim, 10 meter air rifle shooting, 100m run, 1500m run, and shotput. In addition to the traditional gold, silver, and bronze medal winners in each event, points were tallied, with the highest scoring service to be awarded the Chairman’s Cup. While the athletes represented the Marine Corps well in the individual events, the excitement for most centered on the team events - wheelchair basketball and sitting volleyball. During the training camp, the teams worked at perfecting their skills and building their game strategy. The Marine Corps was prepared – and it showed. They delivered a gold medal in both sports.



# CHAPTER 5

## 2010 WARRIOR GAMES GENERAL RULES

Gold, Silver, and Bronze medals were awarded per category in each event. The Chairman's Cup is an overall service award for the branch of service scoring the most points. Athletes who have competed at a Paralympic Games or Elite/National team service members (past or present) or anyone who has competed internationally for the US Paralympics are not eligible.

The Marine Corps was eligible for a maximum of 18 athletes with upper body impairments, 18 with lower body impairments, 10 with spinal cord injuries, 10 with traumatic brain injuries, and eight with post-traumatic stress disorder. Participants may compete in a maximum of three individual events, but a minimum of two individual events, not including team sports.



# CHAPTER 5

## ARCHERY

### ARCHERY EVENTS:

Compound Open  
Recurve Open

### DISABILITY CATEGORIES:

Open to all

### SHOOTING DISTANCE:

30m

### TARGET SIZE:

122cm

### QUALIFYING ROUND:

six arrow ends / four minutes

### MEDAL ROUNDS:

three arrow ends / alternating shots, 30 seconds per shot

### EQUIPMENT RULES:

FITA ([www.archery.org](http://www.archery.org))





# CHAPTER 5

## CYCLING

### CYCLING EVENTS:

10k road race (Handcycling)

A handcycle is either an arm powered (AP), arm-trunk powered (ATP) or kneeling position, three wheeled vehicle with an open frame of tubular construction.

10k road race (Recumbent)

The recumbent cycle is a vehicle with three wheels of equal diameter. The front wheel, or wheels, are steerable; the rear wheel, or wheels, where driven through a system comprising pedals and a chain.

20k road race (Regular Bicycle)

### DISABILITY CATEGORIES:

Open to all

### COURSE:

Flat section of US Air Force Academy: 10k (one loop), 20k (two loops)

USA Cycling rules apply.







# CHAPTER 5

## SHOOTING

### SHOOTING EVENTS:

- 10m Air Pistol (SH 1 & PTSD) - 40 shots
- 10m Air Rifle Standing (SH 1 & PTSD) – 40 shots
- 10m Air Rifle Standing (SH 2 & PTSD) - 40 shots
- 10m Air Rifle Prone (SH 1 & PTSD) - 40 shots
- 10m Air Rifle Prone (SH 2 & PTSD) - 40 shots

### DISABILITY CATEGORIES:

- SH 1 – (Lower Body Impairment)
- SH 2 – (Upper Body Impairment)
- PTSD

All events were 10 meter air gun, fired with .177 cal. soft lead match pellets fired from single shot target (approx. 500 – 600 fps). No scopes or optics were allowed on the guns. For simplicity, all events were 40 shots in 75 minutes (all events were slow fire) plus a separate final for the top 8 competitors in each event. Divisions were combined male and female.





# CHAPTER 5

## SWIMMING

### SWIMMING EVENTS:

Men's 50m freestyle  
Men's 100m freestyle  
Men's 50m backstroke  
Men's 50m breaststroke  
Women's 50m freestyle  
Women's 50m backstroke  
Combined 200m freestyle relay

### DISABILITY CATEGORIES:

Lower Body Impairment  
Upper Body Impairment A/E (Above the Elbow)  
Upper Body Impairment B/E (Below the Elbow)  
TBI/Stroke/CP  
Spinal Cord Injury (SCI)  
PTSD

USA Swimming rules apply





# CHAPTER 5

## TRACK AND FIELD

### TRACK EVENTS:

Men's 100m run  
Men's 200m run  
Men's 400m run  
Men's 1500m run  
Women's 100m run  
Women's 1500m run

### DISABILITY CATEGORIES:

Spinal Cord Injury (SCI)  
Below the Knee Impairment (BK)  
Above the Knee Impairment (AK)  
Upper Body Impairment (UB)  
Traumatic Brain Injury (TBI)  
PTSD

### FIELD EVENTS:

Men's Shotput (Standing)  
Men's Shotput (Sitting)  
Men's Discus (Standing)  
Men's Discus (Sitting)  
Women's Shotput (Standing)  
Women's Shotput (Sitting)

USA Track & Field Rules apply





# CHAPTER 5

## SITTING VOLLEYBALL

Each sitting volleyball team was comprised of 12 players. For each game played, there could be 12 different players, the same 12 players or a mix, it was the coach's choice.

The tournament was comprised of 8 teams, one from every 25 athletes per service. The teams were split into two pools of 4 teams each, each pool competed in a round robin and the top two teams played a semi and final match. Teams played the best 2 out of 3 games. Games were to 25 points. If a 3rd game was needed it was played to 15 points. A team must win by 2 points in all games.

Paralympic volleyball follows the same rules as its non-disabled counterpart with a few modifications to accommodate the various disabilities. In sitting volleyball, the net is about 3.5 feet high, and the court is 10 x 6 meters with a two-meter attack line. Players were allowed to block serves, but one "cheek" had to be in contact with the floor whenever they made contact with the ball.

Key Rule Modifications different from traditional volleyball: the position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack or free zone outside the court.

"Bottom" is defined as the upper part of the body, from shoulder to one's buttocks.

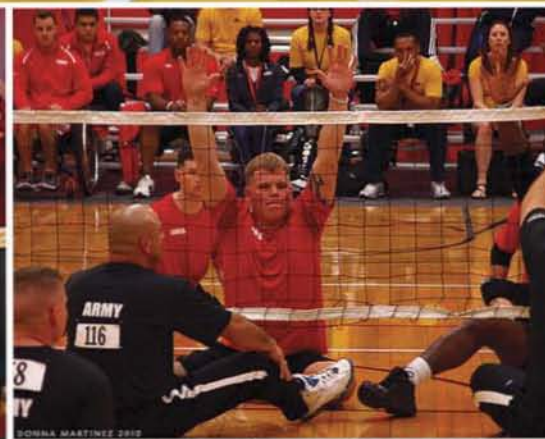
Touching the opponent's court beyond the centerline with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the centerline. To contact the opponent's court with any other part of the body is forbidden.

The player may penetrate into the opponent's space under the net, provided there is no interference with the opponent. The feet and legs can contact under the net. Your feet and legs can be in front of the 3 meter line or endline when serving, only your butt has to be behind the lines. It is allowed to dig/contact the ball with their feet/legs.

The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment.







# CHAPTER 5

## WHEELCHAIR BASKETBALL

The wheelchair basketball rules were modified to suit the population of the Warrior Games Team Composition. This tournament consisted of four 10-player teams per service, representing the Army, Navy, Air Force, and Marines. Teams played four games, the first three in a round-robin format, and then reseeded to play their final game.

Games consisted of two 20-minute halves, with a 35-second shot clock. A running clock was in effect for the first 18 minutes of each half, with the clock stopping at the whistle in the last two minutes of each half. Teams were required to have a minimum of two players with lower limb impairments (i.e. spinal cord injuries, amputations, etc.) on the court at all times.

A player would be disqualified from play when he received any of the following: two direct technical's, three physical advantage foul (PAF'S) (see definitions on following page), five total fouls (which may include technical and PAF's).

Wheelchair Basketball follows the same rules as the NCAA with a few modifications to accommodate the wheelchair game.

### Key Rule Modifications for Wheelchair Basketball:

The chair is considered to be part of the body. For example, a player is out-of-bounds when any part of his/her body or wheelchair touches the floor or any object on or outside of a boundary line.

A player shall not contact an opponent or opponent's wheelchair with his/her hand unless the contact is incidental in an attempt to play the ball. General rules of contact apply in wheelchair basketball. Intentional chair contact caused by a player to affect the progress or position of another player is a form of blocking, charging, holding or pushing. Contact caused by the momentum of a chair by a player who had made no visible effort to stop his/her chair while moving in for a goal is a charge. Contact after the ball is dead is unsporting conduct.

To officially score a three point shot or a free throw shot, the large wheels of the chair must be behind the line when the player attempts the shot. However, the front casters may be over the line. It is acceptable to roll the chair forward while shooting, yet the ball must be released before the large wheels cross the line.



## CHAPTER 5

To execute a dribble, players must allow for one bounce of the ball for every two pushes of their chair. Taking more than two pushes in succession constitutes a traveling violation and the ball is awarded to the other team out of bounds. During a free throw attempt a maximum of six players (four opponents for the free thrower and two teammates of the free thrower) shall be permitted on the lane. The two lane spaces closest to the end line shall remain open. All of the other players shall remain behind the free throw line extended and behind the three-point line.

A player may not leave or fall out of the chair to gain or maintain possession of the ball or gain any other advantage. This includes a player falling out of the chair directly into line of play, a player falling out of the chair not directly in line of play while potential scoring play is in progress. The play is stopped immediately when an injury is anticipated to a seated or fallen player, and a team loses possession, if in the judgment of the officials, a player falls out of his wheelchair to gain or maintain possession of the ball.

When an offensive player in control of the ball throws the ball off of a defensive player or his/her chair, and goes out of bounds, it is a violation on the offense. The ball will be given out of bounds to the defensive team.

Physical Advantage Foul (PAF): All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for physical advantage over an opponent (e.g., raising out of his chair, or using the heel on the floor to maneuver the chair, or leaning forward on the foot rests to guard a player). A defensive player guarding an offensive player may not gain an advantage by leaning so far forward that his/her foot rests touch the floor. Three of these infractions, (i.e., three PAF) constitute automatic dismissal from the game.

Tilting Chair: A team loses possession when a player leans forward in the chair to the extent that the chair tilts and the footrest or the person's feet touch the floor while gaining, maintaining, shooting, or retrieving the ball. The ball is then awarded to a nearby opponent at the out of bounds spot nearest the violation.





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# CHAPTER 5

## ULTIMATE CHAMPION

### ULTIMATE WARRIOR EVENTS:

50m freestyle swim

10m air rifle (prone)

100m dash

1500m run

Shotput

All Ultimate Warrior participants competed in their respective disability category for each of the above five events. Separate points were assigned to each athlete based on how they finished in their respective category. The Ultimate Warrior champion is the individual at the end of the competition who earned the most points in the above five events. Tie breaker: Total number of top 3 placements in finals.



