

## Warrior Games

The Warrior Games showcases the resilient spirit of today's wounded, ill, and injured servicemembers from all branches of the military. After overcoming significant physical and behavioral injuries, these men and women demonstrate the power of ability over disability and the spirit of competition.

Since 2010, nearly 200 wounded, ill, and injured servicemembers and Veterans have competed annually at the Warrior Games, a unique partnership between the Department of Defense and U.S. Olympic Committee Paralympic Military Program.

This year, the Army, Marine Corps, Navy/Coast Guard, Air Force, and Special Operations teams will each send up to 50 athletes.

The Warrior Games is about more than winning medals—it's about overcoming challenges to celebrate accomplishments. Each athlete competing tells a story of triumph, regardless of whether they stand on the podium:

- **CPT Lisa Merwin**, 2011 Women's Cycling Gold Medalist and breast cancer survivor. Two weeks after her mastectomy, she was back on a bike in a competitive race before returning to duty in a new military specialty.
- **SFC Landon Ranker**, 6-time medalist in 2010 and 2011. After recovering from multiple traumatic brain injuries sustained in combat, he now runs the Adaptive Reconditioning Program at the Fort Campbell Warrior Transition Battalion.
- **Veteran Justin Widhalm**, 2010 Shooting Silver Medalist. After breaking his back and sustaining other injuries in Iraq, he discovered cycling through the Warrior Games. He is now training to compete in cycling at the 2012 Paralympic Games in London.

### Competition Location

The competition is hosted at the U.S. Olympic Training Center in Colorado Springs, Colorado. Cycling takes place at the U.S. Air Force Academy, and track and field takes place at a local high school.



SPC Craig Smith dribbles down the court in his second Warrior Games. In 2011, Army team took home Gold in wheelchair basketball, defeating the Marine Corps team.

### Selection Process

Each service has its own selection process. In 2012, the Army accepted applications from Soldiers currently recovering in Warrior Transition Units (WTUs) and Veterans supported by the Army Wounded Warrior Program (AW2). The Army then hosted a series of training and selection clinics across the country in each sport to determine the best-qualified athletes.

### Chairman's Cup

The service team with the most medals wins the Chairman's Cup.

### Ultimate Champion

Five athletes from each service will compete for the title of Ultimate Champion, a Pentathlon-style format designed to pit warriors against each other in a variety of disciplines. Points are earned in each discipline, and the athlete collecting the most points is crowned Ultimate Champion. Events include:

- 50m Freestyle Swim
- 10m Prone Air Rifle Shooting
- 100m Sprint Track
- Field - Shot Put
- Cycling

*Adaptive sports and reconditioning play a critical role in allowing our wounded, ill, and injured soldiers to achieve their physical goals and build the confidence essential for success in the next phase of their lives, whether they return to the force or move on to civilian life."*

*~ BG Darryl A. Williams, Commander of the Warrior Transition Command  
and Assistant Surgeon General for Warrior Care*

### **Benefits of Adaptive Sports and Reconditioning**

Adaptive sports and reconditioning are linked to a variety of benefits for wounded, ill, and injured servicemembers across all branches of the military:

- less stress
- reduced dependency on pain and depression medication
- fewer secondary medical conditions (i.e., diabetes, hypertension)
- higher achievement in education and employment
- increased independence
- increased self-confidence
- increased mobility

### **Adaptive Reconditioning at WTUs**

The Warrior Games are an extension of the adaptive reconditioning programs in place at the 29 Warrior Transition Units (WTUs) and nine Community-Based Warrior Transition Units (CBWTUs) across the country. These programs are designed to optimize each of the more than 9,500 Soldiers' well-being while helping achieve their short-term and long-term goals in their personal Comprehensive Transition Plan. Activities include:

- Doctrinal physical readiness training exercises
- Competitive and non-competitive adaptive sports
- Therapeutic recreational activities (community or Morale, Welfare and Recreation (MWR) based)
- Gym-based exercise programs
- Arts and cultural programs
- Outdoor events (hiking, fishing, horseback riding, cycling, skiing, kayaking, canoeing)

### **200 Wounded, Ill, and Injured Athletes Compete for Gold in Seven Sports**

Archery  
Cycling  
Shooting  
Sitting Volleyball  
Swimming  
Track and Field  
Wheelchair Basketball

### **Adaptive Reconditioning and the Comprehensive Transition Plan**

Every Soldier recovering at a WTU develops a personalized Comprehensive Transition Plan (CTP) with long-term and short-term goals in each of six areas:

- Career
- Physical
- Emotional
- Social
- Family
- Spiritual

Adaptive reconditioning goals generally fall under the Physical domain, but significantly enhance the Soldier's progress in all six domains. Both medical and non-medical members of the Soldier's multidisciplinary team collaborate to ensure that the Soldier can participate in adaptive reconditioning programs.

WTC is a major subordinate command under the U.S. Army Medical Command (MEDCOM). WTC's mission is to develop, coordinate and integrate the Army's Warrior Care and Transition Program (WCTP) for wounded, ill, and injured Soldiers, Veterans, and their Families. For more information on WTC, visit the new WTC website, [www.WTC.army.mil](http://www.WTC.army.mil), follow on Twitter at <http://twitter.com/armyWTC> or join Facebook at <http://facebook.com/armyAW2>.

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