

# **Warrior Games**

Warrior Games showcases the resilient spirit of today's wounded, ill or injured service members from all branches of the military. After overcoming significant physical and behavioral injuries, these athletes prove that life can continue after becoming wounded, ill or injured.

Since 2010, approximately 200 wounded, ill, and injured service members and Veterans have competed annually at the Warrior Games, a unique partnership between the Department of Defense (DoD) and U.S. Olympic Committee Paralympic Military Program. Athletes representing the Army, Marine Corps, Navy, Air Force and Special Operations compete for gold in each of seven sports:

- Archery
- Cycling
- Shooting
- Sitting Volleyball
- Swimming
- Track and Field
- Wheelchair Basketball



Cpl. (ret.) Perry Price III takes a shot in the 2013 gold medal game against the Marine Corps. Price and the Army team won their third straight gold in wheelchair basketball.

#### The Road to the 2014 Warrior Games

The 2014 Warrior Games will be held September 28-October 4 at the U.S. Olympic Training Center and U.S. Air Force Academy in Colorado Springs, Colorado.

#### **Selection Process:**

Each branch of the military selects members for its respective team. This year, the Army hosted regional training and selection clinics for wounded, ill and injured athletes around the country. Key events included:

### • Regional Trainings:

In 2014, the Army hosted regional training and selection clinics for wounded, ill and injured athletes around the country. Soldiers and Veterans with the most competitive times and scores were invited to the 2014 U.S. Army Warrior Trials.

## • U.S. Army Warrior Trials:

More than 100 Soldiers, Airmen, Marines and Veterans competed at the 2014 U.S. Army Warrior Trials at West Point June 15-19, 2014. For these athletes, motivation stemmed from celebrating strength in the spirit of competition after facing life-changing circumstances.

The Army Warrior Trials helped determine which Army athletes will compete at the 2014 Warrior Games.

Online: www.WTC.army.mil Twitter: www.twitter.com/ArmyWTC Facebook: www.facebook.com/ArmyWTC YouTube: www.youtube.com/user/WarriorCareCom

#### Chairman's Cup

Awarded to the top overall performing service branch at the Warrior Games, the Marines have claimed the Chairman's Cup four times heading into the 2014 Warrior Games. Points are awarded based on top finishes in each event or team sport. Additionally, a weighted formula has been developed to compensate for the different team sizes across branches.

#### **Ultimate Champion**

The Ultimate Champion is a pentathlon style event that pits warriors against each other in a variety of disciplines. Points are earned in each discipline with the athlete collecting the most points being crowned Ultimate Champion of the Warrior Games.

#### **Adaptive Sports and Reconditioning at WTUs**

Warrior Games is the pinnacle event of the adaptive sports and reconditioning component of the Warrior Care and Transition Program (WCTP). Wounded, ill and injured Soldiers and Veterans recovering at Warrior Transition Units (WTU) across the country incorporate adaptive reconditioning into their personalized recovery plans, connecting physical activity with each component of rehabilitation: physical, emotional, spiritual, social, Family and career.

In addition to competitive sports, adaptive reconditioning includes non-sports activities, such as:

- Equine therapy (riding, stable work)
- Music
- Cooking
- Gardening

#### **Benefits of Adaptive Reconditioning**

Adaptive reconditioning activities are linked to a variety of benefits for wounded, ill and injured service members across the military. Benefits include:

- Reduced stress
- Reduced dependency on pain medication
- Fewer secondary conditions (i.e. hypertension, diabetes)
- Higher achievement in education and employment
- Increased mobility
- Increased independence



Army Staff Sgt. Michael Lage, from Jonesboro, Georgia, crosses the finish line during the men's recumbent Bicycle category of the 2013 Warrior Games cycling competition.

# 2014 WARRIOR GAMES ATHLETE VOICES

"Adaptive reconditioning allowed me to tap into my competitive nature which helped my recovery, physically and mentally."

- Sgt. Delvin Maston

"This is something that makes us feel like we have a mission again, something to compete for, and that's worthwhile."

- Ret. Cpt. Frank Barroquiero

"Making the team has encouraged me to work on reaching my athletic full potential."

- Ret. Sat. Anne Oravec