



## NEWS RELEASE

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Commentary by Barbara Ryan  
Office of the Army Surgeon General

### **“I Got This!” Performance Enhancement Training**

**West Point, New York** — The 2104 U.S. Army Warrior Trials are getting underway at West Point, New York, and the athletes are absolutely inspiring! Add the surroundings of the United States Military Academy, the state-of-the-art facilities, the elite coaches, and it really doesn't get any better than this for any competitor.

More than 100 wounded, ill and injured service members and Veterans from across the United States have joined together at the U.S. Military Academy to train and compete in the 2014 U.S. Army Warrior Trials, slated for June 15-20. The event is hosted by the Army Warrior Transition Command, and includes athletes from the Army, Marines and Air Force who will face off in archery, basketball, cycling, track and field, swimming, shooting, sitting volleyball and wheelchair basketball. Participants in the trials include athletes with spinal cord injuries, traumatic brain injuries, visual impairment, serious illnesses and amputations.

Army Warrior Trials provide a variety of training and competitive opportunities and go beyond pushing an athlete's physical acumen. Athletes are learning about the Performance Triad -- the Army's initiative that focuses on optimizing performance, readiness, and resilience through good habits of sleep, activity, and nutrition.

They are also receiving Performance Enhancement training from the Comprehensive Soldier and Family Fitness (CSF2) team of experts who share their passion, and the science of how to be the best. The CSF2 program goal is “mental strength for life” and the program is the basis for the Army's Master Resiliency Training. Mental and emotional skills are being taught to propel athletes to the next level of competition through sport and performance psychology techniques that are commonly used by elite athletes. No doubt, these skills translate to every aspect of the athletes' lives.

At the “Cues & Routines” class, cue words like “steady”, “breathe”, and “I got this” help athletes be fully present when getting ready to compete, or during a competition to get in the “zone” and quiet the mind. The athlete determines the best cue word that works best for them. The three components of a routine are “Thoughts, Energy, and Attention”, and athletes use this method to execute without hesitation, to have a sense of comfort and control, and to have the ability to stay in the moment. These techniques help to minimize internal and external distractions that all athletes experience when competing. The Warrior Athletes appreciated the instruction and shared their own personal cues and methods on how they perform their best.

The Army Warrior Trials are about much more than winning medals. These athletes are triumphant already and exude camaraderie, optimism, and resiliency. They've got this indeed!

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- U.S. Army Photo by Benny Ontiveros

Cutline: Staff Sgt. Allen Armstrong, Walter Reed Warrior Transition Unit, Bethesda, Maryland, stretches and adjusts his body muscles to prepare for a practice run at the indoor track at Gillis field house, West Point, New York, June 9, 2014.

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Warrior Transition Command (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/armyWTC>.

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