



WE ARE #TEAM ARMY 2017 WARRIOR GAMES

CHICAGO, IL JUNE 30 - JULY 8 WCT.ARMY.MIL

The Department of Defense Warrior Games, taking place this year in Chicago, Illinois from June 30-July 08, showcase the resilient spirit of our wounded, ill and injured service members from all branches of the military. After overcoming a significant illness or sustaining serious physical and behavioral injuries, these athletes continue to prove their strength and ability to adapt and overcome, despite life-altering challenges.

Established in 2010, the DoD Warrior Games were developed to aid in the recovery and rehabilitation of our nation's wounded, ill, and injured service members as they return to duty or transition to the civilian world. They have also come to represent our continued commitment to caring for our wounded warriors and providing them with the tools and resources needed to heal holistically.

Athletes representing the United States Army, Marine Corps, Navy/Coast Guard, Air Force and Special Operations Command, as well as international teams including the United Kingdom Armed Forces and the Australian Defence Force, will compete across eight adaptive sports including:

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

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

Team Army's Road to the 2017 Warrior Games

Don't miss the action!

WCT.Army.mil

#TeamArmy



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Twitter.com/ArmyWCT



Flickr.com/ArmyWarriorCare



YouTube.com/WarriorCareCom

Team Army 2017 is made up of 40 wounded, ill and injured Soldiers and veterans, selected from around the country. Approximately 265 athletes from each service will compete for gold across eight adaptive sports.

Selection Process:

Team Army selects members for its team by hosting sports clinics, regional trials and Army Trials.

- **Regional Trials:**

Athletes from Warrior Transition Units around the country competed in their local trials first. Those selected from each region moved onto the Army Trials.

- **Army Trials:**

Soldiers and veterans selected from regional trials traveled to Fort Bliss, Texas to compete across eight sporting events. After four days of training and five days of competition, athletes were selected to represent Team Army at the 2017 DoD Warrior Games.

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 domain of rehabilitation: physical, emotional, spiritual, social, family and career.

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

- Healing Arts (painting, drawing, sculpting, etc.)
- 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



"Being around other Soldiers like me helped me understand the healing process and that I was not alone. Adaptive reconditioning allowed me to build my self-esteem and confidence."

**Sgt. Ryan Major (Ret.), Walter Reed
Warrior Transition Unit**



In between cheering for #TeamArmy, check out [Taste of Chicago](#), the nation's premiere outdoor food festival, held from July 5-9 just a few blocks from many of the Warrior Games events. There are also a number of museums, theatres, aquariums and a zoo within walking distance, so be sure to take advantage!

How to Get Involved

To learn more about the Warrior Games and hear stories from our current Team Army athletes, visit:

www.wct.army.mil/wg_events/warrior_games_2017.html

If you or someone you know could benefit from adaptive reconditioning and the Army Warrior Care and Transition Program, visit:

www.wct.army.mil/modules/soldier/s5-adaptivereconditioning.html

