



# Navy Wounded Warrior – Safe Harbor Adaptive Sports & Recreation

Navy Wounded Warrior (NWW) - Safe Harbor coordinates the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and provides resources and support to their families. Through proactive leadership, NWW offers individually-tailored assistance to ensure enrollees' successful recovery, rehabilitation and reintegration.

The program allows service members to focus on their recovery goals while its team of experts resolves non-medical hurdles.

## Adaptive Sports & Recreation

Adaptive sports – athletic activities that are modified to meet the abilities of injured or ill individuals – are essential to the recuperation of wounded warriors. All enrollees in NWW are encouraged to make sports & recreation a key component of their recovery and rehabilitation plans.

## How Does NWW Keep Wounded Warriors Active?

The adaptive sports team is part of the NWW headquarters team and involves enrollees in numerous athletic opportunities. NWW hosts a series of adaptive athletic reconditioning camps at naval bases throughout the country that focus on strength training, nutrition and a variety of sports. The program also involves enrollees in camps throughout the country that are hosted by partner organizations dedicated to specific athletic disciplines and the DoD Warrior Games. Some of the organizations include: Department of Veterans Affairs, United States Association of Blind Athletes, Lakeshore Foundation and more.

*"Adaptive sports have helped me grow socially, emotionally, mentally and physically. During training camps we pushed each other to be better and improve. I felt like I was part of something meaningful again," said NWW enrollee and former Coast Guardsman Kristen Esget.*

## What are the DoD Warrior Games?

The Warrior Games are a Paralympic-style competition among more than 200 wounded, ill and injured service members from all branches of the U.S. military, as well as from international armed forces. The event includes competitions in archery, cycling, seated volleyball, shooting, swimming, track and field, and wheelchair basketball. The wounded warrior athletes have upper-body and/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses, and/or post-traumatic stress.

The Warrior Games are presented by the Department of Defense and hosted by individual services on an annual rotational schedule. The Navy is hosting the 2017 Warrior Games.

The goal of the Warrior Games isn't necessarily to identify the most skilled athletes, but rather to demonstrate the incredible potential of wounded warriors through competitive sports.

## What is the Invictus Games?

Navy wounded warrior athletes, along with wounded warriors from other services, also participate in the Invictus Games. The athletes represent the United States military and compete against wounded warriors from other countries in events including

archery, cycling, indoor rowing, powerlifting, sitting volleyball, swimming, track and field, wheelchair basketball, wheelchair racing, wheelchair rugby, and wheelchair tennis, as part of the international adaptive sports tournament for wounded, ill, and injured service members. The event will be hosted by Canada in 2017 and Australia in 2018.

## How Does Adaptive Sports Benefit Wounded Warriors?

Fitness and teamwork are a way of life in the military. Serious illness or injury can profoundly impact that way of life, often confining a service member to a hospital bed and significantly altering their physical capabilities. Adaptive sports help wounded warriors build strength and endurance, while also drawing inspiration from their teammates.

The proven benefits of adaptive sports include greater self-esteem, lower stress levels and fewer secondary medical conditions. Sports can also encourage increased pursuit of higher education, which leads to improved employment opportunities among wounded warriors.

## How can Wounded Warriors get Involved?

Wounded warriors should contact NWW at 855-NAVY WWP (628-9997) or [navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil). The Adaptive Sports team will work with them to determine which activities are right for them.



1-855-628-9997 (24/7)  
[navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil)  
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