



## **2016 Department of Defense (DoD) Warrior Games**

### **What are the DoD Warrior Games?**

Created in 2010, Warrior Games showcases the resilient spirit of today's wounded, ill and 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 and injured. Many of our wounded, ill, and/or injured service members use adaptive sports (and other adaptive reconditioning activities) to assist in their overall rehabilitation to overcome the challenge of adjusting to their new condition.

During the DoD Warrior Games, approximately 250 wounded, ill and injured athletes from the Army, Marine Corps, Navy, Air Force, Special Operations Command (SOCOM) and the British Armed Forces compete in eight sports (archery, cycling, field, shooting, swimming, track, sitting volleyball and wheelchair basketball) in a display of courage and resilience.

### **What is the importance of the DoD Warrior Games?**

For over 40 years, the United States military is comprised of a purely volunteer force. The men and women who will be competing in the Warrior Games volunteered to serve our great nation. The Warrior Games is essentially a venue to demonstrate support to those, and their families, who sacrificed greatly on behalf of our Nation. This was best depicted by what Army COL Chris Toner, commander of U.S. Army Warrior Transition Command and assistant surgeon general for warrior care and transition said, "Warrior Games is an opportunity for the services and hometown communities throughout America to communicate their sacred obligation and enduring commitment to their wounded, ill and injured service members, their families and caregivers."

### **When and where will the 2016 DoD Warrior Games be held?**

The 2016 DoD Warrior Games will be held at the United States Military Academy (USMA) at West Point, New York, June 15-21, 2016. This is the first year the United States Army is hosting the Warrior Games, which is an annual sporting competition bringing together wounded, ill and injured service members and veterans from around the world.

### **Why are the DoD Warrior Games important to the Department of Defense and Armed Services?**

Participation in the DoD Warrior Games is integral to the service member's recovery process. Competitions like Warrior Games aid in holistic healing of wounded, ill and injured service members throughout their recovery and rehabilitation process: mentally, emotionally, spiritually, physically and socially. Family and military caregiver participation is also a vital component of the DoD Warrior Games. The outcomes of physical activity as part of the rehabilitation process include higher self-esteem, lower stress levels, lower secondary medical conditions and the pursuit of higher education and higher levels of employment.

### **What are the benefits of adaptive sports/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 and increased independence. Additionally, participation in the DoD Warrior Games allows service members and veterans to build a supportive social network, developing relationships with other athletes with similar disabilities, giving them a sense of community and acceptance on their path to recovery.

### **Where can I go for more information on the DoD Warrior Games?**

For more information, check us out on Facebook at [Facebook.com/WarriorGames](https://www.facebook.com/WarriorGames) or follow us on Twitter at [Twitter.com/WarriorGames](https://twitter.com/WarriorGames) and on Instagram at [@DoDWarriorGames](https://www.instagram.com/DoDWarriorGames). Be sure to use #WarriorGames!