Navy Wounded Warrior - Safe Harbor Adaptive Athletic Reconditioning

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.

NWW's goal is to return Sailors and Coast Guardsmen to duty and, when that is not possible, to work collaboratively with federal agencies, and state and local organizations to ease them back into their communities.

Adaptive Athletic Reconditioning

Adaptive athletic reconditioning – 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 athletics a key component of their recovery and rehabilitation plans.

How does NWW keep wounded warriors active?

The Adaptive Sports Coordinator is part of the NWW headquarters team and involves enrollees in dozens of 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 hosted by partner organizations dedicated to specific athletic disciplines, as well as wheelchair tennis clinics from the U.S. Tennis Association and the annual Warrior Games.

What are the 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 Deloitte and hosted by the U.S. Olympic Committee. The Games also are supported by the Department of Defense, the Department of Veterans Affairs and a host of nonprofit organizations. Team Navy is sponsored by NWW.

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.

How do 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 his or her physical capabilities. Adaptive athletic reconditioning help wounded warriors build strength and endurance, while also drawing inspiration from their teammates.

The proven benefits of adaptive athletic reconditioning include greater self-esteem, lower stress levels and fewer secondary medical conditions. Sports also can 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. The Adaptive Sports Coordinator will work with them to determine which activities are right for them.

Navy Wounded Warrior Safe Harbor

1-855-NAVY WWP / 1-855-628-9997

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