# Warrior Athlete Reconditioning Program (WAR-P)

The WAR-P provides adaptive reconditioning opportunities for recovering service members (RSMs) through two interrelated tracks: return to readiness or health and wellness. RSMs are offered weekly programs and classes to assist in developing nutritional, stress management, and training programs that suit their individual goals. Wounded Warrior Regiment, through WAR-P, also sponsors multiple training camps, clinics, and competition to advance RSMs' new skills and maintain their competitive spirit.



#### **Sports Camps**

WAR-P and other organizations hold a variety of annual sports camps and events for RSMs. These camps provide world-class coaching, specialized equipment, and once in a lifetime experiences for RSMs to learn and excel in a number of sports.

## **Marine Corps Trials**

For those Marines who desire to participate in a more competitive environment, the Marine Corps Trials is a great first step. The Marine Corps Trials is more than just a competition; it is a venue for helping RSMs improve their athletic capabilities, build camaraderie with other RSMs and to select the most qualified athletes for the Warrior Games Team Marine Corps. RSMs participate in a variety of team and individual sports, first working on skills in camps, then competing for medals and a spot on the all Marine team.

### **Department of Defense Warrior Games**

The Warrior Games is an annual event to celebrate the achievement and abilities of RSMs, while building camaraderie and raising awareness for adaptive sports.

#### **Related Fact Sheets**

- Recovery Care Team
- Recovery Care Coordinator
- Comprehensive Recovery Plan

Wounded Warrior Call Center 24/7—1.877.487.6299

Stay Connected—www.woundedwarrior.marines.mil

