



WOUNDED WARRIOR
carebeyondduty

South East Warrior CARE Event & Warrior Games Training

14 - 21 April 2018

KEY EVENTS

SAT, APR 14

ALL DAY
0800 - 1700
MENTOR/CAREGIVER ARRIVAL (Ramada Inn, 1500 Miracle Strip, FW Beach)
WARRIOR TEAM PRACTICE (SVB, WBB-Hurlburt Youth Center, Focus Meeting)

SUN, APR 15

ALL DAY
0800-1700
0800-1700
0800 - 1730
1800 - 2000
WARRIOR/CAREGIVER ARRIVAL (Ramada Inn, 1500 Miracle Strip, FW Beach)
MENTOR WORKSHOP (Forum Room)
REGISTRATION (Empire Room)
WARRIOR TEAM PRACTICE ((SVB, WBB-Hurlburt Youth Center, Recovery Svc)
ICE BREAKER SOCIAL EVENT (Ambassador Room)

MON, APR 16

0800 - 0830
0900 - 1600
0900 - 1700
0900 - 1700
0900 - 1100
0900 - 1100
1115 - 1215
1230 - 1430
1230 - 1430
1500 - 1700
1500 - 1700
1930 - 2100
1930 - 2100
1930 - 2100
1930- 2100
OPENING CEREMONY/REMARKS (Eglin Fitness Center)
Empowerment In Transition Workshop (Forum Room)
AMBASSADOR WORKSHOP 1 (Senator Room)
CAREGIVER (Col. Flatten, A&FRC Training/Team Building)
WARRIOR TEAM TRAINING SESSION 1 (SVBB, Swim, Archery, Field, Shoot)
INTRO SESSION 1 (T1 Track, T2 WBB, T3 Powerlifting)
LUNCH (Eglin Fitness Center)
WARRIOR TEAM TRAINING SESSION 2 (Track, Cycle, Swim, Field, Shoot)
INTRO SESSION 2 (T1 Strength, T2 Row, T3 Nutrition/Comedy)
WARRIOR TEAM TRAINING SESSION 3 (Cycle, Row, Track, Nutrition, Strength)
INTRO SESSION 3 (T1 SVBB, T2 Swim, T3 Arch)
RECOVERY SERVICES (Forum Room)
RESILIENCY PROGRAM: ESSENTIAL OILS (Forum Room)
RESILIENCY PROGRAM: VETERANS OF COMEDY (Oasis Room)
RESILIENCY PROGRAM: WRITE TO RECOVERY (Senator Room)

TUE, APR 17

0730 - 0800
0800 - 1630
0800 - 1100
0900 - 1700
0900 - 1100
1115 - 1215
1230 - 1430
1230 - 1430
1300 - 1700
1500 - 1700
1500 - 1700
1930 - 2030
1930 - 2030
1930 - 2100
MORNING MOTIVATION (Spirituality Time, Oasis Room)
Empowerment In Transition Workshop (Forum Room)
AMBASSADOR WORKSHOP 2 (Senator Room)
CAREGIVERS (Marsha Gonzales, PEER Forum, Special Activity)
WARRIOR TEAM TRAINING SESSION 1 (WBB, Arch, Powerlift, Field, Strength)
INTRO SESSION 1 (T1 Nutrition/Comedy, T2 Track, T3 SVB)
LUNCH (Eglin Fitness Center)
WARRIOR TEAM TRAINING SESSION 2 (Swim, SVB, Track, Row, Field)
INTRO SESSION 2 (T1 Cycle, T2 Arch, T3 Yoga/Focus)
AMBASSADOR WORKSHOP 2 (Senator Room)
WARRIOR TEAM TRAINING SESSION 3 (Arch, Nutrition, Cycle, Shoot, Track)
INTRO SESSION 3 (T1 Yoga/Focus, T2 Powerlift, T3 Swim)
RECOVERY SERVICES (Forum Room)
RESILIENCY PROGRAM: ART CLINIC (Oasis Room)
RESILIENCY PROGRAM: WRITE TO RECOVERY (Senator Room)

SPORTS VENUE LEGEND

Shooting/Arch/LRS Warehouse **WBB/SVB/Fitness Center** **Yoga/Focus/Functional Strength/BLDG 843** **Track/Field/East Track** **Comedy/Nutrition/BLDG 825** **Powerlifting/Bldg 741** **Swimming/Eglin Pool,** **Cycling/Postal Point** **WT Swim/Hurlburt Pool,** **Rowing/Bld 720**

WED, APR 18

0730 - 0800
0800 - 1630
0800 - 1100
0800 - 1700
0900 - 1100
0900 - 1100
1115 - 1215
1230 - 1430
1230 - 1430
1300 - 1700
1500 - 1700
1500 - 1700
1715- 1845
1930 - 2100
1930 - 2100
1930 - 2100

THU, APR 19

0730 - 0800
0800 - 1100
0800 - 1500
0800 - 1700
0900 - 1100
0900 - 1100
1115 - 1215
1230 - 1430
1230 - 1430
1300 - 1700
1500 - 1700
1500 - 1700
1800 - 2000
1930 - 2030
1930 - 2030

FRI, APR 20

0730 - 0800
0800 - 1200
0800 - 1700
0800 - 1630
0900 - 1100
0900 - 1100
1115 - 1215
1230 - 1400
1415 - 1545
1600 - 1700

SAT, APR 21

ALL DAY

MORNING MOTIVATION (Spirituality Time, Oasis Room)
Empowerment In Transition Workshop (Forum Room)
AMBASSADOR WORKSHOP 3 (Senator Room)
CAREGIVER (Tour, Me Time Activity, Photo Shoot/Beach)
WARRIOR TEAM TRAINING SESSION 1 (WBB, Yoga/Focus, Powerlift, Cycle, Nutrition)
INTRO SESSION 1 (T1 Field, T2 Shoot, T3 Track)
LUNCH (Eglin Fitness Center)
WARRIOR TEAM TRAINING SESSION 2 (SVB, Yoga/Focus, Field, Swim, W/C Track)
INTRO SESSION 2 (T1 Powerlift, T2 Cycle, T3 Strength)
AMBASSADOR WORKSHOP 3 (Senator Room)
WARRIOR TEAM TRAINING SESSION 3 (Cycle, Arch, Row, Strength)
INTRO SESSION 3 (T1 Swim, T2 SVB, T3 Field)
SR LEADERSHIP WCBB/SVB PRACTICE (Eglin Fitness Center)
RECOVERY SERVICES (Forum Room)
RESILIENCY PROGRAM: ART (Oasis Room)
RESILIENCY PROGRAM: ROCK TO RECOVERY (Senator Room)

MORNING MOTIVATION (Spirituality Time, Oasis Room,)
AMBASSADOR WORKSHOP 4 (Senator Room)
Empowerment In Transition Workshop (Forum Room)
CAREGIVER (Relaxation Therapy, OAC Brief, Yoga)
WARRIOR TEAM TRAINING SESSION 1 (Arch, Cycle, Field, WBB, Track)
INTRO SESSION 1 (T1 Row , T2 Strength , T3 Shooting)
LUNCH (Eglin Fitness Center)
WARRIOR TEAM TRAINING SESSION 2 (Yoga/Focus, Swim, Row, SVB, Arch)
INTRO SESSION 2 (T1 Shoot, T2 Nutrition/Comedy, T3 Cycle)
AMBASSADOR WORKSHOP 4 (Senator Room)
WARRIOR TEAM TRAINING SESSION 3 (Powerlift, Swim, Field, Shoot, Nutrition)
INTRO SESSION 3 (T1 Arch, T2 Yoga/Focus, T3 WBB)
CARE FAIR (Ambassador Room)
RECOVERY SERVICES (Forum Room)
RESILIENCY PROGRAM: ROCK TO RECOVERY (Senator Room)

MORNING MOTIVATION (Spirituality Time, Oasis Room)
Empowerment In Transition Workshop (Forum Room—1300—1500 Yoga/Focus)
CAREGIVER (Focus Group, Warrior Competitions)
AMBASSADOR WORKSHOP 5 (Senator Room)
WARRIOR TEAM TRAINING SESSION 1 (SVB, Arch, Swim, Strength, Shoot)
INTRO SESSION 1 (T1 WBB, Field, T3 Row)
LUNCH (Eglin Fitness Center)
WBB SCRIMMAGES (Teams 1-3, WGT, & Leadership) (Eglin Fitness Center)
SVB (Teams 1-3, WGT, & Leadership) (Eglin Fitness Center)
CLOSING CELEBRATION (Eglin Fitness Center)

WARRIORS/CAREGIVERS DEPART