On the evening of March 7th, the ballroom of the Marriott Marquis Hotel was packed with loyal supporters and distinguished guests including members of the United States Armed Forces, the Royal Thai Navy, and Naval Special Warfare (NSW) Gold Star and Surviving Families. Attendees were gathered together for the Navy SEAL Foundation’s 11th NYC Benefit which focused on the significant topic of teamwork. RADM H. Wyman Howard, III, was the evening’s keynote speaker. Other speakers included former Secretary of Defense, General James Mattis, VADM (Ret.) Bob Harward, VADM (Ret.) Sean Pybus and SOCM (Ret.) Britt Slabinski who presented the Navy SEAL Foundation Fire in the Gut Award to the Royal Thai Fleet Naval Special Warfare Command. The award was accepted by RADM Apakorn Youkongkaew, Commander of the NSW Royal Thai Fleet.

We are excited to share that this year’s event raised over $9 million in support of NSF and those we serve. We are truly humbled and grateful to all who attended and supported the benefit!

Check out the Foundation’s latest video TEAMWORK, by clicking the play button below.

NEWS & UPDATES

2019 NEW YORK CITY BENEFIT

The Navy SEAL Foundation is a 501(c)(3) national nonprofit organization. Tax ID #31-1728910 CFC #11454. It is a non-federal entity and is not part of the Department of Defense or any of its components.
NSF RINGS THE NASDAQ CLOSING BELL!

On March 6th, while in NYC for the 2019 Benefit, NSF closed the markets by **Ringing the Closing Bell at Nasdaq!** Foundation board members, ambassadors, and staff participated in the live ceremony in the heart of NYC - Times Square! Thank you to Nasdaq for sharing the Foundation's work with a live audience of millions!

Last month we shared that NSF had been awarded our 8th consecutive 4-star rating from Charity Navigator and this month we learned that the Foundation also achieved another top designation: **GuideStar’s Platinum Transparency Rating** for 2019! These accomplishments would not be possible without the support of our amazing donors, volunteers, board and staff. Thank you and keep up the good work!

NSF AND GORUCK ARE NOW OFFICIAL PARTNERS!

Gear and event brand, **GORUCK, and the Navy SEAL Foundation have announced a new “Official Partnership”** between the two organizations. The partnership's goal is to raise awareness and funds in support of the NSF's specialized programs and services that benefit Naval Special Warfare (NSW) community, its warriors, families and veterans while encouraging the “GORUCK” way of life.

GORUCK was founded by former Green Beret, **Jason McCarthy** after he left active duty service in 2008. The company grew from a gear-based retail business into a lifestyle and event brand pioneering rucking as a fitness activity. GORUCK currently produces gear, apparel, footwear and hundreds of events throughout the year.

Under this new Official Partnership, all races in the Navy SEAL Foundation's **2019 Joggin' for Frogmen 5K series** will include a GORUCK participant category with the GORUCK registration proceeds benefiting NSF. Additionally, GORUCK will hold an annual virtual fundraiser in support of the Foundation. This virtual challenge will allow participants to register online and complete rucking-based activities in support of NSF no matter where they're geographically located. The partnership allows GORUCK and NSF to simultaneously meet their common goal of supporting our nation's Special Forces.

“We're delighted to join forces with GORUCK,” said Robin King, CEO of the Navy SEAL Foundation. “By working together, we can encourage even more supporters to participate in activities that are fun and challenging, while making a difference for SEALs and their families all at the same time. GORUCK is a great addition to our 2019 Joggin' for Frogmen race lineup and the funds generated through this partnership will help our foundation meet our mission of service to those we serve.”

To participate in a NSF Joggin' for Frogmen GORUCK Challenge, please visit [www.jogginforfrogmen.com](http://www.jogginforfrogmen.com) today!
Navy SEAL Foundation's

Joggin' For Frogmen 5K and Tadpole Trot

100% of the proceeds exclusively benefiting

Navy SEAL Foundation

Upcoming Races

Frisco, TX
5.4.19
Pittsburgh, PA
9.21.19

Amelia Island, FL
5.18.19
Alexandria, VA
10.5.19

Imperial, NE
5.25.19
Virginia Beach, VA
10.19.19

San Diego, CA
7.27.19
Los Angeles, CA
11.9.19

Louisville, KY
9.14.19

To donate, register, volunteer, sponsor and for event details, please visit:

JogginForFrogmen.com

Proud to partner with GORUCK for the 2019 race season!

Thank you to our returning national sponsor

Veterans United Foundation
The first round of the 2019 NSF scholarships closed in mid-February with 295 applications completed—a 13% increase over our 2018 application numbers!

The application review period has concluded and all applicants have been notified via email of their award status. In total for round one, NSF awarded over $1 million in scholarships to 70 high school or college age dependents, 102 active duty service members, 106 spouses of active duty service members, and 17 SEAL/SWCC veterans. Each year we are blown away by the talent of our applicants and this year was no exception. Congratulations to our scholarship recipients! It is important to note that

**NAVY SEAL FOUNDATION SCHOLARSHIPS**

Camp season--one of the most anticipated times of the year for NSW parents and kids—is upon us!

Every summer, the Navy SEAL Foundation offers seven sessions of our wildly popular summer camps for qualified NSW children and teens. These **specialized and private summer camps are designed specifically for the NSW community** and are located in Virginia, California, and Hawaii to maximize participation. This year’s registration period is already off to an amazing start with **almost 1000 NSW campers registered in the first few days**! Don’t worry, if a camp fills up NSF will open a wait-list and campers will be notified of their status as soon as possible. If you have questions about our summer camps, please contact us at camps@navysealfoundation.org

**NAVY SEAL FOUNDATION SUMMER CAMPS**

Camp season--one of the most anticipated times of the year for NSW parents and kids—is upon us!

Every summer, the Navy SEAL Foundation offers seven sessions of our wildly popular summer camps for qualified NSW children and teens. These **specialized and private summer camps are designed specifically for the NSW community** and are located in Virginia, California, and Hawaii to maximize participation. This year’s registration period is already off to an amazing start with **almost 1000 NSW campers registered in the first few days**! Don’t worry, if a camp fills up NSF will open a wait-list and campers will be notified of their status as soon as possible. If you have questions about our summer camps, please contact us at camps@navysealfoundation.org
This month, NSF supported 31 wounded, ill and injured requests including the support of an active duty SEAL who suffered a stroke while on a training trip. NSF responded immediately with funding for his spouse to be at his bedside, childcare for their children and a flight for the service member’s mother to be with the children. We were happy to learn that the SEAL made a full recovery without any lingering signs or symptoms from the stroke.

We routinely provide logistical family support, necessary rehabilitation equipment, veteran medical support for combat sustained injuries, casualty check, medical board stipend, respite childcare, and financial assistance for those NSW members in need. We also cover the cost of medical equipment that is not funded by TRICARE but is deemed essential to healing and improved quality of life for the service member.

Our staff received the following note of thanks from a service member who was supported under our Wounded, Ill and Injured Pillar:

“Thank you doesn’t even begin to express our gratitude for your support during our family’s difficult time. We are especially thankful for the expeditious purchase of flights to Germany, allowing us to get there as soon as possible, the only desire of our hearts in those first frightening days…”

The Navy SEAL Foundation held its first 2019 Professional Development and Transition Symposium on the East Coast on March 27th. The symposium was attended by over 100 transitioning warriors, family members, NSW service providers and transition partners. Our 2019 West Coast event will be held on April 30th, in Coronado, California. These symposiums are a resource for all NSW personnel who are within 12 - 18 months of their transition or retirement.

In addition to highlighting a variety of transition organizations, this year’s symposiums feature a panel of psychologists, clinicians and executive coaches with the goal of normalizing various aspects of the transition process while helping transitioning NSW personnel and Spouses view transition with a positive perspective.
OUR COMMITMENT

THE NAVY SEAL FOUNDATION PROVIDES IMMEDIATE AND ONGOING SUPPORT AND ASSISTANCE TO THE NAVAL SPECIAL WARFARE (NSW) COMMUNITY AND ITS FAMILIES UNDER FIVE MAIN AREAS: WARRIOR & FAMILY SUPPORT, EDUCATIONAL OPPORTUNITIES, TRAGEDY ASSISTANCE & SURVIVOR SUPPORT, WARRIOR TRANSITION, AND LEGACY PRESERVATION.

92 SURVIVING SPOUSES, FIANCEES AND SIGNIFICANT OTHERS
109 SURVIVING CHILDREN
202 SURVIVING PARENTS
103 SURVIVING SIBLINGS
8 PRIMARY CAREGIVERS OF SURVIVING CHILDREN

TOTAL PROGRAM SUPPORT YTD: $2,241,627

$354,534 TRANSITION ASSISTANCE
$82,115 EDUCATIONAL OPPORTUNITIES
$140,182 LEGACY PRESERVATION
$512,510 TRAGEDY ASSISTANCE AND VETERAN SUPPORT
$443,287 SURVIVOR SUPPORT
$372,080 WARRIOR AND FAMILY SUPPORT
$336,918 CHILD RESILIENCY

TOP 0.7% OF ALL NONPROFITS FOR FINANCIAL STEWARDSHIP
94 CENTS* OF EVERY DOLLAR DONATED GOES DIRECTLY TO PROGRAMS OR IS RESERVED FOR FUTURE MISSION USE

4-STAR CHARITY NAVIGATOR RATING SINCE 2011

71 NSW KILLED IN ACTION SINCE SEPTEMBER 2001
22 NSW KILLED IN TRAINING SINCE SEPTEMBER 2001
42 NSW LINE OF DUTY SINCE SEPTEMBER 2001
5 NSW VETERAN-DIPLOMATIC MISSION
12 OTHER NSW LOSSES SINCE SEPTEMBER 2001

*Fundraising ratios and efficiencies are calculated using the Charity Navigator three-year average for these areas.
In January 2010, a group of dedicated friends and patriots established the now famous Tampa Bay Frogman Swim (TBFS). Back then, just 39 swimmers and safety kayakers and about 30 onlookers braved the cold Tampa Bay weather to raise $34,000 in support of a SEAL officer who had been severely injured while serving in Afghanistan.

Fast forward to 2019, and the TBFS, an official Navy SEAL Foundation fundraising event, has raised millions in support of the Naval Special Warfare community and last year, the TBFS was rated the #7 Open Water Swim in the US by The Daily News of Open Water Swimming!

In 2016, due to the overwhelming success and popularity of the TBFS, the San Francisco Frogman Swim (SFFS) was established, and this year we are proud to announce the newest member of the Frogman Swim Series, the Boston Frogman Swim (BFS)!

Who competes in a Frogman Swim?? Past participants have included elite swimmers such as former Navy SEALs, Olympic Gold Medalists, Triple Crown Marathon swimmers, and collegiate athletes. We've hosted triathletes, para-athletes, and just about any athletically motivated person from all walks of life! You never know who you'll see at one of our events!

Registration is now open for the following 2019 events:

Don't wait; our spaces fill quickly!

Proceeds from the Frogman Swim Series are donated directly to the Navy SEAL Foundation.

In addition to the registration fee, participants are encouraged to raise a minimum of $2000 in support of the Navy SEAL Foundation's mission.

Our motto is “Never Leave A Man Behind,” and we hope you'll join us in this endeavor!

To learn more about the Frogman Swim Series or the Navy SEAL Foundation, please visit us at www.frogmanswim.com and www.navysealfoundation.org
## UPCOMING EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT NAME</th>
<th>CITY</th>
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<tbody>
<tr>
<td>4/1/2019</td>
<td>Palm Beach Evening of Tribute</td>
<td>Palm Beach, FL</td>
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<tr>
<td>4/5/2019</td>
<td>Dressed to Kilt</td>
<td>NYC, NY</td>
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<tr>
<td>4/13/2019</td>
<td>Thunder Over Atria</td>
<td>Louisville, KY</td>
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<tr>
<td>5/4/2019</td>
<td>Joggin’ for Frogmen Frisco</td>
<td>Frisco, TX</td>
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<td>5/17/2019</td>
<td>4th Annual Shootin’ for the Stars</td>
<td>Rio Oso, CA</td>
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<td>5/18/2019</td>
<td>Joggin’ for Frogmen Amelia Island</td>
<td>Amelia Island, FL</td>
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<tr>
<td>5/18/2019</td>
<td>Kyle Milliken ‘The Only Easy Day’ 10K/5K</td>
<td>Falmouth, ME</td>
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<td>5/20/2019</td>
<td>Joshua T. Harris Memorial Golf Tournament</td>
<td>Pinehurst, NC</td>
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<tr>
<td>5/22/2019</td>
<td>Rosendin Electric Golf Tournament</td>
<td>Newport Beach, CA</td>
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<tr>
<td>5/25/2019</td>
<td>Joggin’ for Frogmen Imperial</td>
<td>Imperial, NE</td>
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<tr>
<td>6/2/2019</td>
<td>Inaugural Boston Frogman Swim</td>
<td>Boston, MA</td>
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<tr>
<td>6/14/2019</td>
<td>3rd Annual Kyle Milliken Golf Tournament</td>
<td>Virginia Beach, VA</td>
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<td>6/15/2019</td>
<td>Golf Outing to Benefit NSF</td>
<td>Etters, PA</td>
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<td>6/22/2019</td>
<td>LT Michael Murphy 4 Mile Run Around the Lake</td>
<td>Lake Ronkonkoma, NY</td>
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<td>6/22/2019</td>
<td>Navy Beach Kickoff Event</td>
<td>Montauk, NY</td>
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<tr>
<td>7/13/2019</td>
<td>20th Annual Allen Stone Run Swim Run</td>
<td>Virginia Beach, VA</td>
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<tr>
<td>7/14/2019</td>
<td>San Francisco Frogman Swim</td>
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<td>7/27/2019</td>
<td>Joggin’ for Frogmen San Diego</td>
<td>San Diego, CA</td>
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<tr>
<td>8/8/2019</td>
<td>Denver Evening of Tribute</td>
<td>Denver, CO</td>
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<tr>
<td>9/4/2019</td>
<td>Midwest Evening of Tribute</td>
<td>Chicago, IL</td>
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<tr>
<td>9/6/2019</td>
<td>Commander Pete Oswald Memorial Golf Tournament</td>
<td>Bellingham, WA</td>
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<td>9/14/2019</td>
<td>Joggin’ for Frogmen Louisville</td>
<td>Louisville, KY</td>
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<td>9/15/2019</td>
<td>IRONMAN Superfrog 70.3</td>
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<td>9/20/2019</td>
<td>Shootin’ for the Stars</td>
<td>Carson City, NV</td>
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<td>Joggin’ for Frogmen Pittsburgh</td>
<td>Pittsburgh, PA</td>
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<td>9/23/2019</td>
<td>Birdies By the Bay Golf Event</td>
<td>Half Moon Bay, CA</td>
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<td>9/27-9/29/19</td>
<td>SEAL Tribute Celebration</td>
<td>Half Moon Bay, CA</td>
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<td>9/30-10/1/19</td>
<td>Navy SEAL Foundation Impact Forum</td>
<td>La Jolla, CA</td>
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<td>Joggin’ for Frogmen D.C.</td>
<td>Washington, D.C.</td>
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<td>10/19/2019</td>
<td>Joggin’ for Frogmen Virginia Beach</td>
<td>Virginia Beach, VA</td>
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<td>11/3/2019</td>
<td>TCS New York City Marathon</td>
<td>NYC, NY</td>
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<tr>
<td>11/9/2019</td>
<td>Joggin’ for Frogmen Los Angeles</td>
<td>Los Angeles, CA</td>
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<tr>
<td>11/9/2019</td>
<td>Amelia Island Charity Event</td>
<td>Amelia Island, FL</td>
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For a full listing of events visit NAVYSEALFOUNDATION.ORG/EVENTS