



# NAVY SEAL FOUNDATION

*Honoring our warriors. Supporting their families.*

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# THE SITUATION REPORT

## JULY 2019

## NEWS & UPDATES

### ANNOUNCING REEBOK AND NAVY SEAL FOUNDATION PARTNERSHIP

We are so excited to share that global fitness brand, Reebok, and the Navy SEAL Foundation have entered into an **official partnership to support the Naval Special Warfare community.**

Reebok is now the Official Human Performance Partner of NSF and will support the community we serve during key holidays

and with other promotions throughout 2019 and 2020. This historic partnership officially kicked-off on June 2 with Reebok's sponsorship of our inaugural Boston Frogman Swim, a 5K open water swim across Boston Harbor. Throughout the year, Reebok is also extending a 20% "Heroes Discount" to military personnel and their families for their purchases on Reebok.com and at Reebok stores nationwide with a valid military ID!

NSF and Reebok officials agree that this new partnership is a natural extension of their common goal to optimize fitness for the communities they serve: NSF provides immediate and ongoing support and assistance to the NSW community and its families, and Reebok is working to close



Reebok CrossFit trainer Conor Murphy shakes hands with Chris Irwin, Director of Partnerships for the Navy SEAL Foundation.

Cont.

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the fitness gap by providing access and inspiration to those who need it most.

"Fitness grounds people – it's an enabler to what matters most. We're eager to tap into this underlying force to help beneficiaries of the NSF, who have sacrificed so much, be their best selves," said Chris Froio, SVP and GM, Reebok North America. "We're extremely proud to enter into this meaningful partnership with the Navy SEAL Foundation." said Robin King, CEO of the Navy SEAL Foundation. "We want to keep today's Navy SEAL healthy and in the fight knowing his family is safe, active and strong at home and we can't wait to see how this partnership with Reebok enhances our mission of service to NSW and our families."

Thank you, Reebok, for your commitment to the extraordinary warriors and families of NSW!



*"We've joined forces with Reebok to raise awareness around human performance and the benefits that fitness can provide to cope with the unique stressors that are part of NSW family life"*

*—Robin King  
Navy SEAL Foundation CEO*



## INAUGURAL BOSTON FROGMAN SWIM

The Inaugural Boston Frogman Swim to benefit the NSF was hosted on June 2, 2019, and was a huge success! **The event hosted 27 swimmers and raised close to \$70k--an amazing accomplishment for a first-year event!**

Our Boston Frogman Swim family and NSF Ambassadors invited several NSW Gold Star and Surviving Family members to the event and welcomed them with a reception and special VIP dinner. The GSSF members also had the opportunity to greet the Frogman Swim swimmers as they completed the swim and crossed the finish line.

We can't thank race director and NSF Ambassador, **Geoff Leard**, enough for his dedication to the team and mission! To all who participated, fundraised, donated, and attended--thank you and we'll see you next year!







# PROGRAM SUPPORT UPDATES

## SURVIVING FAMILY SUPPORT

Memorial Day holds a special place in the hearts of all of us at the Navy SEAL Foundation. Through our **Remembrance Day Program** we were honored to provide flights, meals and lodging for Gold Star and Surviving Families to attend four, east coast NSW command Memorial Day programs. Close to 100 surviving family members from across the nation were present to hear the name of their loved one being read in remembrance and with honor--epitomizing what this holiday weekend truly represents.

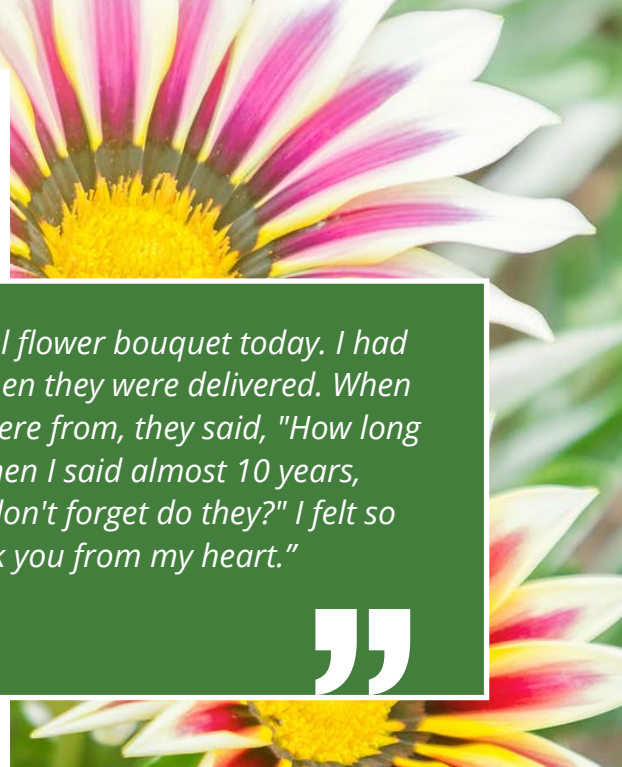
The families had the opportunity to visit the commands where their fallen warrior served and to speak with his teammates. Words cannot begin to describe what this time together meant to these special families. Below are just a few testimonials about what the Foundation's support means--support that would not be possible without our donors and teammates like you!

"This trip/opportunity was extra special for us for several reasons and especially helpful beyond any hopes and desires. Since we live so far away both time and expense prevent us from connecting with the Community and his Teammates. This trip allowed us to do both. The Memorial Day timing was perfect. Remembering and telling stories, hearing new stories, and sharing hardship and heartbreak with his teammates was overwhelming and healing. Several of his teammates commented on how good it was to share with us. Time will tell of course, but I believe we've made connections that will be lasting. Personally, I don't feel quite as alone and cut off from everyone. I'm still processing the amount of honor his Team and Troop is showing to him. I don't know how to articulate what it means to have this type of support; to be able to connect with the NSW community, with his teammates, and with other GS family members"

"Seeing familiar faces, and some new, honoring our sons as each name is read was hallowing. Yet I feel that it keeps their sacrifice for our country as the key moment of that day and the true meaning of Memorial Day. I think it is perfect."

"Thank you so much for inviting us to the ceremony! You went out of your way to make sure we were taken care of. Not only was it well planned but was a healing event also. It was great seeing other SEAL Gold Star families we know and those we met. May God bless you and the Navy SEAL Foundation for the work you do"

Memorial Day weekend is a time to remember our NSW Fallen and to honor their surviving families and their sacrifice. One facet of NSF's Remembrance Program involves sending heartfelt floral arrangements to our surviving family members in honor of this holiday. This year, **215 bouquets were sent to our NSW Gold Star and Surviving Family (GSSF) members across the nation.** While these arrangements may be small, they are an incredibly meaningful reminder for these families who have given so much. We always want them to know that they and their loved one will never be forgotten.



*"I received the beautiful flower bouquet today. I had several friends over when they were delivered. When I told them who they were from, they said, "How long has he been gone?" When I said almost 10 years, they said: "Wow, they don't forget do they?" I felt so proud of you all. Thank you from my heart."*

*-GSSF member*



## WARRIOR AND FAMILY SUPPORT

An active-duty SEAL who was severely wounded during combat operations was recently released from the hospital to continue his recovery. Positive updates such as this give us great joy to share, and our donors' support allowed **NSF to provide this SEAL a wheelchair and functional handicap access ramp for use at his home.**



These two things are paramount to him as he confronts daily living adjustments that he and his family face until he regains the use of his legs and can walk without assistance.

While service members are deployed, NSF stands ready to 'fill the gaps' when unforeseen circumstances arise. Recently, an NSW spouse was hospitalized while her husband was forward deployed. **NSF provided travel support for her mother to fly in to aid her with childcare and assist with her recovery.** This is just one example of how we work to keep our nation's warriors focused on their missions.

In another example of NSF support this month, a service member's daughter suffering from a rare genetic disease recently had to drop out of college because she cannot physically get from class to class. She was virtually homebound due to her inability to walk even the shortest distance. To mitigate this challenge, **NSF provided her with a motorized scooter to allow for increased mobility.** Through our Warrior and Family Support programs, we are here to help and we applaud her strong desire to earn her college degree and function in society for as long as she is physically able. The motorized scooter was NOT an item that was covered by Tricare (military insurance) so her options were severely limited without the support of NSF.

*"I wanted to send an email over to just say I'm incredibly appreciative for the IMMEDIATE response and support NSF has shown to me this week when I was in the hospital. I think we all try really hard to handle things solo, and when I suddenly couldn't and needed my mom to fly out I was panicked over every little thing that day. Taking an Uber to a hospital so your babysitter can use your car to pick up the kids from school was so depressing!! Helping me get my mom here fast on the holiday weekend is generous and beyond helpful."*

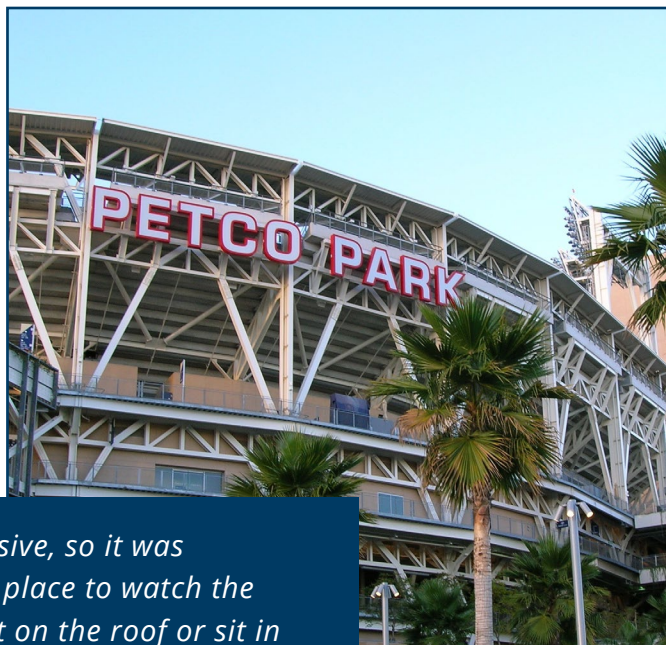
*—NSW Spouse*





## INAUGURAL “SERVICE MEMBER AND SON DAY”

On June 2, 2019, NSF hosted our inaugural “**Service Member and Son Day**” in San Diego at Padres Stadium! The turnout was remarkable with over 300 NSW service members and sons in attendance! Our active-duty NSW service members were thrilled to have an opportunity to bond with their sons over a game of baseball. We all know that these moments build lasting memories and create opportunities for stronger familial bonds to be forged. We were so very happy to hear how those in attendance appreciated this event!



*“The event was amazing. Padres games are pretty expensive, so it was awesome that food was provided. The rooftop is a great place to watch the game and it was nice that we had the option to hang out on the roof or sit in our seats that were co-located. It was a great event and my son and I are very grateful that the NSF provided this opportunity to us.”*

—Active-duty NSW member



## NATIONAL NAVY UDT-SEAL MUSEUM

The Navy SEAL Foundation is proud to partner with the National Navy UDT-SEAL Museum in order to ensure the preservation of the unique and important legacy of the Naval Special Warfare community. Through a generous yearly grant, NSF honors the history and heritage of the Teams, the Warriors, and their missions under our Legacy Preservation Pillar.

The Museum is located in Fort Pierce, Florida, and information about current exhibits, hours, and directions [can be found on their website](#).



Importance of the National Navy UDT-SEAL Museum & Memorial

## WARRIOR TRANSITION

### Program Highlight - Human Performance & Transition

Every Naval Special Warfare (NSW) warrior deserves a successful transition into civilian life. *They have earned it.* NSF is committed to ensuring NSW personnel who are leaving active-duty service have an opportunity to physically, mentally, and intellectually recalibrate before leaving NSW for their next mission, whatever it may be.

Our **Human Performance Program**, managed by [Virginia High Performance](#) (VHP), within NSF's SEAL/SWCC Egress Training (SET) Pipeline is an individually tailored and comprehensive training program designed to address chronic pain and pain management, cognitive development and repair, mental focus, adaptive strategies, nutrition, sleep hygiene, and adjunctive therapies including art therapy and sensory deprivation therapy. Operators are provided with adaptive strategies to address training and combat-related injuries through unique, goal-specific workouts. *(continued on page 6)*

They also receive comprehensive dietary/nutritional support through planned meals and nutrition education designed to assist in recovery. Because many of our NSW operators have traumatic brain injuries, additional assessments of their cognitive development/mental focus are provided by Speech Pathologists (SP) and Certified Brain Injury Specialists (CBIS) through the use of highly effective, evidence-based techniques with the goal to improve overall attention skills, problem solving, memory/name recall, active listening strategies, and effective social/communication skills.

This year, NSF has supported over eighty NSW members through the VHP program and the feedback from participants has been overwhelmingly positive:

"This experience was possible due to the amazing folks of the Navy SEAL Foundation and VHP... I would like to thank both organizations for their dedication and commitment to the program and creating an atmosphere that represents true professionalism. Thank You!!!"

”

"VHP was critical to my overall health and recovery after a career as a SEAL. After countless attempts over the years to resolve or improve my ability to simply perform normal life physical tasks, VHP taught me how to get back to my "new normal." I greatly appreciate the support from the VHP staff and the Navy SEAL Foundation that enabled my attendance."

## *Meet our NSF Summer Intern: Payton P.*

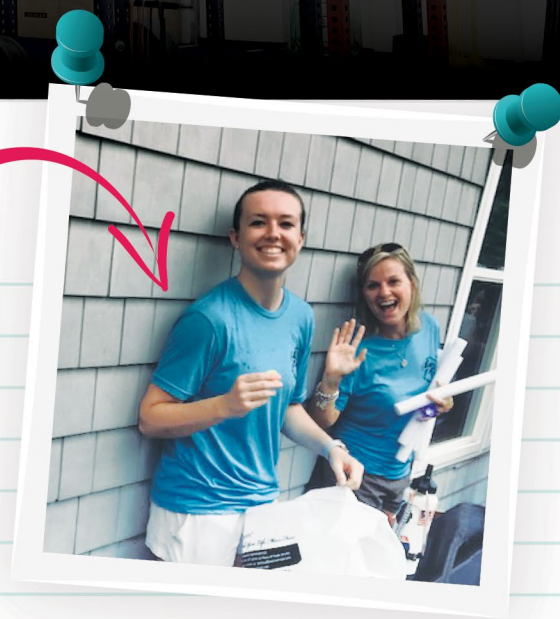
Hi, my name is Payton. My dad served as a Navy SEAL for 31 years and I couldn't be more grateful for the experiences and lessons I learned from my parents. Being humble is a major factor my dad always stressed along with working hard for the outcome, not for the recognition. That lifestyle earned me a full-ride scholarship to play D1 basketball at Grand Canyon University in Phoenix, Arizona, but I currently play basketball at Western Colorado University in Gunnison, CO.

WCU definitely feels like home to me, which reminds me of the feeling I had when I attended the Navy SEAL Foundation's Camp Legacy. I was a camper for 2 years and last year I was able to attend as a mentor. That experience was extremely humbling because I learned a lot about myself and even more about the community. I was extremely blessed to meet kids my age who grew up with similar lifestyles, and I continue to learn about relationships and taking advantage of the moment.

I'm so grateful that I have been blessed with amazing opportunities to flourish, whether it be through sports, social events, or just one-on-one experiences. This August, I am going to expand my mentor experience and work in Gunnison Valley helping children who have not had the same advantages and background as myself. I am looking forward to giving back in this way and helping young people flourish despite setbacks they may have experienced in their lives.

I'm also excited to share that when I return to school in the Fall, I will be entering my 3rd year of college but will graduate early--in the spring of 2020! I hope to find a graduate assistant opportunity at a large SEC or ACC school with a sports team and after graduation, my plan is to pursue a career in law enforcement to fulfill my goal of becoming an NCIS or FBI agent.

Welcome to the NSF family, Payton! We are so happy you're here and look forward to more big things from you in the future!







# GATORZ EYEWEAR

**PROUD SUPPORTER OF THE NAVY SEAL FOUNDATION**

GATORZ DONATES A PORTION OF EVERY SALE  
TO THE NAVY SEAL FOUNDATION



**MADE IN THE USA**



USE CODE **NSF15** FOR **15% OFF**

— NAVY SEAL FOUNDATION —

## **IMPACT FORUM 2019**

**SEPTEMBER 30TH-OCTOBER 1ST, 2019**

**HILTON LA JOLLA TORREY PINES**

10950 N TORREY PINES RD  
LA JOLLA, CA 92037

**PRESENTED BY THE**



**WE HOPE TO SEE YOU THERE. REGISTRATION COMING SOON!**

# HONORING OUR WARRIORS

## JULY #RUCKINGCHALLENGE



**NAVY SEAL**  
**FOUNDATION**



GORUCK is excited to team up with the Navy SEAL Foundation for the July Monthly Rucking Challenge. This virtual Rucking fundraiser directly contributes to the Navy SEAL Foundation's mission to provide immediate and ongoing support and assistance to the Naval Special Warfare community and its families.

### BRONZE

**25 MILES  
+ 3 BEGINNER  
WORKOUTS**

### SILVER

**50 MILES  
+ 3 INTERMEDIATE  
WORKOUTS**

### GOLD

**75 MILES  
+ 3 ADVANCED  
WORKOUTS**

Join us in supporting them by pledging miles and participating in our interactive rucking challenge. Choose from 3 levels: Bronze, Silver, or Gold to determine the distance and difficulty of workouts. Learn more about the rucks and workouts [here](#).

**PLEDGE MILES NOW**



NAVY SEAL FOUNDATION'S

# JOGGIN' FOR FROGMEN

5K & RACE TEAM

100% OF THE PROCEEDS  
EXCLUSIVELY BENEFITING



NAVY SEAL  
FOUNDATION

## UPCOMING RACES

SAN DIEGO, CA

7.27.19

LOUISVILLE, KY

9.14.19

PITTSBURGH, PA

9.21.19

ALEXANDRIA, VA

10.5.19

VIRGINIA BEACH, VA

10.19.19

LOS ANGELES, CA

11.9.19

TO DONATE, REGISTER, VOLUNTEER, SPONSOR  
AND FOR EVENT DETAILS, PLEASE VISIT:

# JOGGINFORFROGMEN.COM

INSPIRED BY US NAVY SEALS (FROGMEN), THE NAVY SEAL FOUNDATION'S JOGGIN' FOR FROGMEN RACE SERIES BRINGS COMMUNITIES AND FAMILIES TOGETHER TO JOG IN HONOR OF THE NAVAL SPECIAL WARFARE COMMUNITY AND THEIR FAMILIES.

SPECIAL THANKS TO OUR NATIONAL GOLD SPONSOR



Veterans United  
Foundation

# 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,  
FIANCÉES AND  
SIGNIFICANT OTHERS

**109**

SURVIVING  
CHILDREN

**202**

SURVIVING  
PARENTS

**103**

SURVIVING  
SIBLINGS

**8**

PRIMARY CAREGIVERS  
OF SURVIVING  
CHILDREN

**TOTAL PROGRAM SUPPORT YTD: \$6,382,861**

**\$1,310,558**

EDUCATIONAL  
OPPORTUNITIES

**\$151,651**

LEGACY  
PRESERVATION

**\$700,718**

CHILD RESILIENCY



**\$1,240,545**

SURVIVOR SUPPORT

**\$1,197,574**

TRAGEDY ASSISTANCE  
AND VETERAN SUPPORT

**\$960,241**

TRANSITION  
ASSISTANCE

**\$821,575**

WARRIOR AND  
FAMILY SUPPORT

**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

\*Fundraising ratios and efficiencies are  
calculated using the Charity Navigator  
three-year average for these areas.

**71**

NSW KILLED IN ACTION  
SINCE SEPTEMBER 2001

**22**

NSW KILLED IN TRAINING  
SINCE SEPTEMBER 2001

**46**

NSW LINE OF DUTY SINCE  
SEPTEMBER 2001

**6**

NSW VETERAN-  
DIPLOMATIC MISSION

**11**

OTHER NSW LOSSES SINCE  
SEPTEMBER 2001



# UPCOMING EVENTS

DATE	EVENT NAME	CITY
7/13/2019	20th Annual Allen Stone Run Swim Run	Virginia Beach, VA
7/13/2019	NSF Young Professionals Chicago Event - The Irish Oak	Chicago, IL
7/27/2019	Joggin' for Frogmen San Diego	San Diego, CA
8/8/2019	Denver Evening of Tribute	Denver, CO
8/17/2019	Insight Global Cornhole Tournament	Virginia Beach, VA
8/25/2019	NY Frog Swim	Long Island, NY
9/4/2019	Midwest Evening of Tribute	Chicago, IL
9/6/2019	Commander Pete Oswald Memorial Golf Tournament	Bellingham, WA
9/11/2019	Patriot Day Ladies Luncheon	Amelia Island, FL
9/14/2019	SHMC Ironclad Poker Run	Norfolk, VA
9/14/2019	Joggin' for Frogmen Louisville	Louisville, KY
9/15/2019	IRONMAN Superfrog 70.3	Imperial Beach, CA
9/20/2019	Shootin' for the Stars	Carson City, NV
9/21/2019	Joggin' for Frogmen Pittsburgh	Pittsburgh, PA
9/23/2019	Birdies By the Bay Golf Event	Half Moon Bay, CA
9/27-9/29/19	SEAL Tribute Celebration	Half Moon Bay, CA
9/30/2019	Ted Gallagher 150	Malibu to Coronado, CA
9/30-10/1/19	Navy SEAL Foundation Impact Forum	La Jolla, CA
10/5/2019	Joggin' for Frogmen D.C.	Washington, D.C.
10/10/2019	Pedal For Patriots 2019	Atlanta, GA
10/19/2019	Joggin' for Frogmen Virginia Beach	Virginia Beach, VA
11/3/2019	TCS New York City Marathon	New York City, NY
11/9/2019	Joggin' for Frogmen Los Angeles	Los Angeles, CA
11/9/2019	Amelia Island Charity Golf Classic	Amelia Island, FL
1/12/2020	Tampa Bay Frogman Swim	St. Petersburg, FL

FOR A FULL LISTING OF EVENTS VISIT [NAVYSEALFOUNDATION.ORG/EVENTS](https://NAVYSEALFOUNDATION.ORG/EVENTS)

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