**THE SITUATION REPORT**

**AUGUST 2019**

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Mike Turkenkopf, Transition Advisor

*Former SEAL

**PROGRAM HIGHLIGHT**

**WARRIOR TRANSITION**

The Navy SEAL Foundation’s SEAL/ SWCC Egress Training (SET) Pipeline is a multifaceted transition program supporting transitioning NSW personnel. One of SET’s critical components focuses on career transition by informing and funding transitioning members who need access to tailored, evidence-informed, and successful career transition opportunities.

NSF understands the significance of finding meaningful employment once an operator leaves the active-duty community and generously funds several transition programs to equip and empower the operator well.

“I very much appreciate all that the NSF has done to offer help for transitioning personnel. I have completed THF and participated in an Elite Meet event and because of NSF’s support for these organizations, that has led to the position I have recently been offered and accepted.”

**CAREER TRANSITION SUPPORT NUMBERS (JANUARY-JUNE):**

<table>
<thead>
<tr>
<th>Operator</th>
<th>THF</th>
<th>COMMIT</th>
<th>Elite Meet</th>
<th>Tuck, Next Step</th>
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<td>27</td>
<td>38</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>SWCC</td>
<td>4</td>
<td>6</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>NSW Enabler</td>
<td>18</td>
<td>18</td>
<td>0</td>
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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.
Supporting SEALs is what NSF does! When NSW warriors leave the Teams and need our support to regain what they feel they have lost following their dedicated service, we are honored to have their backs while they do what they do best...reach their next goal.

HUMAN PERFORMANCE SUPPORT NUMBERS (JANUARY-JUNE):

<table>
<thead>
<tr>
<th>Operator</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
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<tr>
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<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
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</tr>
<tr>
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<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

“I was going to text you a few times over the past couple of weeks but didn’t want to overstep. I’ve been speaking to one of your program participants every day and he sounds GREAT! In fact, I can’t believe where he was 2 weeks ago vs. now. He hasn’t sounded this good since leaving the Navy. He LOVES every aspect of the program and even said he would like to extend it. Last night he called to say he loves the weekends but can’t wait to get started on another week. He’s starting to feel like himself again physically. He really loves working with your team. He had slipped so far physically and feels like he is making up huge ground. He shared that he had forgotten how much he loved being a SEAL and the program has brought that back.”
PROGRAM SUPPORT UPDATES

NSW’S MAJOR COMMAND RESOURCE FAIR

Last month, the Navy SEAL Foundation was thrilled to partner with NSW’s Major Commands in support of the largest NSW resource fair to date! SEAL Heritage Center was filled to capacity with service providers and active-duty NSW members. Attendees learned about essential resources available to them and had the opportunity to interact with resource providers, NSF staff and other active-duty members. The crowd was so large that attendees overflowed into the adjacent SEAL Park where they enjoyed lunch and entertainment.

The goal of this event was to increase our NSW service members’ awareness of the support and resources available to them. We are proud of our team’s support and the success of this well-executed effort as it exemplifies NSF’s stellar commitment to NSW Warrior & Family Support event programming.

“In summary, there are so many things we cannot do without the assistance of the Foundation, but when we have such dedicated people assisting us as well - it just takes things to the next level.”
—Warrior and Family Support Coordinator

“The event was a HOME RUN, in large part from the great work put into the prep and execution.”
—Major Command, Commanding Officer
TRAGEDY ASSISTANCE AND SURVIVOR SUPPORT:

After three months at Walter Reed, we are pleased to share that a SEAL who had been injured during combat was moved to Richmond to finish his recovery. NSF continues to fund his daily meal plan to best fuel his body for healing and strengthening during his recovery. We will continue to coordinate with the USSOCOM Care Coalition regarding other medical necessities that are not funded by TRICARE to ensure that this SEAL is afforded every opportunity to achieve his recovery goals.

An active-duty SEAL who sustained multiple injuries last August in a training accident has undergone numerous surgeries and intensive rehabilitation over the past year. Despite his injuries, this warrior is determined to return to duty, and NSF continues to coordinate our support regarding treatments not covered by TRICARE but which are proven to maximize his chances of returning to duty, with the USSOCOM Care Coalition.

WARRIOR AND FAMILY SUPPORT

While service members are deployed, life back home continues. The Navy SEAL Foundation is honored to provide families with additional support to ease the stressors often faced by those on the homefront when challenging life circumstances arise.

In one case, the spouse of a deployed service member, who just had a baby, learned that her mom has an invasive brain tumor. Her mother was her only local support. The Foundation is providing the spouse with additional respite childcare hours; this enables her to be at the hospital with her mother during treatments while knowing her infant is in the loving arms of a caregiver funded by the NSF.

In another case, a service member’s baby was born with a heart defect that required surgery immediately following birth. The Navy SEAL Foundation provided a week of lodging for the family so they could get the infant the best treatment possible without the additional burden of hotel bills.

NSF is honored to support Command Family Days for all nationally and internationally based NSW commands. Command Family Days bring community members together in a unique, fun, and engaging way and serve to remind service members and their families--especially the children--that they are truly NSW’s most valuable and cherished asset. Command-level functions give families the opportunity to meet others who share a similar operational tempo. We are honored to fund this valuable and historical connection time for this incredible community.

“The activities were engaging, the food was delicious, and it was an overall wonderful experience to get to share with so many families. Thank you Navy SEAL Foundation.”
**NAVY SEAL FOUNDATION’S TEAMWORK**

**24 WORKOUTS IN 24 HOURS**

**9-11 NOVEMBER 2019**

### ABOUT

TEAMWORK is an annual nationwide fitness event taking place on Veterans Day weekend (November 9-11, 2019) in support of the Navy SEAL Foundation. The event consists of 24 Hero Workouts that honor fallen members of the Naval Special Warfare (NSW) community. The workouts will be performed over the course of 24 hours at participating gyms. TEAMWORK benefits the Navy SEAL Foundation and our goal with this event is to raise $1 million in support of our mission of service to the warriors and families of NSW.

### HOW DOES THE EVENT WORK?

First, gym owners sign up as a participating gym and then pick a day (Friday, Saturday or Sunday) to host the 24-hour event. Next gym members sign up and join that gym’s TEAM. On the day of the TEAMWORK event, team members gather at their gyms and work together in groups of 2, 3, or 4 to complete the 24 Hero Workouts over the next 24 hours—one per hour until the workouts have all been completed. Please note, the intent is for each group to perform a few workouts during the 24-hour period (maximum of 4). The gym is executing all 24 workouts, not any one individual or group! Performing all 24 workouts as an individual or group is strictly forbidden.

### GYM OWNERS

1. **Register** your gym as an official TEAMWORK event participant.
2. Receive your gym’s unique TEAMWORK fundraising page link where you will personalize your gym’s page.
3. Share your TEAM page with your gym members and encourage them to register to participate in the TEAMWORK event as part of your TEAM.
4. Encourage members to set up their personal fundraising pages under your TEAM page and help them with fundraising.
5. Get set for Veterans Day Weekend and your chosen event day and don’t forget to SHARE on social media tagging #navySEALfoundation and #NSFTEAMWORK.

**Please note:** There is a $24 registration fee for all TEAMWORK gym participants and 100% of the proceeds from registration will be donated to the Navy SEAL Foundation. Gyms are encouraged to set a fundraising goal of at least $1,111 in honor of Veterans Day (11/11). Guidelines for the 24 Hero workouts will be available to download once you have signed up as a participating gym or TEAM member and instructions on how to safely proctor the workouts will be included. We want all of our TEAM members to remain safe as they participate in this event!

### ATHLETES

1. Click ‘Register’ and then choose ‘Join a team’ to find your gym.
2. Sign up as a TEAM member on your gym’s TEAMWORK page.
3. If your gym has not registered to participate in TEAMWORK, send them to this link: [www.navySEALfoundation.org/teamwork](http://www.navySEALfoundation.org/teamwork) and encourage them to JOIN US and then go back to step 1!
4. Get your fellow gym members to sign up for TEAMWORK so they can join you on Veterans Day weekend.
5. Once you are signed up as a TEAM member, set up your individual fundraising page and share it with your family, friends, and coworkers.
6. Fundraise, fundraise, fundraise!
7. Show up to your gym on Veterans Day weekend to participate in the Hero Workouts with your TEAMWORK teammates.
8. Post pics and videos and share about TEAMWORK on social media tagging #navySEALfoundation and #NSFTEAMWORK

**Please note:** There is a $24 registration fee for all TEAMWORK participants and 100% of the proceeds from registration will be donated to the Navy SEAL Foundation. Your participation in TEAMWORK is vital to the event’s success! If your gym isn’t registered to participate, please encourage them to register.
NAVY SEAL FOUNDATION’S

JOGGIN’ FOR FROGMEN 5K AND TADPOLE TROT

100% OF THE PROCEEDS EXCLUSIVELY BENEFITING NAVY SEAL FOUNDATION

UPCOMING RACES

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

SHOP THE OFFICIAL JOGGIN’ FOR FROGMEN STORE TODAY! GEAR UP FOR YOUR NEXT RACE WITH JFF SHIRTS, HATS, ACCESSORIES AND MORE!

CLICK TO SHOP ➔

PROUD TO PARTNER WITH GORUCK FOR THE 2019 RACE SEASON!

THANK YOU TO OUR RETURNING NATIONAL SPONSOR

Veterans United Foundation
REGISTRATION FOR THE 2020 TAMPA BAY FROGMAN SWIM WILL OPEN AUG 6 AT 0700 EASTERN IN HONOR OF EXTORTION 17.

EVENT DATE IS JAN 12, 2020

Tampa Bay Frogman Swim is a two mile swim to raise awareness and funds for the Navy SEAL Foundation.

REGISTER AT: WWW.TAMPABAYFROGMAN.COM
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: $7,711,323

- $1,541,246 EDUCATIONAL OPPORTUNITIES
- $151,937 LEGACY PRESERVATION
- $886,119 WARRIOR AND FAMILY SUPPORT
- $1,154,153 TRANSITION ASSISTANCE
- $1,329,182 SURVIVOR SUPPORT
- $1,268,771 CHILD RESILIENCY
- $1,379,915 TRAGEDY ASSISTANCE AND VETERAN 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
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT NAME</th>
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<tbody>
<tr>
<td>8/8/2019</td>
<td>Denver Evening of Tribute</td>
<td>Denver, CO</td>
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<tr>
<td>8/17/2019</td>
<td>Insight Global Cornhole Tournament</td>
<td>Virginia Beach, VA</td>
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<tr>
<td>8/25/2019</td>
<td>NY Frog Swim</td>
<td>Long Island, NY</td>
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<td>9/4/2019</td>
<td>Midwest Evening of Tribute</td>
<td>Chicago, IL</td>
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<td>9/6/2019</td>
<td>Commander Pete Oswald Memorial Golf Tournament</td>
<td>Bellingham, WA</td>
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<td>9/11/2019</td>
<td>Patriot Day Ladies Luncheon</td>
<td>Amelia Island, FL</td>
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<td>SHMC Ironclad Poker Run</td>
<td>Norfolk, VA</td>
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<td>9/14/2019</td>
<td>Joggin’ for Frogmen Louisville</td>
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<td>IRONMAN Superfrog 70.3</td>
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<td>Shootin’ for the Stars</td>
<td>Carson City, NV</td>
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<td>Brews for the Brave</td>
<td>Pittsburgh, PA</td>
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<td>9/21/2019</td>
<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>9/30-10/4/19</td>
<td>Ted Gallagher 150</td>
<td>Malibu to Coronado, 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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<tr>
<td>10/4/2019</td>
<td>Sig Sauer Event</td>
<td>Epping, NH</td>
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<td>Joggin’ for Frogmen D.C.</td>
<td>Washington, D.C.</td>
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<td>10/10/2019</td>
<td>Pedal For Patriots 2019</td>
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<td>10/18/2019</td>
<td>Seattle Evening of Tribute</td>
<td>Seattle, WA</td>
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<td>10/19/2019</td>
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<td>11/3/2019</td>
<td>TCS New York City Marathon</td>
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FOR A FULL LISTING OF EVENTS VISIT NAVYSEALFOUNDATION.ORG/EVENTS