This month the Navy SEAL Foundation is pleased to welcome the newest member of our staff, former SEAL Mark Greene as NSF’s Director of Transition and Veteran Support.

Mark holds a Master of Business Administration from the Naval Postgraduate School and will receive his Master of Public Administration from the University of Southern California in May. Mark was most recently employed by the University of Southern California as the Manager of Military and Veteran Services.

In 1997, Mark graduated from BUD/S Class 212 with orders to SEAL Team FIVE. Over the next 20 years, he served at multiple Naval Special Warfare commands and was commissioned as an officer in 2004. Mark retired from active-duty service in 2016.

“I am honored to have this opportunity to continue my service to the NSW community through my work at the Navy SEAL Foundation.”

“I am honored to have this opportunity to continue my service to the NSW community through my work at the Navy SEAL Foundation. I am very

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excited and motivated to advance the health, wellness, and overall success of our SEAL and SWCC veterans, along with our equally valued transitioning NSW service support teammates,” said Greene when asked how he felt about joining the NSF team. “The SEAL community has endured continuous and sustained combat and intense training and many of our warriors have not had an opportunity to take care of themselves or their families throughout this arduous journey. NSF is ready to assist our NSW family as they transition into a new phase of life and I am so pleased to be able to support them in my new role.”

Mark will be based out of the Virginia Beach office and can be reached at mgreene@navysealfoundation.org should you have questions about NSF Transition support.

Please join us in welcoming Mark to the NSF team!

11TH ANNUAL
TAMPA BAY FROGMAN SWIM

Huge thanks to everyone who participated and supported this year’s Tampa Bay Frogman Swim, held January 12th! This year’s event included 175 swimmers, 185 kayakers, 80 volunteers and close to 300 spectators! TBFS also hosted nearly 50 Gold Star and Surviving Family members as honored guests.

This year’s TBFS raised over $700,000, bringing the total raised to over $4 million over the past 11 years! Thank you to all who help make this swim a success year after year. We are stronger as a Foundation because of you!

Watch the 2020 Tampa Bay Frogman Swim Recap Video
The Navy SEAL Foundation’s uniquely tailored support is intended to meet the needs of Naval Special Warfare operators and their families at any time. It is imperative that support is provided quickly and efficiently as our operators are always forward deployed.

During the holidays, a SEAL operator sustained multiple, severe gunshot wounds while participating in combat operations overseas. NSF’s support was immediate with flights, lodging, gift cards for food, emergency funding, and more. Our support continues for the duration of this operator’s recovery to ensure he can focus on healing and his family can focus their time and their love on him.

Each time a warrior is supported in his/her recovery, we afford him/her the opportunity to return to duty. Their desire to continue to serve is strong, and we are proud to honor their commitment by ensuring they receive the best rehabilitation and recovery care. One of our evidence-based, holistic rehabilitation programs is a 4-week intensive program that consists of cognitive support/training, nutritional management for optimal recovery, physical rehabilitation developed to heal the targeted injury/wound and pain/sleep management. In 2019 Navy SEAL Foundation was pleased to support 111 fiercely dedicated wounded/injured operators through this program.

“I just wanted to send you a quick email to thank you for all of your help and support throughout my medical journey”

- SEAL Spouse

WARRIOR AND FAMILY SUPPORT

The Foundation was honored to support the wife of a SEAL after she experienced several severe medical issues. In support of her care, we provided flights and occasional hotel accommodations for her monthly medical treatments. This type of support does help ease the financial burden for the family as travel and accommodations for her medical treatment would normally be out-of-pocket, but it also helps reduce stress and helps the family focus on her healing.

I think it’s important to note that her SEAL husband was able to deploy knowing that his wife would be able to continue her treatments with the greatest care and support from NSF.

(continued on page 4)
Our family support also extends to the dependent children of active duty NSW members. Recently, NSF was called to support a SEAL family with a teenage son who had, sadly, suffered a traumatic brain injury. Here’s what his mom shared with us:

“I want you to know how much the support of the Navy SEAL Foundation has meant to me and my family throughout our son’s brain injury and subsequent treatment. I have certainly been remiss in not thanking you and the Foundation sooner. I suspect you hear this often, but quite frankly, the whole situation has been so overwhelming since the beginning, that I have been wrapped up in the day to day details and keeping my head above water. However, there are no words to convey my profound gratitude for all of the assistance and more importantly, the unwavering support, especially at the beginning of this ordeal.”

-SEAL Spouse

WARRIOR TRANSITION

Transition and Veteran programs remain at the forefront of the Foundation’s support in so many ways: Human Performance (a chance to recalibrate their physical and mental health); Career Transition (exposure to various industries with expert mentorship); the Family Unit (opportunities for family members to best understand the transition process and engage in it together as a team); the Frogman Reconnect Series (a chance for current and former SEAL/SWCC to connect and continue their support of one another), and numerous other opportunities focused on every unique aspect of their transition.

Approximately 180 SEALs, not all of whom will need NSF support, will transition out of NSW each year. Our commitment to them remains strong and we stand ready to help them on their next mission in life!

SURVIVING FAMILY SUPPORT

NSF realizes the surviving children of our fallen NSW service members need specific programs to help enrich their lives as they continue to grow after the loss of their dads. Every child is unique and is on their own path of discovery regarding their potential, strengths, goals, and development. As these amazing kids navigate the challenges brought on by growing up having lost their father, the Navy SEAL Foundation stands alongside. NSF’s Discovery Grant program, which awards an annual and renewable grant to NSW Gold Star children, was created to provide opportunities for the development of their interests and talents, helping them explore their potential and chase their dreams.

Below you will read feedback from a mother whose surviving daughter is thriving with this support in new ways:

“She ran track last year. I have her working with a speed and agility coach. I was able to pay for the sessions because of the Discovery Grant. That’s how we honored her dad on Veterans Day. She stopped dancing, stopped DJ classes and just wants to run and be ready for middle school track next year. The coaches work with pro, college and high school athletes. Thank you.”

To all who support the Foundation through donations and fundraising, THANK YOU. It is because of the generosity of our supporters that our programs are possible. You are making a difference in the lives of those who sacrifice so much.
We are so excited to announce the release of “Men of Steel” a new song collaboration between American rock band Madison Rising and NSF!

Chris Irwin, Director of Partnerships at NSF wrote the track several years ago but never recorded it. Last year, NSF was approached by Madison Rising about creating a partnership and the opportunity to bring the patriotic track to life in a way that would benefit the Naval Special Warfare community was born. 50% of the proceeds from downloads and any licensing will be donated to the Navy SEAL Foundation.

Find “Men of Steel” wherever you listen to or download your music!

CLICK HERE TO DOWNLOAD →
SITREP FEBRUARY 2020

UPCOMING RACES

FRISCO, TEXAS 5.16.20
AMELIA ISLAND, FLORIDA 5.16.20
IMPERIAL, NEBRASKA 5.23.20
SAN DIEGO, CALIFORNIA 7.25.20
VIRGINIA BEACH, VIRGINIA 10.17.20

KENTUCKY, PITTSBURGH, ALEXANDRIA AND LA RACE DATES COMING SOON

SPECIAL THANKS TO OUR NATIONAL GOLD SPONSOR

Veterans United Foundation

TO LEARN MORE VISIT JOGGINFORFROGMEN.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.

93 SURVIVING SPOUSES, FIANCÉES AND SIGNIFICANT OTHERS
110 SURVIVING CHILDREN
205 SURVIVING PARENTS
102 SURVIVING SIBLINGS
8 PRIMARY CAREGIVERS OF SURVIVING CHILDREN

TOTAL PROGRAM SUPPORT YTD: $934,646

$288,058 SURVIVOR SUPPORT
$255,423 CHILD RESILIENCY
$31,003 EDUCATIONAL OPPORTUNITIES
$35,545 WARRIOR AND FAMILY SUPPORT
$252,755 TRAGEDY ASSISTANCE AND VETERAN SUPPORT
$71,862 TRANSITION ASSISTANCE (as of 1/31/20)

TOP 0.7%
OF ALL NONPROFITS
FOR FINANCIAL STEWARDSHIP

95 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

SITREP FEBRUARY 2020
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<td>New York City Benefit</td>
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<td>The 'MURPH' Swim Challenge</td>
<td>Prosper, TX</td>
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<td>5/14/2020</td>
<td>NSF Golf Classic at The Sanctuary</td>
<td>Sedalia, CO</td>
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<td>5th Annual Shootin' for the Stars</td>
<td>Rio Oso, CA</td>
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<td>5/17-5/18/19</td>
<td>Joshua T. Harris Memorial Golf Tournament</td>
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<td>Rosedin Golf Tournament and Auction</td>
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<td>Los Angeles Evening of Tribute</td>
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<td>Boston Frogman Swim</td>
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<td>Lt. Michael Murphy Run Around the Lake</td>
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