



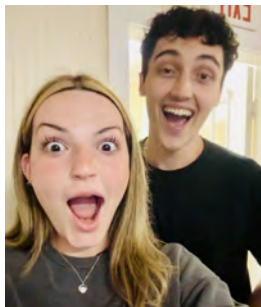
PROGRAMMATIC UPDATES

COMMUNITY

Empowering Connections & Preserving Legacy

The summer began with our annual camps where NSW children engage in various activities to foster teamwork, build self-confidence, nurture resilience, create camaraderie, and develop leadership abilities. It's incredible to witness these young campers' growth and transformation throughout their time with us. Nearly 1,000 enthusiastic kids attended from the East Coast, West Coast, and Hawaii this year.

These camps have a lasting impact on the lives of SEAL/SWCC children, and they often want to give back. For two such young adults, their camp journey began at age eight. Now, they are counselors charged with fostering community connections at the camps they attended. Meet Lake and Madi.



To all who make these experiences a reality, thank you for your continued support and enthusiasm from our campers, parents, and the community. Together, we're shaping the future of these exceptional children and empowering them to become the resilient leaders of tomorrow.



"Our first child went to camp fifteen years ago. At that time, my husband was still on active duty and was the medical coverage for camp. They both loved it! Now, our youngest has gone for the last three summers. He says they are the best three weeks of his life!"

— SEAL Spouse



"It is such a special opportunity unique to kids my age, and it has helped me connect with the kids in my community and heal with people who have been through similar struggles."

— SEAL Dependent

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NSF'S GOLD STAR AND SURVIVING PARENTS' WELLNESS WEEKEND: A MEMORABLE JOURNEY IN GIRDWOOD, ALASKA

RESILIENCE

Addressing Tragedy & Aiding Recovery



NSF's recent Gold Star and Surviving Parents' Wellness Weekend was in picturesque Girdwood, Alaska. Seventy-two parents of the fallen joined us for this meaningful event. The weekend began with an exciting blend of team-building activities and insightful group training sessions.

On Day One, participants learned valuable techniques for identifying, mastering, and growing from stress during the "Practical Stress Master Keys" class. The positive impact and enthusiastic responses from attendees made this session genuinely memorable. Day Two brought even more excitement as parents embarked on a spectacular boat cruise. Participants witnessed humpback whales, orcas, and puffins in their natural



environment, leaving everyone in awe of Alaska's beauty. On the final day, parents could enjoy individual connection time to help foster meaningful bonds with other attendees. The weekend finished with a heartwarming dinner filled with sincere exchanges and reflections. We look forward to more empowering events in the future.

Your attention to detail in making this special event was inspiring and heartfelt. You all went above and beyond in making our annual gathering magical while honoring our warriors. Each story brought laughter and tears, with each parent's pride resembling mine. We are so fortunate to have raised these men, but your response to honoring them with love and respect continues to strengthen us. I thank you for the lifetime experience on this Alaska trip. With love!

— Gold Star Mother





EVENT RECAP

THE NAVY SEAL FOUNDATION NEW YORK CITY SEAL SWIM

The Navy SEAL Foundation New York City SEAL Swim was held on August 19, bringing together more than 250 former SEALs, veterans, police officers, firefighters, and first responders for this unique fundraising and reconnect event. Starting at Liberty State Park, NJ, and ending at the World Trade Center, participants swam 3.5 miles with stops at the Statue of Liberty and Ellis Island to perform push-ups and pull-ups along the way. The event exemplified the participants' unwavering dedication and spirit, showcased the values of unity, honor, and sacrifice, and raised over \$500K to support the NSW community.

Missed the NYC SEAL Swim? It's not too late to show your support. Click below and make a difference!

[CLICK TO SUPPORT](#)



Photos by Aristide Economopoulos





LOS ANGELES EVENING OF TRIBUTE

Our Los Angeles Evening of Tribute was at the Beverly Wilshire Hotel on June 1, 2023. With over 500 dedicated patriots, donors, and esteemed military guests in attendance, the event raised nearly \$2M to support NSF's mission. It honored the Executive Chairman of Guggenheim Partners, Alan Schwartz, with the NSF 2023 Patriot Award. The program was filled with outstanding speakers, including VADM Sean Pybus, USN (Ret), SOCM Britt Slabinski, USN (Ret), and Gold Star Family member Barrett Bourgeois. The evening concluded with moving keynote remarks from LCDR Jocko Willink, USN (Ret).



DENVER EVENING OF TRIBUTE

Our annual Denver Evening of Tribute on August 3, 2023, was an enormous success, raising over \$1.4M. More than 450 supporters packed the Wings Over the Rockies Air and Space Museum to celebrate NSW's warriors and families and honor Pete Coors with the NSF 2023 Fire in the Gut Award. The evening started with a skydiving demonstration by the Patriot Parachute Team and included remarks from Gold Star Family member Isabel Stout and a keynote address from FORCM Bill King, USN (Ret).



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