



23V RECON

QUALIFICATIONS AND COMMITMENTS



Qualify



Commit

- Served or serving in the military
- Experienced something traumatic
 - a. Deployment to hostile area
 - b. Training accident
 - c. Loss of a comrade, includes suicide
 - d. Sexual trauma
 - e. Drone pilot
 - f. Other military related traumas
- Physically and mentally complete a 6-day outdoor wellness course - Outward Bound School will perform your physical and mental fitness screening
- Commute to the hosting CrossFit gym in your city every Monday, Wednesday, and Friday
- Participate in 5 Saturday community experiences and graduation
 - Your loved ones are welcome to all Saturday events except for the shooting range
- Email programs@23rdveteran.org for questions on gym locations and assistance discussing the time commitment with your employer or university

5 rules for 14-weeks

1. Show up
2. No bitching
3. No alcohol or substance abuse
4. No war stories
5. No watching the News



Keep in mind

- There is an orientation for you and loved ones
- You will utilize a closed Facebook group for communicating with your team - Disguised alias profile is allowed
- If you become injured or sick during the 14-week course, you are still expected to show up at the gym to support your team
- You are responsible for ground transportation
- 23rd Veteran will cover the cost of all community events, airline travel, gym memberships, and 23rd Veteran gear that you'll receive throughout the program