

23V RECON

QUALIFICATIONS + COMMITMENTS

FIND HOPE, PURPOSE AND HAPPINESS BEYOND PUBLIC SERVICE

QUALIFICATIONS

- Open to all warriors and uniformed services, including veterans, active-duty military, firefighters, police officers, correctional officers, and first responders.
- Experienced something traumatic.
 - Deployment to hostile area.
 - Sexual trauma
 - Training accident.
 - Drone pilot
 - Loss of a comrade, includes suicide
 - Other service-related traumas
- Physically and mentally complete a 6-day outdoor wellness course.
- Commute to the hosting gym every Monday, Wednesday, and Friday.
- Participate in five 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.

OTHER DETAILS

- Orientation is provided for you and your friends/family at the start of the program.
- A private Facebook group will be used for team communication.
 - Disguised alias profiles are allowed.
- If you become injured or sick during the 14-week course, you are still expected to attend gym sessions to support your team.
- You are responsible for your own local transportation.
- 23rd Veteran covers the cost of all community events, air travel, gym memberships, and any gear you receive throughout the program.

PROGRAM RULES

- 1 Show Up
- 2 No Complaining
- 3 No 'War' Stories
- 4 No Alcohol or Substance Abuse
- 5 No Watching the News

