

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Injured Service Members Enjoy Friendly Skeet Shooting Competition

Friendly Competition and Camaraderie Shared between Wounded Warrior Alumni

HOUSTON, Feb. 23, 2016 /[PRNewswire-USNewswire](#)/ -- Ready to practice their aim, share some tips, and show off their shots, a group of wounded veterans met for a day of skeet shooting and camaraderie. Some traveled from as far as Alvin, Texas to be marksmen for a day with the 12-gauge shotguns at Carter's Country shooting range and united with other wounded veterans at the Wounded Warrior Project® (WWP) Alumni event.

Many wounded service members face similar challenges adjusting to their injuries and civilian life. The WWP Alumni program creates support through shared experiences and brings injured veterans together. The friendly competition of skeet shooting is a popular event for WWP Alumni.

Iris Hernandez, Army veteran and WWP Alumnus, enjoyed her first experience on the skeet range. "I had fun skeet shooting. It was my first time trying and I did pretty well. My buddies were very encouraging," she said.

The group of wounded veterans listened as the instructor did an overview of the day's instructions and safety rules. The instructor remained close by to maintain the shooting lanes, as each wounded veteran took aim at the clay pigeons. Participants had a full day of three rounds and 25 shots while sharing stories and camaraderie as they took turns.

"The best part of the day was chatting with other WWP Alumni," Iris said.

By bonding through events and programs, these veterans learn they are not alone. The WWP Alumni program is one of 20 free life-saving programs and services offered to wounded service members, their caregivers, and families.

After the friendly competition, the group met for homestyle cooking at the Potatoe Patch. In a reserved private room, WWP staff awarded prizes to the top marksmen and provided a WWP program brief.

Currently, more than 100,000 wounded service members, their family members, and caregivers receive support each year through WWP's 20 free programs and services. Through a high-touch and interactive approach, the WWP vision is to foster the most successful, well-adjusted generation of wounded service members in our nation's history. During the month of January 2016, WWP engaged with 16,315 warriors through various Alumni program events, activities and outreach efforts.

Many warriors engage with the WWP Physical Health and Wellness (PH&W) program which is designed to reduce stress, combat depression, and promote a healthy and active lifestyle by encouraging participation in fun, educational activities. Physical Health and Wellness has something to offer warriors in every stage of recovery.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured

servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.

Photo - <http://photos.prnewswire.com/prnh/20160223/336437>

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2016-02-23-Injured-Service-Members-Enjoy-Friendly-Skeet-Shooting-Competition>