

Veterans Join Wounded Warrior Project for Trap Shooting Competition

HAYS, Kan., Dec. 20, 2016 [/PRNewswire-USNewswire/](#) -- At a recent Wounded Warrior

Project® (WWP) outreach event, wounded veterans dusted off their trap shooting skills, firing into clay pigeons and targets during a competition. The full day of activities gave participants the opportunity to connect with fellow warriors – as well as their local community.

The day began with a safety briefing, and soon after, the contest began in earnest as warriors went up against shooters from a local college. After the competition, warriors went to another part of the shooting range where they were able to test their newfound skills in a variety of courses.

WWP outreach activities provide injured veterans and their families the unique opportunity to rediscover the bonds warriors experienced during military service – in safe environments that accommodate physical injuries and social anxieties. Re-establishing these critical connections helps minimize the potential for isolation, which can be detrimental to the healing process.

"Being a disabled veteran, sometimes I don't have much to keep me busy in my day-to-day life, so I try to get involved in as many Wounded Warrior Project events as I can," said Army veteran Sean McNaley. "Trap shooting was something I had yet to participate in, and I can honestly say that after this gathering, I have picked up a new hobby. It was awesome!"

WWP staff interacted with warriors over the course of the afternoon, advising them of additional programs and services to assist in their recoveries. The programs assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Thanks to generous donors, these programs and services can be offered to wounded warriors free of charge.

"These Wounded Warrior Project events are important," Sean said. "It gives warriors like me that drive to push out of our respective comfort zones and connect with other veterans and families."

To learn more about how WWP's programs and services are making an impact on the lives of wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>.