

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

Flag Football Connects Wounded Warriors and Students

JACKSONVILLE, Fla., March 1, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) invited injured veterans and local students from Episcopal School to play flag football for camaraderie and exercise.

"Being in a competitive atmosphere as part of a team again was great," said Army veteran Vinny Mitchell. "I was glad to see some old familiar faces, but playing with students let me know I'm definitely getting older. I think everyone had fun."

Flag football was popularized by American World War II veterans on military installations all over the world in the 1940s. Group activities like playing flag football with WWP help veterans with their recovery regimen.

Students connected with veterans and learned about WWP's [Student Ambassador](#) program, which is an opportunity for individual students, classes, clubs, or athletic teams to give back to servicemen and women who have sacrificed so much for our country.

In a WWP [survey](#) of the injured warriors it serves, 30.3 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through physical activity and connecting with other veterans.

"My favorite part of the day was talking with other veterans and students throughout the course of the game," Vinny said. "Whether it was trash talk or just fun conversation, I enjoyed the interactions."

Social isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds like those formed in the military. Connecting with fellow service members and people in the community minimizes isolation and creates a veteran support structure during the healing process.

After the day's activities, veterans and students gathered to swap stories about their flag football conquests and the passes that got away. For veterans, talking to others about the experiences they had in combat is therapeutic and can aid in warriors' recoveries.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit our [newsroom](#).

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more [here](#).

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-03-01-Flag-Football-Connects-Wounded-Warriors-and-Students>

