

MEANINGFUL RELATIONSHIPS

Frank Simonetti

President - Boston Bruins Alumni Association

Board Member – Warrior for Life Fund

DISCLOSURE

- Neither I nor my spouse/partner has a relevant financial relationship with a commercial interest to disclose.

MEANINGFUL RELATIONSHIPS

ELITE ATHLETES



ELITE SPECIAL FORCES



Bobby Orr



Photos by Bruce Bennett
Studios/Getty Images



Neil Roberts Memorial Game 2018



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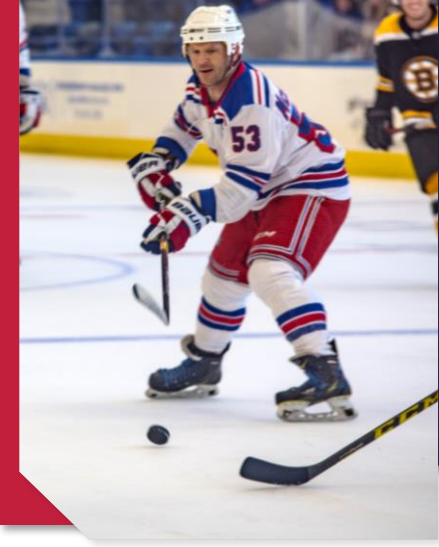
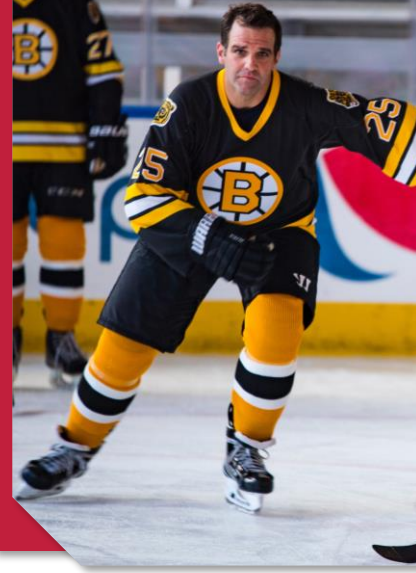
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WARRIOR FOR LIFE FUND

EST. 2019

WFLF MISSION

Warrior for Life Fund focuses support to active duty, veterans, and their families through sport and community as they navigate the unique challenges of combat deployments and life after service. The WFLF creates an enduring environment of fellowship, fitness, and mental/cognitive health improvement that has lasting impact to our members.



ADAPTIVE HOCKEY PROGRAM





NATE HARDY MEMORIAL GAMES



NATIONAL HOCKEY LEAGUE SUPPORT

NHL partners with Warrior for Life Fund to promote wellness in military community

Virginia-based nonprofit supports active duty, veterans, retirees, families through hockey



© Warrior for Life Fund

By **William Douglas**

@WDouglasNHL / NHL.com Staff Writer

May 26, 2024



Nicholas Spehar Memorial Weekend 'natural fit' for NHL alumni, Navy SEALs

Spirited hockey game raises awareness for Warrior for Life Fund

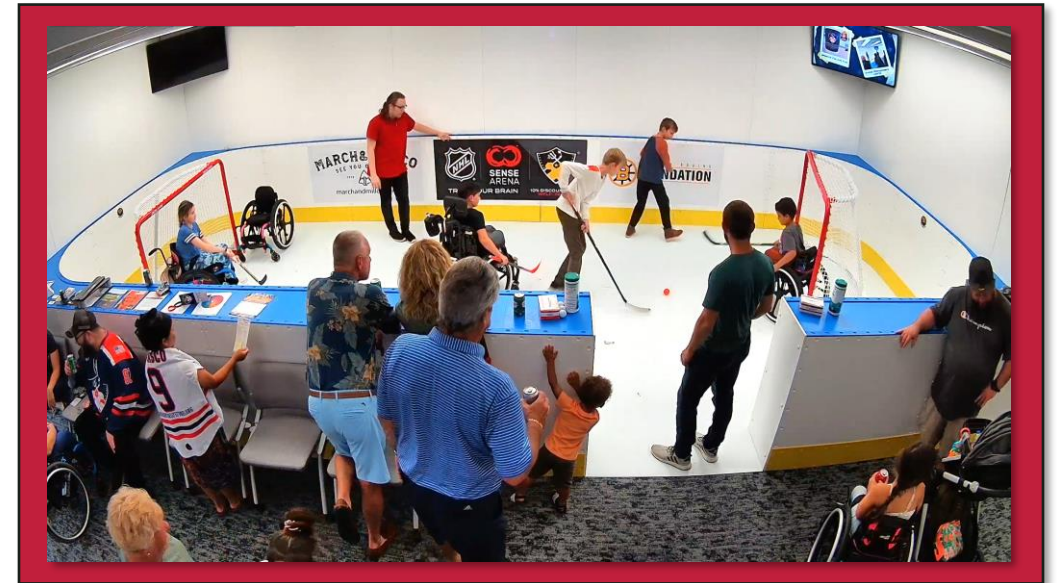
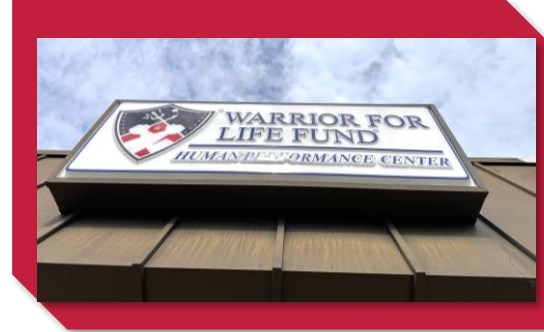


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By **Dan Arritt / NHL.com Independent Correspondent**

August 11, 2024

HUMAN PERFORMANCE CENTER



HUMAN PERFORMANCE CENTER

RINK



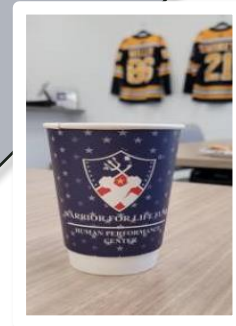
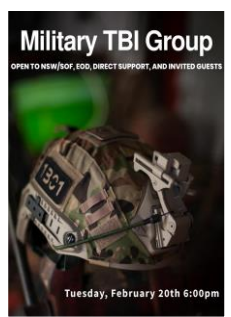
HPC



FC



PERSISTENT PRESENCE



PERSISTENT PRESENCE



Cognitive Communication
Specialists

- A team of speech language pathologists and Certified Brain Injury Specialists who provide cognitive rehabilitation to active duty and veteran service members with a history of brain injury
- 85+ Individual Cognitive Therapy Sessions since January 2024
- 7x TBI Group Sessions focused on TBI education, strategies, and resources – Meet 3rd Tuesday of the month
- TBI Group guest speakers who have shared how their specialties can benefit people with TBI symptoms:
 - Trails of Purpose – Equine & Nature Based Therapy
 - Catalyzt Nutrition- Holistic Performance Nutrition
 - Direct Performance PT- Physical Therapy
 - The Farley Center -Substance Use and Addiction
 - Balanced Growth Therapy and Consulting – Mental Health and Performance
 - Dar a Luz – Holistic Bodywork, Mindfulness and Breathwork
- Upcoming: Hosting a spouses TBI Educational Session on September 23rd

PERSISTENT PRESENCE



"We are Navy SEALs recovering from alcoholism, one day at a time"

Meetings each Wednesday at the WFLF Human Performance Center

PERSISTENT PRESENCE



BALANCED GROWTH
THERAPY + CONSULTING

Balanced Growth Therapy and Consulting:

- An educational group specifically for special operations service members and veterans focusing on increasing emotional intelligence, awareness and wellbeing
- Meetings 1st Monday of the month

PERSISTENT PRESENCE



Virtual Reality Cognitive Performance Training Platform

- Read & react drills
- Speed and accuracy drills
- Situational awareness & decision-making drills
- Memory drills
- Metrics and historical performance tracking
- Concussion baselining
- VR headsets & Sense Arena training on deployments



PERSISTENT PRESENCE



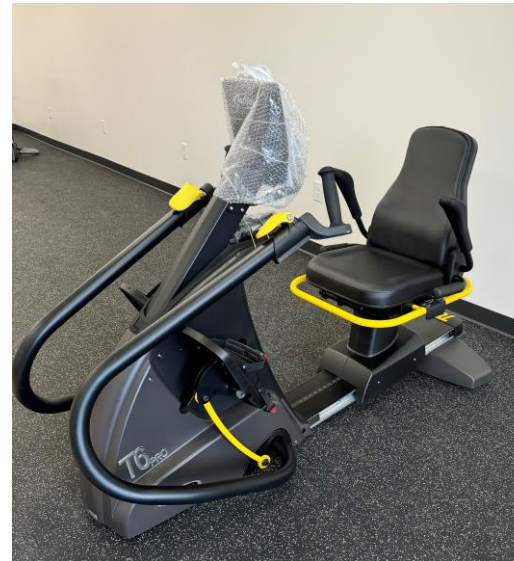
Resilient Warrior

- Resilient Warrior is a 6-session educational mind-body course that helps Veterans and Service Members manage their stress
- Fundamental principle: to teach individuals to control their response to stress and, in turn, improve their ability to adapt more effectively to stress, or build resilience more effectively
- Practitioner training underway
- Anticipated Roll Out - November 2024
- Resilient Family - 2025

PERSISTENT PRESENCE

HPC Fitness Center & Recovery Room

- FC Opening Nov 2024
- Featuring Adaptive Athlete friendly equipment:
 - 2x Concept2 SkiErg
 - 2x NuStep T6 PRO Cross Trainer
- 24/7 access for vetted WFLF participants
- Dedicated Cohort timeslots
 - Active Duty, Veteran, Mixed
- Normatec Air Compression
- Game Ready Cold & Compression Wraps
- Theragun



PERSISTENT PRESENCE

Additional HPC Activities

- Coffee Socials
- Host Post Event Receptions
- Mentoring
- 2x ADA Compliant Bathrooms w/ Showers
- Hampton Roads Youth Hockey Association Engagement
 - 40% of HRYHA Players are from military families
 - Coaches Meetings
 - Film Review Sessions
 - Sense Arena Training
 - Adopted the WFLF Logo & Warrior Ethos



PERSISTENT PRESENCE



Art Therapy

- 300+ NSW Patients Have Engaged Program
- 20+ Current NSW Patients Monthly
- WFLF Supporting & Sustaining Emergency Move to New Location

WFLF Hockey Programs

Annual Engagements

- D-League (Learn to play) - 36 events, 45+ NSW participants
- Morning "Pick Up" Hockey (0630 Monday and Friday) - 82, events, 428 cumulative participants
- Sunday NSW competitive skate - 37 events, 518 cumulative participants
- Holiday Skates - 2 events, 75 NSW participants not including family members
- Adaptive Hockey Program - 28 Participants, 48 games and practices
- Special Access Ice Events
 - Introduce Gold Star Families to Hockey
 - Peer to Peer Quasi Intervention for Struggling Active or Veteran NSW

Notable Quotes

"It is really difficult to capture the impact that WFLF has had on me. Our whole family skates so the hockey sessions with my military teammates are obviously great but it's much bigger than that. WFLF brings together a community within a community that supports each other with fellowship and activity that is unlike any other network I've ever experienced. Also, it's partnership with the NHL has created friendships between Navy SEALs and NHL Alumni that has given a great outlet and environment that both "types" of veterans look forward to every time they get together."

-Active Duty NSW Officer

"The Warrior For Life Fund has created a community, or more so, a family. No one is left out and the number of people it can help grows every day. I am so grateful to be a part of this family."

-Active Duty NSW Tier 1 Operator

"This program saved my life"

-Capt. Ryan Croley SEAL (Ret.)

2024 Brian Bourgeois Memorial Game

Iceland Arena
Virginia Beach
July 13, 2024





PLEASE FOLLOW OUR JOURNEY