



REALITIES OF WAR!

FACT:

There are over 34,000 service members physically wounded during the Iraq/Afghanistan war. It is estimated that 450,000 soldiers suffer from Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI).

On average, **950 suicides are attempted each month by veterans** who are receiving some type of treatment. Statistics show 245 soldiers have killed themselves while suffering from depression.

To-Date:

The US Army's WOUNDED WARRIOR TRANSITIONAL COMMAND (WTC) has 39 bases working directly with over 10,000 SEVERELY injured Soldiers to assist with their rehabilitation efforts.

MRF Mission Statement

Military Racquetball Federation (MRF) is dedicated to promoting racquetball programs and events for our service members here and abroad including support of events for our troops in war zones. Additionally the MRF is committed to assisting Wounded Warriors with their rehabilitation efforts by using a new program called Racquetball Rehabilitation Clinics (RRC). This program's focus is the use of racquetball as a rehabilitation tool for both the physical and mental challenges suffered from combat, such as PTSD, Traumatic Brain Injuries (TBI) and other combative injuries.

MRF is a 501 (c)(3) non-profit organization that is operated and staffed exclusively by volunteers.



MILITARY RACQUETBALL FEDERATION

501(c)(3) non-profit organization



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Supporting our Soldiers through

HEALTH, SPORTS & HEALING

www.militaryracquetball.com



RRC's OBJECTIVES:

MRF works directly with the Occupational Therapists and Command's Echelon to foster

- Self-confidence
- Team Building
- Increase concentration

Racquetball Rehabilitation Clinics *ARE NOT* recreational activities but *a New Form of Rehabilitation* designed for the soldiers verses a recreational program. These clinics are directly implemented into the soldier's required daily rehabilitation program, as mandated by the Command.

ONE CLINIC is 8wks long (teaching up to 24 students) MRF runs 6 CLINICS per year = 48 wks of training, impacting 192 soldiers per year.



DIRECT BENEFITS OF RACQUETBALL:

MENTAL ATTRIBUTES

- Increases mental alertness
- Quickens the analytical process
- Improves hand - eye coordination
- Increases concentration

PHYSICAL ATTRIBUTES

- Builds muscle tone
- Increases range of motion
- Strengthens body core
- Increases flexibility & agility



CLINICS ON BASES & VAs

- HILLSBOUGH (LYONS CAMPUS) NJ
 - FORT GORDON, GA
 - PHOENIX VA MEDICAL CENTER
 - DURHAM VA MEDICAL CENTER
 - SAN ANTONIO, TX (CFI)
 - SAN DIEGO NAVAL HOSPITAL, CA
 - CAMP LEJEUNE, NC
- Over 200 wounded warriors have participated to date.



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