

# SEMPER FIT

## READINESS TEAM



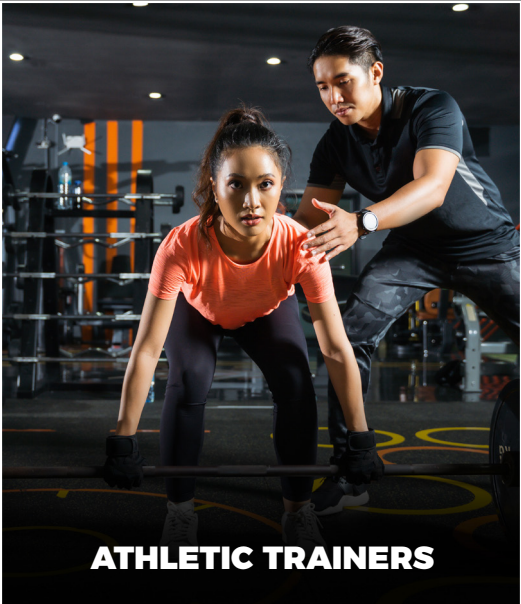
**STRENGTH AND  
CONDITIONING COACHES**

**FOCUS**

- High-level performance.
- Aim to improve tactical and athletic performance and prevent athletic injuries.
- Focus on movement quality, mobility, strength, stability, power, agility, endurance, and speed.
- Conduct assessments, designs effective programs, prioritizing form, injury prevention, and modifications for large group training.

**LOCATION(S)**

- Warrior Athlete Readiness and Resilience (WARR) Performance Centers.
- Marine Corps Schoolhouses.



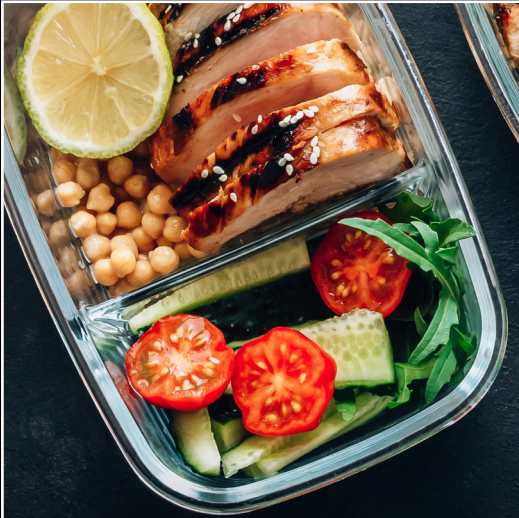
**ATHLETIC TRAINERS**

**FOCUS**

- Injury management.
- Aim to manage, prevent, and recondition injured athletes or Marines.
- Focus on prevention, assesment, treatment, recovery, and reconditioning of injuries.
- Provide injury prevention education, asses for acute and chronic injury, develop reconditioning plans and treatment.

**LOCATION(S)**

- Warrior Athlete Readiness and Resilience (WARR) Performance Centers.
- SMART Clinics.



**PERFORMANCE DIETITIANS**

**FOCUS**

- They focus on athletic or tactical performance.
- Aim to maximize health and performance of athletes or Marines.
- Focus on macro-nutrient needs, hydration protocols, and supplementation in operational settings.
- Provides education, consultation, meal plans, nutritional profiling, and coding of foods to maximize performance.

**LOCATION(S)**

Warrior Athlete Readiness and Resilience (WARR) Performance Centers.