

WARRIOR ATHLETE

READINESS & RESILIENCE



Warrior Athlete Readiness and Resilience

THE FOLLOWING COURSE
DATES ARE SCHEDULED

IN 2026, FROM

0600-1400:

MARCH 2 - 4

MAY 4 - 6

JULY 13 - 15

SEPTEMBER 14 - 16

TRAIN THE TRAINER: WARR LEVEL 1 COURSE

3 Day / 24 Hour Course

Learn the skills necessary to provide proper strength and conditioning fundamentals within your unit PT sessions. You will learn from experts within the domains of human performance expanding on the Warrior Athlete Readiness and Resilience methodology.

To register, complete the course application on the backside of this flyer. Please deliver this flyer to Elise Faris at the Fitness Center, Bldg. 313, or via email to elise.faris@usmc-mccs.org

MINIMUM REQUIREMENTS:

- E5 and above
- 1st Class PFT/CFT
- Cannot be light or limited duty
- Must be available ALL 3 days

TOPICS COVERED:

- Exercise Technique
- Exercise Programming
- Nutrition and Tactical Fueling
- Sleep and more

COURSE APPLICATION

Privacy Act Statement

SORN NM01700-1

AUTHORITY: 10 U.S.C. 5013, Secretary of the Navy; 10 U.S.C. 5041, Headquarters, Marine Corps; 26 U.S.C. 6041; BUPERS Instruction 1710.11C, Operations of Morale, Welfare and Recreation Programs 2003; MCOP 1700.27, Marine Corps, Morale, Welfare and Recreation Policy Manual, Ch 1; NAVSO P-3520, Financial Management Policies and Procedures for Morale, Welfare and Recreation Programs; and E.O. 9397 (SSN).

PRINCIPLE PURPOSE: To provide for the administration of programs devoted to the mental and physical well-being of authorized patrons to include: expenditure tracking; emergency contact information; and activity level determination by sports facility personnel.

ROUTINE USES: a. Provides emergency contact information when needed. b. Allows for the assessment of authorized patrons into appropriate level of activity to minimize the risk of injury and maximize client well-being. c. Serves as the program record for all accounting functions.

DISCLOSURE: Disclosure of personal information in voluntary. However, if requested information is not provided, participation will not be approved.

The United States Marine Corps Warrior Athlete Readiness and Resiliency (WARR) Training Program formerly known as "High Intensity Tactical Training (HITT) Program " is a comprehensive, combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness, and resiliency. Program emphasis is on key components with relation to superior speed, power, strength, flexibility, endurance, and overall combat readiness while reducing the likelihood of injury and ensuring that all Marines are physically prepared for real-time/tactical situations while in theatre.

COURSE INFORMATION

LOCATION: _____

WARR COURSE: LEVEL 1 LEVEL 2 * A copy of the WARR Level 1 Certificate is required to apply for the WARR Level 2 Course. *

PARTICIPANT INFORMATION

PARTICIPANT'S NAME (Last, First, Middle Initial): _____ RANK: _____

ELECTRONIC DATA INTERCHANGE PERSONAL IDENTIFIER NUMBER: _____ COMMAND: _____

WORK PHONE: _____ CELL PHONE: _____ E-MAIL: _____

EMERGENCY POINT OF CONTACT (POC): _____ POC PHONE: _____

PARTICIPANT'S SIGNATURE: _____ DATE: _____

COMMAND AUTHORIZATION

NAME OF E-5 OR ABOVE (Last, First, Middle Initial): _____ RANK: _____

WORK PHONE: _____ CELL PHONE: _____ E-MAIL: _____

I AUTHORIZE THE ABOVE SERVICEMEMBER TO PARTICIPATE IN THE WARR COURSE AND WILL HOLD THEM ACCOUNTABLE FOR ATTENDING THIS COURSE. ADDITIONALLY I VERIFY THE ABOVE SERVICE MEMBER CURRENTLY HOLDS A 1ST CLASS PFT/CFT REQUIRED TO PARTICIPATE IN THIS COURSE.

AUTHORIZING COMMAND SIGNATURE: _____ DATE: _____

SUBMITTING APPLICATIONS

COMPLETED FORMS MAY BE E-MAILED TO: elise.faris@usmc-mccs.org FITNESS CENTER : 619-524-4427

OR SUBMITTED IN PERSON TO THE FITNESS CENTER MANAGER AT: MCRD Fitness Center, Building 13

****FORMS MUST BE TURNED IN ONE WEEK PRIOR TO THE START OF THE COURSE. THIS FORM DOES NOT GUARANTEE OR RESERVE A SPACE UNTIL REGISTRATION IS COMPLETED AND APPROVED BY THE HITT COORDINATOR. CLASS SIZE IS LIMITED. THIS COURSE IS OPEN TO ACTIVE DUTY AND RESERVISTS ONLY. WARR PROGRAM CERTIFICATES WILL BE GIVEN UPON COMPLETION OF THE COURSE. ****