**Warrior Adventure Quest**

Redeployed Soldiers learn to communicate, work as a team

**STORY PHOTOS by Monica Wood**

One weekend recently redeployed Soldiers from 100th Battalion Support Brigade released stress, forged new friendships and learned to work together as a team — thanks to the Warrior Adventure Quest program.

The Soldiers broke up into groups of 30 and played paintball at the Arena Paintball Park in Lawton. Each group spent a day learning to communicate and work together as a team Feb. 18 through 22.

According to Rigby, other unit recently redeployed Soldiers.

Rigby said recreation is the Cannoneer, February 25, 2010.

According to Ott, the unit has just regrouped and many of the Soldiers are coming back from deployment to Iraq and are looking forward to participating in the Warrior Adventure Quest. The event will be a chance for Soldiers to reconnect with one another and work as a cohesive team.

Ott said the program helps Soldiers and NCOs to deal with stress and to build teamwork and communication skills. The program also helps Soldiers deal with combat and operational stress.

Rigby said recreation is a stress release for all the Soldiers and broadens their interests.

**To sign up for the Warrior Adventure Quest program visit 442-3575 or e-mail Rigby from deployment that is interested in doing recreation activities through this program should call Rigby at 442-3675 or e-mail ahr@okmilitary.army.mil to set up a program for their Soldiers.**