



Issue #8
March 2024

USSOCOM Warrior Care Program - Care Coalition

Military Adaptive Sports Newsletter

The Military Adaptive Sports section enhances Recovery and Rehabilitation of SOF WII through adaptive sports and wellness events outside traditional therapy settings.

As we look back on 2023, we are grateful for all the opportunities we had to introduce and connect our recovering service members and veterans to the impact that military adaptive sports (MAS) can have from a wholistic perspective, it was truly a magnificent year filled with many highlights. We look forward to continuing this progress, for all USSOCOM Warrior Care Program – Care Coalition enrollees on their adaptive sport journeys, in 2024. Whether you're just taking that first step or looking to reconnect with a network of resilient warriors, the Military Adaptive Sports section will be there to assist every step of the way.

We have dedicated a considerable portion of this issue to highlighting the successes and achievements of Team SOCOM in the 2023 DoD Warrior Games Challenge in NAS Coronado in San Diego, CA. Our SOCOM athletes had the opportunity to showcase their hard work & dedication, which was a testament to the fighting spirit of all recovering service members & Veterans. Of course, the newsletter would not be complete without informing you of our upcoming events and athlete shout-outs so please read on and enjoy!

Wishing you all the best and that we all exceed our 2024 adaptive sport goals!

-USSOCOM Warrior Care Program MAS Section

For questions, assistance, or inquiries related to this newsletter or MAS events, please contact the MAS team members below at: CC_MAS@socom.mil



Scott Danberg, **MAS Chief**

Lori Lyon-Hill, **MAS Event Coordinator**

Army Sgt 1st Class Sean LaRue, **MAS NCOIC**

Daniel Salamanca, **MAS Personnel Coordinator**



Team SOCOM Sitting Volleyball team celebrates after winning the Gold Medal at the 2023 DoD Warrior Games Challenge
[SEE MORE ON THE DWGC INSIDE](#)



2023 DoD WARRIOR GAMES CHALLENGE NAS CORONADO SAN DIEGO, CA



Team SOCOM athletes demonstrated the hard work they've been putting in their recovery & rehabilitation in the 2023 DoD Warrior Games Challenge (DWGC), an adaptive sport competition between the service branches & SOCOM, consisting of 3 Team Sports and 8 Individual sports.

WHEELCHAIR BASKETBALL



SOCOM Wheelchair Basketball Team takes a group shot after winning the Bronze Medal

ARCHERY



LTC Anthony Smith and SGT Matthew Braccia on the draw for the DWGC Archery competition

ROWING



Team SOCOM Rowers give everything they got on the ERG

SWIMMING



SSgt Adam Foutz (Ret.) prepares for the DWGC swim meet

SITTING VOLLEYBALL



Team SOCOM takes on Team Navy in the Semi-Finals for the Sitting Volleyball Competition

CYCLING



SFC Deiby Legarda (Ret.) competes on the NAS Coronado cycling course

POWERLIFTING



SFC Jake Anthony (Ret.) about to bench press for his max during the Powerlifting competition

TRACK



CPL Just Radbill (Ret.) competes in the seated racing chair during the track meet

WHEELCHAIR RUGBY



SOCOM Wheelchair Rugby Team in the huddle during the Wheelchair Rugby qualifiers

FIELD



SFC Anthony Ghent (Ret.) executes a seated shotput throw during the field competition

SHOOTING



CPT Joshua Martin (Ret.) focuses on a well-aimed shot during the air pistol competition

ULTIMATE CHAMPIONS



LT GEN Brito with Ultimate Champions medalists to include GMC Liz Campos (Ret.) and CPT Joshua Martin (Ret.)

ATHLETE TESTIMONIALS

"I want to say it is an honor to be part of team SOCOM with all of you.

You guys have become family to me. I miss you guys already. Thank you to our amazing staff, we could not do this without you. I'm looking forward to seeing all of you at the next camp."

- MSG Ivan Morera

"Thank you all for the wonderful friendships, coaches and experience at the camp and games. This was amazing and can't wait to see you all again at the next camp."

- LTC Rhonda Keister

"It's been an 8yr journey to be able to participate at this level. And I'm grateful my journey landed me in the arms of Team SOCOM. The friendship, brother/sisterhood, and camaraderie is unmatched. Grateful to have you all as a part of my journey and grateful to be a part of yours. Thanks for the constant love, support, and real-time adjustments (in teams sports). Incredible we could make SOCOM history across the board."

- SSgt Adam Foutz (Ret.)

"Thank you all for your camaraderie and love throughout the games, camp, and the entire experience. Safe travels and we'll see you next year! Reach out if you're in the Fort Bragg area."

- SGT Ann Knox (Ret.)

"Thanks all. What an amazing time. It doesn't get much better."

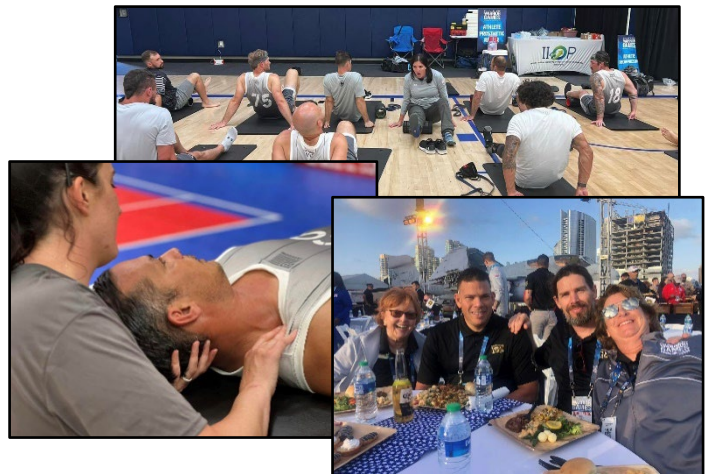
- MAJ Erik Lewis (Ret.)

TEAMWORK

CAMARADERIE

PURPOSE

Whether it's your first Games or you're a returning athlete, the DoD Warrior Games is a great place to reconnect with SOCOM comrades, be part of a team, and work towards your goals!



THANK YOU FAMILIES!

Even though we missed you in 2023, we recognize the families & friends of our Team SOCOM Athletes are the true MVP's. They couldn't have done this without your support! We're excited to have you all back for the 2024 DoD Warrior Games in Orlando!

A special **THANK YOU** to our Medical and Wellness Staff for their hard work and dedication to duty while supporting our SOCOM Athletes at the 2023 DoD Warrior Games Challenge:

- LTC Lindsey Carlson
- MAJ Susan Kiss
- MAJ Jodi Wernikoff
- PO1 Benjamin Borum
- Jane Kordish
- Blythin Legget
- James Fritschle
- David Gonzales
- Esther Moux
- Jean Stahlecker
- Lee McCain

To see the full list of 2023 DoD Warrior Games Challenge Medalists, visit the link below:

<https://www.dodwarriorgames.com/results>



SPORTS AND WELLNESS CORNER



The USSOCOM Warrior Care Program – Care Coalition is back with another YouTube video for your viewing pleasure! As you may know, we have compiled numerous strength & conditioning and sport & skills training videos for each of the DoD Warrior Games sports on our official YouTube Page. In this MAS Newsletter issue, we are adding to our collection with a wellness video on Restorative Yoga Techniques from SOCOM wellness coach Amanda Larson-Mekler. Be sure to check out our YouTube page at the link below to catch up on more sport & skills training from our SOCOM Coaches, and to get ready for the upcoming DoD Warrior Games season!

Restorative Yoga Techniques

<https://youtu.be/tCjhGqPBhvg?si=UPxvo1Dpl-7hAofc>

“Did you know being still can be powerful? Restorative yoga is a restful practice about slowing down and opening your body through passive stretching. It relaxes the muscles by using props to support the body so you can hold poses for longer periods of time. Some benefits of this type of yoga are better sleep, improved well-being, better mood and reduced pain - it's the perfect antidote to stress and who doesn't want that!”

Special Thanks to Wellness Coach Amanda Larson-Mekler for helping us on our journey to holistic healthier lifestyle.

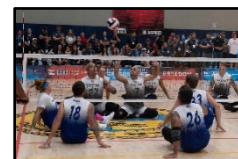


Be sure to head to our **USSOCOM WCP-CC YouTube Page** for more videos on all the other DoD Warrior Games Sports! <https://www.youtube.com/@ussocomwarriorcareprogram-1719>

Be sure to check out the new updates to the Comprehensive Resource Guide in the link below



Updated content includes an introduction and in-depth look into the sport of **Sitting Volleyball!**



ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

For a link to our **Comprehensive Resource Guide**, [CLICK HERE](#)

The appearance of hyperlinks of non-U.S. Government sites or the information, products, or services does not constitute endorsement by USSOCOM, USSOCOM Warrior Care Program – Care Coalition or the Department of Defense.





UPCOMING MAS EVENTS



Registration for the following events is now closed and posted here for situational awareness only

2024 DoD Warrior Games USSOCOM Selection Camp *COMPLETED*

MacDill Air Force Base Tampa, FL (4-15 March)

The 2024 DoD Warrior Games USSOCOM Selection Camp will consist of all 11 DoD Warrior Games sports at MacDill Air Force Base in Tampa, FL. Selected Participants will be trying out for the opportunity to represent Team SOCOM in the 2024 DoD Warrior Games to be held at ESPN Wide World of Sports Complex at Walt Disney World Orlando, FL this summer. USSOCOM Coaches will be leading training sessions to improve sport skills, sport training, competition strategies, preparedness, and simulated sport challenges for ultimate competition success at the Games! Learn more about the Games at <https://www.dodwarriorgames.com/>.

2024 DoD Warrior Games USSOCOM Team Sports Camp

MacDill Air Force Base Tampa, FL (21-27 April)

Athletes selected to represent Team SOCOM at the 2024 DoD Warrior Games will come to MacDill AFB, Tampa for a Team Sports training camp in April. Active Duty and Veteran Wounded, Ill or Injured (WII) SOF will train with top-notch coaches in a weeklong multi-sport camp setting revolving around the three DoD Warrior Games Team Sports: Sitting Volleyball, Wheelchair Basketball, and Wheelchair Rugby.

2024 DoD Warrior Games

ESPN Wide World of Sports Complex Orlando, FL (18 June – 1 July)

The U.S. Army Training and Doctrine Command is hosting this year's DoD Warrior Games in Orlando, FL. The 2024 DoD Warrior Games will once again be open to the public, welcoming the community and the world to be a part of the excitement and support our Wounded, Ill or Injured Warriors. ESPN Wide World of Sports Complex, serving as the Games venue for the first time, is a 220-acre facility that features multiple indoor and outdoor competition sites. Come and experience the excitement of the Games and support your Team SOCOM athletes!

Registration for the following events has not been posted yet. Stay tuned...

National Abilities Center White Water Rafting Camp

Grand Junction/MOAB, CO (TBD Summer 2024)

Join us at the National Abilities Center (NAC) in Park City, UT for a thrilling white water rafting experience! From a scenic float through red rock canyons to the thrilling splash of whitewater, we have something for everyone, and all abilities. The Colorado and Green Rivers are just outside the NAC doorsteps where you can enjoy all five classes of rapids in renowned MOAB waterways! Travel, lodging, and meals are all included and the NAC has all of the equipment you need – no experience necessary. This promises to be an exciting week on the water! To get a feel for some of the rafting NAC has to offer, visit <https://youtu.be/LuTMiBsEGoQ>

National Abilities Center Mountain Biking Camp

Park City, UT (TBD Summer 2024)

Join us at the National Abilities Center (NAC) in Park City, UT for an action-packed adaptive mountain biking adventure! Round Valley is just outside the NAC doorsteps where you can enjoy 35 miles of accessible mountain biking trails like Porc-U-Climb and Downward Dog built in partnership with Mountain Trails Foundation. Travel, lodging, and meals are all included and the NAC has all of the equipment you need – no experience necessary. This promises to be an exciting week in the great outdoors! To get a feel for some of what the NAC has to offer, visit <https://discovernac.org/programs/splore-outdoor-adventures/>



ATHLETE SHOUT-OUT



2023 National Ability Center Mountain Biking Camp

The **National Abilities Center (NAC) Mountain Biking Camp** in Park City, UT was an action-packed adaptive mountain biking adventure! Round Valley is just outside the NAC doorsteps where 35 miles of accessible mountain biking trails like Porc-U-Climb and Downward Dog built in partnership with Mountain Trails Foundation were available to the participants. NAC had all the equipment we needed. It was an exciting week in the great outdoors! Check out what NAC Mountain Biking has to offer at: <https://discovernac.org/programs/splore-outdoor-adventures/mountain-biking/>

- LTC Aaron Baty
- MSG Geoffrey Dardia
- SFC Nicolas Galliano
- SGT Jose Garcia (Ret.)
- LTC David Ohearn (Ret.)
- MSgt Brian Murphy (Ret.)
- MSG Jacqueline Mena (Ret.)
- SCPO Terry Scaife



2023 National Ability Center White Water Rafting Camp

The **National Abilities Center (NAC) White Water Camp** in the MOAB was a thrilling white water rafting experience! The Colorado and Green Rivers provided five classes of rapids in renowned MOAB Fish Towers, Westwater Canyon, Labyrinth Canyon, Desolation Canyon among others. To get a feel for some of the rafting NAC has to offer, visit <https://youtu.be/LuTMiBsEGoQ>

- SGT Matthew Braccia
- Cpl Christopher Brummett (Ret.)
- SFC Craig Conner (Ret.)
- SSG Robert Glenn (Ret.)
- SFC Przemyslaw Kowalewski
- SGM Rocky Marciano (Ret.)
- MSgt Brian Murphy (Ret.)
- Cpl Justin Radbill (Ret.)
- SCPO Terry Scaife



2023 DoD Warrior Games Challenge

U.S. Army Training and Doctrine Command hosted the **2023 DoD Warrior Games Challenge** at NAS Coronado in San Diego, CA. Despite less fanfare compared to prior Games, the 2023 DoD Warrior Games Challenge was dedicated to serving as a way to enhance the recovery and rehabilitation of wounded warriors by providing them exposure to adaptive sports. Participation in the Warrior Games represents the culmination of a service member's involvement in an adaptive sports program and demonstrates the incredible potential of wounded warriors through competitive sports. The Challenge was worthy competition in line with its name as each athlete no doubt came ready to compete! Learn more about the Games at <https://www.dodwarriorgames.com/>.

TEAM SOCOM 2023

- SFC Jacob Anthony (Ret.)
- PO1 Dustin Bourelle
- SGT Matthew Braccia
- GMC Elizabeth Campos
- SFC Brian Castillo (Ret.)
- SSG Kevin Coleman (Ret.)
- HMC Nolan Ellis
- SSgt Adam Foutz (Ret.)
- SFC Joshua Farmer (Ret.)
- SFC Anthony Ghent (Ret.)
- MSgt Roger Hopkins (Ret.)
- MSG Jason Hupcej
- LTC Rhonda Keister
- MSG Michael King (Ret.)
- SGT Ann Knox
- MSG Hamilton Koch (Ret.)
- SFC Deiby Legarda
- MAJ Erik Lewis (Ret.)
- SrA Gabriel Lomas
- SCPO Werner Mammen (Ret.)
- CPT Joshua Martin (Ret.)
- MSG Alfred Martinez (Ret.)
- PO3 Harley Meagley
- MSG Jerry Milan
- MSG Jacqueline Mena (Ret.)
- SFC Lauren Montoya (Ret.)
- MSG Ivan Morera
- PO1 Erika Neal
- CMSgt Louis Orrie (Ret.)
- SFC Dawn Page
- CPT Zachary Polega
- CPL Justin Radbill (Ret.)
- SCPO Terry Scaife
- LTC Anthony Smith
- LT Isaiah Staley (Ret.)
- LCDR Scott Terry (Ret.)
- SSG Jackson Williams (Ret.)



2023 ARCP 3rd Annual Joint Golf Tournament

Army Recovery Care Program hosted the **2023 3rd Annual Joint Golf Tournament** for Golfers across the services. 5 Members from SOCOM participated in this amazing golfing opportunity and represented SOCOM with pride. The Golf Tournament was all about having fun and playing golf with your brothers in arms and our SOCOM team showed up and showed out ready to play!

- [Mr. Scott Danberg](#)
- [SFC Jeffrey Grieves \(Ret.\)](#)
- [SFC Richard Kaplan \(Ret.\)](#)
- [SPC Phillip Rousu \(Ret.\)](#)
- [HM2 Frank Roznos](#)



2023 Warrior Sailing Camp

The **2023 Warrior Sailing Camp** was three days of hands-on sailing fun on the water in the St. Petersburg, FL bay! The Warrior Sailing Program trains wounded, ill and injured service members and veterans in the sport of sailing and sailboat racing. The training was facilitated by world class coaches using techniques and equipment adapted to meet the varying needs of each participant. This wasn't just any ordinary boat ride! The hands-on training courses taught actual sailing skills leading to lifetime enjoyment on the water. To learn more, visit www.warriorsailing.org

- [SFC Mel Bryant \(Ret.\)](#)
- [GySgt Martin Domaradzki \(Ret.\)](#)
- [SFC Przemyslaw Kowalewski](#)
- [TSgt Heather Smith](#)



2023 Team US SOCOM Athletes

12 SOCOM Athletes were chosen to represent Team U.S in the **2023 Invictus Games**. Team U.S. was a part of approximately 500 participants from 21 countries who took part in this multi-sport event featuring 10 adaptive sports, including archery, athletics (track and field), cycling, indoor rowing, powerlifting, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby and table tennis, which is new to the Invictus Games. See more about what went down in Dusseldorf at:

<https://invictusgamesfoundation.org/games/dusseldorf-2023/>

- | | |
|--|---|
| • LTC Anthony Smith | • SFC Lauren Montoya |
| • MAJ Brian Hotchkiss | • MSG Ivan Morera |
| • LCDR Alanna Ball (Ret.) | • SFC Jacob Anthony (Ret.) |
| • LT Isaiah Staley (Ret.) | • SCPO Werner Mammen (Ret.) |
| • MSG Alfred Martinez (Ret.) | • SFC Brian Castillo |
| • GySgt Tiffany Hudgins (Ret.) | • SSG Kevin Coleman |

Hope to see everyone back, along with new participants for 2024 MAS Events!

Join our mailing list!

Be the first to learn about (and register for) these events by joining the Military Adaptive Sports mailing list. To do so, email CC_MAS@socom.mil with "Mailing List" in the subject line with your full name. You'll receive an email the day each event opens for registration, as well as whenever new events are added to the calendar.

The appearance or mention of hyperlinks of non-U.S. Government sites or their information, products, or services does not constitute endorsement by USSOCOM, USSOCOM Warrior Care Program – Care Coalition or the DoD.

**For All MAS Events and Additional Information,
Visit Our Website and Follow Us on Social Media**



<https://www.socom.mil/care-coalition/Pages/Military-Adaptive-Sports.aspx>



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<https://www.instagram.com/sofcarecoalition/>