



Issue #1
August 2020

USSOCOM Warrior Care Program - Care Coalition

Military Adaptive Sports Newsletter

WELCOME TO THE MAS NEWSLETTER LAUNCH!

The USSOCOM WCP-CC Military Adaptive Sports (MAS) Team wants to welcome you to the MAS Quarterly Newsletter where we bring you the most up to date information on all our upcoming events, virtual sport and wellness information, announcements, and relevant articles and resources pertaining to enhancing wellness through Military Adaptive Sports!

Take a look and tell us what you guys think and more importantly, what content you'd like to see implemented in future Newsletter issues. Our goal is give you as much information as possible through additional layers of communication such as this, so consider this as your product. Thanks for stopping by!

- MAS Team

USSOCOM Warrior Care Program - Care Coalition Military Adaptive Sports section enhances Recovery and Rehabilitation of SOF WII through adaptive sports and wellness events outside traditional therapy settings. For questions, further assistance, and inquiries related to this newsletter or MAS events, please contact the MAS team members below at: CC_MAS@socom.mil

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MAS staff and athletes, 2019 Fall Sports Camp, Orlando, Florida
(DoD photo by Roger L. Wollenberg)

FEATURED SPORT:

THE TRIATHLON



The Triathlon

By Daniel Salamanca, MAS Personnel Coordinator

The USSOCOM Warrior Care Program has historically been involved with providing triathlon opportunities to our military adaptive sports athletes, most notably, through our Nike Triathlon Camps. MAS athletes visit the prestigious athletic facility and corporate headquarters in Beaverton, Oregon, where world class athletes from all sports train and strengthen their mind and body. We hope to continue this amazing opportunity in the near future as conditions become safe for everyone regarding COVID-19.

As the physical conditioning battlespace changes in the world around us, more and more entities are moving their training efforts online and into the digital space where athletes can connect and interact with one another anytime from around the world. Virtual camps, clinics, and competitions are becoming the new “track” or “gym” where athletes can come together, collaborate, and compete in the name of good sportsmanship.

One thing is for sure, these are certainly different times, but “different” doesn’t have to mean “scary” or impede the physical and mental goals we set for ourselves. If there’s thing we know how to do as SOF members, it’s “understand and adapt to the operational environment”.

The background on the origin of the triathlon from Encyclopedia Britannica:

A “triathlon” is defined as a three-part sports discipline comprising swimming, cycling, and running. The three sports are contested as a continuous event without any rest in between each discipline. The triathlon can be an individual or team event over varying distances.

The history of the Triathlon dates back to the early 1970s in San Diego. It was originally designed to be an alternative to hard track training. The very first triathlon event was held on September 25, 1974. The triathlon then comprised a 10 km run, 8 km cycle, and 500 m swim. In 1989, the sport was awarded Olympic status and featured for the first time at the 2000 Sydney Olympics in Australia. Since then, the sport has grown in popularity. In fact, no other sport achieved Olympic status in such a short time. Over the next decade, the triathlon grew by leaps and bounds and soon gained recognition worldwide and the official distance for the triathlon was set at a 1500 m swim, a 40 km cycle, and a 10 km run—taken from existing events in each discipline already on the Olympic program.

<https://www.britannica.com/sports/triathlon>

ATHLETE

SHOUT-OUT



Sgt. 1st Class Brant Ireland finished in fourth place in the *Rower's Choice* “Global Virtual Challenge,” which spanned over seven countries. (DoD photo by Roger L. Wollenberg, 2018 DoD Warrior Games)



Ret. Army Staff Sgt. Fred Lewis was on the winning team in the Air Force Wounded Warriors Indoor Virtual Rowing Competition. He contributed the 1 minute row for his team’s aggregate score. There were 21 competitors from across the Services and USSOCOM, comprising seven teams. (DoD photo by Roger L. Wollenberg, 2020 USSOCOM Warrior Games selection camp)

Let us know what you’ve been up to!
We’d love to hear from you about what’s going on in your area and to recognize your hard work. Email the MAS Team at: CC_MAS@socom.mil



SPORTS AND WELLNESS CORNER:

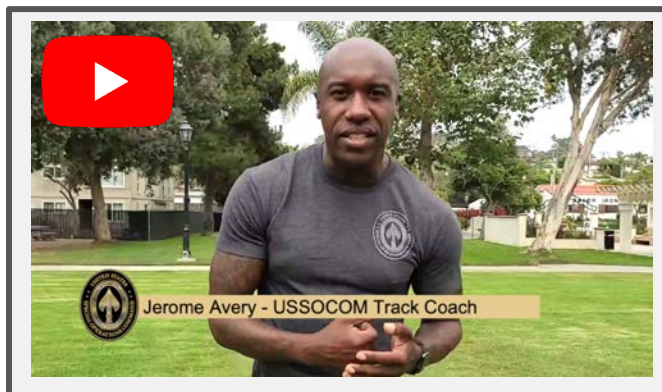


Even though we may not be able to get together in these uncertain times, USSOCOM coaches want you to know you can still move your body and train and calm the mind. They've provided us some great sport and wellness videos to show you just how you can do it at or near your home!



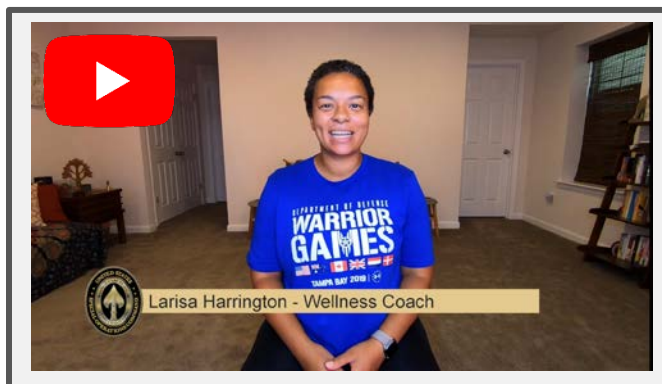
FIELD INTRODUCTORY TRAINING

Let's throw something! This Field Introductory Training video describes the equipment and proper form for holding and throwing of the shot put, discus, seated shot put, and seated discus. It also includes the benefits of each throwing event and the main focus/skill used during each throw. Please don't let *not* having access to the appropriate equipment hinder your training as other household options are available! Additional field training videos will be sent out throughout the month, so be sure to check those out!



TRACK INTRODUCTORY TRAINING

Whether you're a competitive runner or looking to improve your runs, you'll enjoy this Track Introductory Training video focused on dynamic warm-ups. There are multiple suggested exercises like arm swings and fast feet drills to assist you in your running goals! These exercises are best to do while warming up and will assist in elongating muscles, stimulating your nervous system and helping to reduce risk of injury. Don't forget to cool down with stretching and keep a look-out for more track videos this month focused on strategy, strength and conditioning and specific competition skills!



MEDITATION TO CALM THE MIND

Feeling stressed? Can't sleep? Meditation to Calm the Mind is considered an Autogenic training, which is a relaxation technique that can be really helpful if you're dealing with a lot of stress or anxiety. It can also be used to assist in falling asleep. Over the next three months we'll be sending out different wellness videos focused on goal setting and healthy habits, performance through mindfulness and improving mobility training through chair yoga.



RESOURCE CORNER:



VA GREATER LOS ANGELES HEALTHCARE SYSTEM



*A Division of VA Desert Pacific
Healthcare Network*

<https://www.losangeles.va.gov/services/Polytrauma.asp>

California, Western USA

The Greater Los Angeles VA Health Care System has a dedicated Polytrauma Program that is comprised of a team of doctors including a Recreation Therapist that assists Veterans in returning to community life by encouraging participation in social and leisure activities. These activities include adaptive sports, aquatic education, community readjustment outings, and socialization programs.

Address:

GLA Polytrauma Network Site
11301 Wilshire Blvd., Bldg 304
Los Angeles, CA 90073

Phone Numbers:

(310) 478-3711 Ext. 44370



<https://www.northtexas.va.gov/services/recrether.asp>

Texas, Central USA

The VA North Texas Health System Recreation Therapy program provides treatment and services to Veterans in order to restore wellness or rehabilitate illnesses and disabilities. By offering coordinated quality health care and a variety of recreation resources and activities, Veterans can improve their health, functioning, independence and quality of life.

Address:

Dallas VAMC
Bldg. TT-48
Fort Worth, TX 75216

Phone Numbers:

(214) 857-1270



<https://www.tampa.va.gov/index.asp>

Florida, Eastern USA

The James A. Haley VA Clinic offers an Adaptive Sports Program with focus on local events, clinics, and other activities to keep service members engaged through physical fitness and well-being. They are partnered with various organizations that provides enhanced capabilities for adaptive athletes in various sports and recreational activities.

Address:

James A. Haley Veterans Hospital
13000 Bruce B. Downs Blvd-RT 117
Tampa, FL 33612

Phone Numbers:

(813) 972-2000 Ext 3822/3946
(813) 610-6949

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



These events are still dependent on travel restrictions due to COVID-19 safety measures. All events are subject to change.

November 1-7: Nike Triathlon Camp



The Nike Triathlon camp is a unique opportunity for our endurance sport enthusiasts to visit the Nike Headquarters in Beaverton, Oregon, and spend five days training in their world-class facility. Your week begins with a tour of the facilities and culminates in a mini-triathlon where athletes have the opportunity to put what they've learned to the test! (DoD photos by Terry Cornwell and Roger L. Wollenberg)

November 30-December 4: Warrior Sailing Program Basic Training Camp



Join us at the St. Petersburg Yacht Club for three days of hands-on fun on the water! The Warrior Sailing Program trains wounded, ill and injured service members and veterans in the sport of sailing and sailboat racing. Training is facilitated by world class coaches using techniques and equipment adapted to meet the varying needs of the participants. This isn't just a boat ride! These are hands-on training courses that teach actual sailing skills leading to lifetime enjoyment on the water. Travel, lodging and meals are provided. To learn more, visit www.warriorsailing.org. (Courtesy photos by Warrior Sailing)

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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.

**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>

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

<https://www.youtube.com/channel/UCwfLGk9vivJNMCjNYTSohBQ>

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