



Issue #4
May 2021

USSOCOM Warrior Care Program - Care Coalition

Military Adaptive Sports Newsletter

Throughout April and May USSOCOM MAS has been busy conducting the **2021 DoD Warrior Games Virtual Selection and Train-up Camp**. This MAS newsletter release is timely and provides a perfect opportunity to share an overview of the camp activities, visual captures of virtual sport sessions, and what our own SOF WII competitors and coaches have to say about the virtual camp thus far.

We should start with a HUGE congratulations to all participants as virtual adaptive sports programming requires creativity, willingness, and commitment to learn and practice sport skills perhaps without ideal sport venues and sport equipment, and in the absence of opposing competitors. Our athletes have risen to the challenge by finding safe ways at home and outdoor areas to perform and practice the many lessons provided by our own Team SOCOM coaches.

Team SOCOM continues to make great progress moving through the virtual training schedule. Phase I programming began with an introduction and sport skill reviews of all 12 DoD Warrior Games sports. Following Phase I, Phase II transitioned to sport specific training and competition strategies for ultimate success at the games. Additionally, breath work and sport performance through mindfulness was featured and tailored to the needs of each sport. Currently Phase III is underway, and lessons from Phases I and II are put to the test in simulated sport competitions and challenges which are designed to be enjoyable and competitive at the same time. It's tough to match the benefits of face-to-face interactions and in-person programming although, kudos to the athletes and coaches of Team SOCOM bringing energy and enthusiasm to every session and making the best effort in the virtual world.

We welcome you to read on for more virtual camp highlights and stay tuned as MAS provides final updates and the announcement of the 2021 DoD Warrior Games Team SOCOM!

- 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](mailto:CC_MAS@socom.mil)

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Army Sgt. Christopher Umphenour, **MAS Logistics NCOIC**



USSOCOM Coaches and Team SOCOM prospects gather for the first time in the virtual kick-off event for this year's selection camp



2021 DoD WARRIOR GAMES USSOCOM VIRTUAL SELECTION & TRAIN-UP CAMP:

A CLOSER LOOK INTO PREPARATION FOR THE WARRIOR GAMES COMPETITION

The **2021 DoD Warrior Games USSOCOM VIRTUAL Selection & Train-Up Camp** provides USSOCOM Warrior Care Program – Care Coalition enrollees the opportunity to take a stab at the full complement of Warrior Games activities from the comfort of their very own home. All competitors trying out for Team SOCOM 2021 simply log on and join the virtual instruction & training. USSOCOM Coaches are leading the virtual sessions to improve the team’s sport skills, sport training, competition strategies and preparedness, and simulated sport challenges for ultimate competition success at the Games!

Here’s a closer look and some testimony from those participating in this year’s selection camp from both sides of the screen, including the athletes trying out for the Warrior Games sports and the USSOCOM Coaches providing the virtual training:

WHEELCHAIR BASKETBALL



SFC Tanton thinks outside the box and practices WCB with a folding chair in the absence of equipment



SFC Brokaw puts in work at a local gym training his shooting skills

“An unprecedented global pandemic, a team of athletes all over the world, and coaches all over the country. A trifecta of resistance to training!! We have battled this in the best way possible. I am thrilled to be able to be in communication with our athletes and even more excited to see everyone live at one time. Teamwork makes the dreamwork!”

- **Hannah Walker,**
Wheelchair Basketball & Wheelchair Rugby Coach

ARCHERY



Coach Baldowski teaches the archery prospects all the components of the recurve bow



Coach Baldowski demonstrates the proper shooting stance for optimal marksmanship

“I feel that with the virtual training we as coaches are able to hit on a few things that maybe we would not be able to do as much in person, however it is not a replacement for hands on training but could be an added benefit in between camps”

- **Phillip Baldowski, Archery Coach**

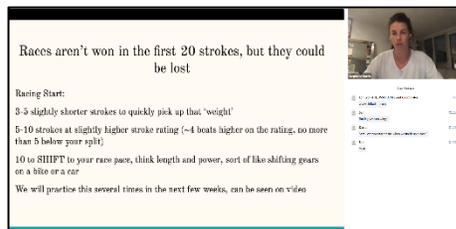
“At the end of the day no one likes virtual, but it gets the job done. It’s all about what the athletes want to put into it.”

- **Rick Devericks, Archery Coach**

INDOOR ROWING



SFC Braga logs in the time on the ERG performing Coach Smith’s personalized work out plan



Coach Smith instructs via a virtual Zoom conference on how to best pace yourself in a rowing heat

“The athletes have exceeded my expectations during this virtual experience. Doing all this training on their own will make the experience that much more rewarding when we are able to gather together as a team!”

- **Stephanie Smith, Rowing Coach**

“One huge success of the virtual camps has been the ability to have quality time with those posted or working overseas.”

- **Darren Williams, Rowing Coach**

CYCLING



SFC Brokaw gets in the miles on his handcycle in preparation for the Games



SFC Gonzalez trains alongside coaches during a live virtual session

“Though we would all much rather be able to safely train together in person, this virtual selection and train-up camp offers a unique opportunity for athletes to have structured, direct access to coaches for a longer duration of time.”

- **Dr. Amanda Leibovitz, Cycling Coach**

GOLF



SFC Decaire gets the reps in his short putting game on the golfing green



SFC Grieves sticks to the USSOCOM Coaches training plan and trains on the fundamentals

“We’ve created an online experience that is fun, engaging and provides value to the athlete”

- **Brian Hicks, Golf Coach**

“Virtual training gets me to view and access all the students’ movements. How they stand, their foot action, hand & arm movements, club face angle, spine angle, shoulder and feet alignment can all be viewed multiple times.”

- **Earnest Collins, Golf Coach**

FIELD



Coach Federici uses her students to demonstrate proper shotput technique during a live training session



Coach Federici walks through proper discus throw form during a live Zoom training session

“The positive that has come out of the chaos of this year is that we are still able to come together as a team. Having individualized Zoom sessions has helped with the athletes being able to focus on one individual sport at a time. I feel that the athletes are retaining more. Also, they are able to go back and review the videos or clips that have been distributed.”

- **Mandy Federici, Field Coach**

“I just wanted to say I think that this virtual training that you guys have set up is pretty spectacular. It’s a great way for all of us to share... share what we have been doing and kind of trade tips back and forth, especially on that Facebook page.”

- **SSGT Stuart DiPaolo**

“I was properly informed and prepared for training camp. The unknown of how virtual training camp would be conducted was answered the 1st night. While not ideal conditions, our coaches are doing their best to make this work.”

- **SFC Lucas Velmer**

SHOOTING



SFC Decaire practices dry fire focusing on his stance with the air rifle



SFC Decaire practices dry fire focusing on correct sight alignment with the air pistol

POWERLIFTING



Coach Brown talks over proper form and breathing technique necessary for the best strength output

WHEELCHAIR RUGBY



Coach Walker instructs how to utilize the defensive rugby chairs to lock the opposing teams down

“Very interactive. Some limitations with equipment, but not a major issue at all.”

- **SFC Samuel Siegel**

“I came into the training session thinking that it was likely a waste of time and that I would not get anything out of it, but I left the first session amazed because of the things I learned and took away.”

- **Golf Athlete**



SPORTS AND WELLNESS CORNER



The past month's virtual training has been focused on the sport of air rifle & air pistol shooting. Coach John Schwent and Coach Dwayne Lewis provided an in-depth look at the different shooting positions, fundamentals of marksmanship, maintenance & operations of the weapon systems, and everything needed for optimal sport performance. The training was also reinforced by our wellness coach, Amanda Leibovitz, on how to best increase our motivation and push through any tough physical training plan.



USSOCOM WCP-CC Air Rifle Standing Strategy Training
<https://youtu.be/FDY6Bkbc3k>

Interested in learning more about the strategy of shooting air rifle standing? This training video focuses on topics such as setting up your gear, building your position, natural point of aim, how to develop a shot process and much more!



USSOCOM WCP-CC Air Rifle Prone Strategy Training
<https://youtu.be/rjwvFOlsoSg>

The strategy of shooting air rifle prone is described in this training video through learning the configuration of the rifle, demonstrating and building the position, executing a well-aimed shot and more.



USSOCOM WCP-CC Air Rifle & Pistol Introductory Training
<https://youtu.be/jWtkX3ih8B8>

Looking for some pew pew therapy? This introductory training video gives you an overview and demonstration of 3 shooting positions - air rifle prone, air rifle standing and air pistol. It also describes the accuracy of air guns and the different gear and equipment used to make you successful in the sport of shooting!



USSOCOM WCP-CC Increasing Motivation & Confidence
<https://youtu.be/GsWWewHczQ>

Who doesn't want to be more motivated and confident? This video teaches you how motivation and confidence relate to your performance. It helps you identify ways you can work on building these skills to better yourself in your own life whether it be in sports, the workplace, your personal life or yourself in general.

ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

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

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UPCOMING MAS EVENTS



The registration window for the following events has concluded. These events are posted here for informational awareness only.

May 11 - 13: Warrior Sailing 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.

June 13 - 17: National Abilities Center Mountain Biking Camp

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/>.

July (Dates TBD): 2021 DoD Warrior Games Team SOCOM Train-up Camp

Athletes selected to represent Team SOCOM at the 2021 DoD Warrior Games will come to MacDill AFB, Tampa for a training camp in July. Active Duty and Veteran Wounded, Ill or Injured (WII) SOF will train with top-notch coaches in a multi-day and multi-sport camp setting.

Sept 12 - Sept 22: 2021 DoD Warrior Games

The U.S. Army Training and Doctrine Command is hosting this year's DoD Warrior Games in Orlando, FL. The 2021 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! Learn more about the Games (and live stream options) at dodwarriorgames.com.

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

Winter 2021 (Dates TBD): Nike Triathlon Camp

Is swimming, running and cycling your jam? Here is a unique opportunity for our endurance sport enthusiasts to experience a *Nike Triathlon Camp* at the renowned Nike Headquarters campus in Beaverton, Oregon. Your week will kick off with a beautiful tour of the Nike campus, followed by five days training in swimming, running and cycling with professional coaches in first class facilities. We'll conclude this amazing week by taking over the Nike campus with our very own mini-triathlon, where you'll have the opportunity to put what you've learned to the test! Travel, lodging and meals are provided. Camp dates to be determined soon. To see Nike's beautiful campus, visit <https://youtu.be/5pqsUfK2N1o>.

Contact us at CC_MAS@socom.mil if you're interested in training like a champion at Nike!

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.

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ATHLETE SHOUT-OUT



Photo Credit/Link: www.sowgf.org

SOWGF Golf Invitational (Tampa, FL):

The Special Operations Warrior Golf Foundation is a benevolent organization that utilizes the healing power of golf to assist Special Operations wounded, ill and injured warriors recover, rehabilitate, and reintegrate into civilian life. The following golfers teed off in a one-day invitational to bring together SOF Vets and Active Duty Service Members on the green:

- MAJ Alec Ross
- SFC Jacques Decaire
- SFC Damian Dixon
- MSG Jimmie Blockett



Photo Credit/Link: www.projectechelonracing.com

Project Echelon Racing League

The Echelon Racing League is the first of its kind and is in a league of its own. Serving as a conduit to strengthen the overall cycling community, the league will bring virtual and in-real-life riders and racers together to ride on real roads. Furthermore, the league has been designed to enhance the reach, influence, impact, and connectedness of riders, teams, race promoters and international governing bodies as a means to grow the sport of cycling through an innovative, sustainable, and scalable model.

- SFC Matthew Henigsmith



2021 DoD Warrior Games USSOCOM Virtual Selection & Train-Up Camp

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|-----------------------|-------------------------|------------------------|
| • SFC Jacob Anthony | • HMC Nolan Ellis | • MAJ Erik Lewis |
| • LT Jason Basden | • SFC Anthony Ghent | • SGM Tyler Marciano |
| • LTC Perry Blackburn | • SFC Andrew Gonzales | • SFC Shannon McLimans |
| • SFC Logan Brokaw | • SFC Jeffrey Grieves | • SSG Lauren Montoya |
| • SFC Kenneth Brown | • LTC David Hodges | • PO1 Victoria Oldani |
| • SPC Steven Carmen | • SFC Calvin Hood | • SFC Cory Remsburg |
| • SFC Jacques Decaire | • SFC Brant Ireland | • MAJ Alec Ross |
| • LCDR Alanna Devlin | • SFC Shane Jernigan | • LTC Anthony Smith |
| • SSGT Stuart DiPaolo | • LTC Rhonda Keister | • LT Isaiah Staley |
| • SSG Travis Dunn | • MSG Hamilton Koch | • SFC William Tanton |
| • SO2 Mark Carreon | • LTC Javier Sostre | • A1C Gabriel Lomas |
| • SFC Michael Peveler | • SFC Nicholas Galliano | • CAPT Kerrin Sperry |
| • SFC Jeff Dawson | • SFC Dieby Legarda | • LTC Duane Smith |
| • 1SG Samuel Siegel | • SFC Peng Lawrence | • SSGT John Stanz |
| • MSG Ivan Morera | • SFC Lucas Velmer | • SFC Paulo Braga |

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