



Issue #6
December 2021

USSOCOM Warrior Care Program - Care Coalition Military Adaptive Sports Newsletter

It's the time of the year when we bring a close to 2021 and reflect upon the many adaptive sport events, information shares, and direct communications with you, supporting you and your involvement in adaptive sports and the many benefits aiding your recovery, well-being, health, and fitness. It's just right-out satisfying too, and the sense of pride being involved in MAS and representing SOCOM and being with your teammates. In this issue, we have much to share supporting you through the holiday season and readying for MAS in 2022. We recognize all who engaged in MAS in 2021, whether it be in one or more of the virtual or in-person events. Look to the ATHLETE SHOUT-OUT page where we acknowledge two recent events. The first, athletes (and Coach too) riding in the Invictus Games Tour D'Invictus. In this virtual event, SOCOM Doc's Broken Crayons Team rode on behalf and in remembrance of Alec "Doc" Ross, finishing in winning style. The second event, Warrior Sailing Camp was a huge success with SOCOM athletes at the helm, learning and improving skills in sailing and sailboat racing. A hearty congratulations to all!

Closing out 2021, The ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE has a newly added section, Military Adaptive Sports Introduction, which contains information and resources specific to individual and team adaptive sports. The resource provides education and a better understanding of the adaptive sport history, rules, equipment, classification, similarities and difference to able-bodied sport, and resource links. Our hope is you use this resource as a tool for learning more about your current sports and identifying more, based on interest, and seeking participation with a knowledge base. This section will continue to grow as more and more sports will be added.

Going into 2022, the SPORTS AND WELLNESS CORNER PAGE features two outstanding wellness videos by SOCOM Coach, Dr. Amanda Leibovitz relating adaptive sports and wellness and how one benefits the other. In Goal Setting for Success, Dr. Leibovitz discusses different types of goals, measuring goals success, and the very importance of reevaluating goals, whether it be in sport, occupation, and/or you and your family. In Increasing Motivation and Confidence, Dr. Leibovitz describes how motivation and confidence, like sport, are skills that can be learned and developed. By understanding these concepts, we can identify ways to improve performance in life and sport. On the sports video side, Archery Introductory Training, Coaches Phillip Baldowski and Rick Devericks review the equipment and components needed to be successful in archery including sites, stabilizers, arrows, and much more. Coaches Phillip and Rick provide quality information and tips for those new and interested in the sport, as well as a refresher to the seasoned archer.

The UPCOMING MAS EVENTS page features the initial event offerings for 2022. You should have already received information about the Team SOCOM Train-up Camp, in March. We look forward to seeing many of you again and together in-person. Also featured is Skiing/Snow Boarding Camp, in January, which is brought back due to its continued popularity. Rounding things out is Triathlon Camp, in the Spring, aimed at supporting the many swimming, cycling, and running enthusiasts out there. Stay-tuned as we roll out more SOCOM MAS and community-partnered events throughout the coming year.

Enjoy the newsletter and we wish you a healthy and safe holiday season – bring on 2022, SOCOM MAS style! - 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

Scott Danberg, **MAS Chief**

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

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

Daniel Salamanca, **MAS Personnel Coordinator**



Check out our recent Warrior Sailing Camp wrap-up with pictures on **Page 5!**

Happy Holidays!





COMPREHENSIVE RESOURCE GUIDE

MILITARY ADAPTIVE SPORT INTRODUCTIONS

The *Comprehensive Resource Guide* is a database of consolidated adaptive sport organizations and resources categorized by individual sport and also geo-located by state to help you see what's available in your back yard! Be sure to check out the latest updates where we will begin introducing the official *DoD Warrior Games* & international *Invictus Games* military adaptive sports. A prologue for each sport will be prefaced to include all sporting aspects such as: Sport History, USSOCOM Involvement, Rules, Equipment, Similarities & Differences to their able-bodied counterparts, and more! Here's a sneak peak at the first one that is live for Wheelchair Basketball...



DEC 2021

USSOCOM Warrior Care Program - Care Coalition

Comprehensive Resource Guide - Military Adaptive Sports Introduction



WHEELCHAIR BASKETBALL

History

Wheelchair Basketball (WCB) first emerged around 1946 in the USA, developed by injured servicemen from World War II. Most were former able-bodied players who wanted to continue playing the game. The simple adaptations and slight rule variations for people in wheelchairs allowed the sport to spread across the US, and eventually worldwide.





USSOCOM in WCB

Wheelchair Basketball is one of the three recognized "Team Sports", alongside Wheelchair Rugby and Sitting Volleyball, in the [DoD Warrior Games](#) and [International Invictus Games](#) slate of adaptive Sports. Each year, recovering service members and veterans from all branches of service including SOCOM represent their respective teams and compete in these highly competitive events. Anyone enrolled in the USSOCOM Warrior Care Program is eligible to try out for Team SOCOM. Contact CC_MAS@socom.mil today if you are interested in seeing what it's all about!





WE'D LOVE TO HEAR FROM YOU!

The link down below will take you to our website where you will see the CRG posted along with our archive of newsletters and other USSOCOM MAS information. This is a "living" document, so **if you know of any great resources for any adaptive athlete and their families to stay active in your area, please let us know** at CC_MAS@socom.mil and we'd love to add it in!

ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

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

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SPORTS AND WELLNESS CORNER

Take a look at our brand new USSOCOM archery Introduction training video from your USSOCOM archery coaches, Phillip Baldowski and Rick Devericks. In this informative training video, Phil and Rick will guide you through the fundamentals of the Compound and Recurve Bow and their supportive equipment. No archery experience? No problem! Any experience level is sure to benefit from their world-class coaching, so whether you're a seasoned veteran on the draw or have never touched one before, we welcome you to enjoy the sport of Archery in these videos.

In this busy holiday season, it's always good to pause and reflect on ourselves & and the year behind us to better set our eyes on the horizon. Dr. Amanda Leibovitz helps us set new goals to bring in the New Year on the right foot! She also teaches us how to increase our motivation and confidence so that we may be set up for success in 2022!



USSOCOM WCP-CC Archery Introductory Training

<https://youtu.be/dGle82hmiHQ>

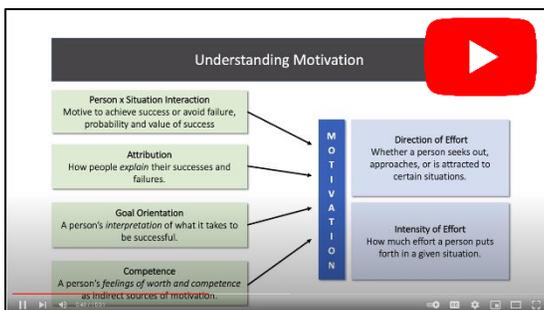
It's time to get familiar with Archery Compound and Recurve bows and their supporting equipment! This introductory training video reviews all the different components needed to be successful in the sport of archery including but not limited to sites, stabilizers, arrows and more! Let's get to know your equipment!



USSOCOM WCP-CC Goal Setting for Success

<https://www.youtube.com/watch?v=aJNwFPY9QXs>

Who doesn't want to be successful? Learn a new approach to goal setting by differentiating between different types of goals and how you can create multiple levels of success within a particular goal, resulting in increased motivation and confidence!



USSOCOM WCP-CC Increasing Motivation and Confidence

<https://www.youtube.com/watch?v=GswWewHhczQ>

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.

**ACCOMPLISHING YOUR MAS GOALS
IS THE BEST HOLIDAY GIFT**





UPCOMING MAS EVENTS

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

Challenge Aspen Military Opportunities (CAMO) Skiing & Snowboarding Retreat: Jan 15 - Jan 20, 2022

Winter is just around the corner... time to head to the snow-covered mountains of Aspen, Colorado! This isn't your average camp, it's a RETREAT! Challenge Aspen hosts an unforgettable experience for wounded, ill and injured Service Members and Veterans, not only on the slopes, but with wellness sessions like yoga and breathing techniques sprinkled throughout the week. Experience the fresh outdoors and calm surroundings, while receiving one-on-one professional adaptive skiing, snowboarding and ski-bike instruction. For those with experience on the snow, this is your opportunity to "up your game"! Travel, lodging, equipment, coaching, and meals are all provided. Visit www.challengeaspen.org and <https://youtu.be/Tdk0k6Gquqo> to see more footage from previous camps.



DoD Warrior Games Team SOCOM Train-Up Camp: Mar 7 - Mar 15, 2022

Join us for the 2022 DoD Warrior Games Team SOCOM Train-Up Camp and take a stab at 9 of the Warrior Games sports at MacDill Air Force Base in Tampa, FL. Try out for Team SOCOM 2022 or try your hand at something new! USSOCOM Coaches will be leading training sessions to improve your sport skills, sport training, competition strategies, preparedness, and simulated sport challenges for ultimate competition success at the Games!



Nike Triathlon Camp: Spring 2021 (Dates TBD)

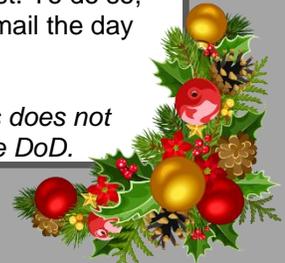
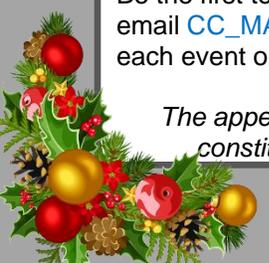
Is swimming, running and cycling your jam? Here is a unique opportunity for our endurance sport enthusiasts to experience a *Nike Triathlon Camp* at the renowned Nike Headquarters campus in Beaverton, Oregon. Your week will kick off with a beautiful tour of the Nike campus, followed by five days training 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>.



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

Invictus Games Tour D'Invictus - Virtual

The *IGF Tour D'Invictus* was a virtual international cycling competition which followed the same route as the Tour de France, where athletes could watch their success along the journey via an app. The team consisted of 8 cyclists from Team SOCOM with a mix of bikes (uprights, recumbents, handcycle, etc.). The Team cycled a total mileage of 2124 miles over a 3-week period from late September to mid-October.

BIB	NAME	DIST (M)
1	SOCOM Docs Broken Crayons COMPLETE	3,070.5
17	Zwift Riders and an IRL Ringer COMPLETE	3,070.5



SOCOM Doc's Broken Crayons:

- SFC Andrew Gonzales
- SFC Shane Jernigan
- CPT Kerrin Sperry
- SFC Logan Brokaw
- SFC Anthony Ghent
- MAJ Erik Lewis
- Coach Donald Jackson
- Melissa Jackson

2021 Warrior Sailing Camp - St. Petersburg, FL

The *2021 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.



2021 Warrior Sailing Camp Participants:

- CSM William McLeroy
- 1LT Brian Donarski
- MSG Deyby Gutierrez
- SFC Wade Crumwell
- MSG Brent Schneider
- SSG James Head
- SSGT Adam Foutz



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/>

