



Issue #5
September 2021

USSOCOM Warrior Care Program - Care Coalition Military Adaptive Sports Newsletter

The cancellation of the 2021 DoD Warrior Games due yet again to COVID-19, has been tough on all of us and a particularly hard blow, considering the dedicated training of our Team SOCOM athletes, the endless support and care of the families, and planning details of the coaches and staff. Just when we were hitting our stride coming off a successful in-person Team Sports Camp in July, the Delta variant reared its ugly head forcing the cancellation of the Games. We at USSOCOM MAS recognize the disappointment for all those directly involved and those who support our efforts and root for our success daily. Deep down we know it is for our protected health and safety; however, it isn't necessarily 'okay', nor do we simply take it with little regard and just move on. Instead, here is when we choose to collectively rise to the moment, highlight our achievements leading up to and preparing for the games, and use this time to redirect our energies towards all the positives we have achieved and will continue to achieve through participation and support of USSOCOM Military Adaptive Sports.

We have dedicated a considerable portion of this issue highlighting the successes and achievements of the July Team Sports Train-up Camp. Hosted at MacDill AFB, FL athletes had the opportunity to improve their team sports skills and for those team sport participants interested in archery and track the chance to hone skills in these sports was also made available. Of special note, the Defense Health Agency attended the camp and featured Team SOCOM in a documentary entitled "United Through Recovery". We have included the video link for you to hear the stories of recovering injured, ill, or wounded service members who've embarked on their journey of recovery by engaging in adaptive sports. We've also thrown in links to two wellness videos which we believe the combined viewing options are a good reset and provide added motivation to stay engaged in adaptive sports. Of course, the newsletter would not be complete without informing you of our upcoming events and athlete shout-outs so please read on!

- 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**



Coach Walker huddles up with the Wheelchair Basketball team in a live scrimmage during the USSOCOM Team Sports Train-Up Camp



2021 DoD WARRIOR GAMES USSOCOM TEAM SPORTS TRAIN-UP CAMP:



A CLOSER LOOK INTO TRAINING FOR A WARRIOR GAMES COMPETITION

The **2021 DoD Warrior Games USSOCOM Team Sports Train-Up Camp** provided USSOCOM Warrior Care Program – Care Coalition enrollees that were selected to represent Team SOCOM in the 2021 DoD Warrior Games Team Sports the opportunity to come together and train as one cohesive unit. All competitors were brought to MacDill Air Force Base in Tampa, FL and participated in a week-long camp where they were able to hone their on-court game plans & strategies for competition success. This training camp afforded team sports athletes the opportunity to train like they fight with live & full speed scrimmages mimicking the elevated level of competition displayed from the other branches of service at the DoD Warrior Games. Whether it was protecting the net in Sitting Volleyball, dominating the key in Wheelchair Basketball, or launching an aggressive defense in Wheelchair Rugby... all of our Team SOCOM athletes were better prepared by training as one unit.

Since there was large population of team sports athletes who were also scheduled to participate in additional individual sports; we took this opportunity to get more hours logged with some additional training. There were various equipment fittings and technical training sessions conducted for archery and track. Overall, the camp was a tremendous opportunity to come together and embrace the power military adaptive sports can have on the mind and body for our recovering service members and Veterans. Check out some of the best highlights from each team sport facilitated during this year’s train-up camp. Even though the Games have been cancelled, we know we were prepared for the fight. Job well done Team SOCOM!

WHEELCHAIR BASKETBALL

SITTING VOLLEYBALL

WHEELCHAIR RUGBY



SFC Chase Tanton takes a shot while being defended

The Sitting Volleyball team warms up with volleys for their training session

SFC Logan Brokaw maneuvers around the defense in a Wheelchair Rugby scrimmage



The Wheelchair Basketball Team runs conditioning drills prior to beginning training

SFC Brant Ireland makes a block in a Seated Volleyball drill

SFC Shane Jernigan passes the ball on offense during a Wheelchair Rugby match

“The camp was incredible and lifechanging. I especially appreciated the high levels of support staff: the rec therapy women, the nurse practitioners, the physical therapist, and the massage therapist.”

- Athlete

“The camp was great, as well as the staff. I had a blast!”

- Athlete

“Being with the coaches and teams in person was outstanding. I improved so much because the coaches were able to provide instant feedback. I am way more confident going into the Games now because of this opportunity.”

- Athlete

ARCHERY



The Archery line goes "hot" for the day's training



MSG Ivan Morera conducts an Archery competition drill

TRACK



SFC Shane Jernigan and CAPT Kerrin Sperry acclimate to their new racing chairs on the track



Coach Saul Hernandez instructs CAPT Kerrin Sperry the fundamentals of the racing chair



A special **THANK YOU** to the Recreational Therapy team at the University of North Carolina Wilmington for their hard work and dedication to duty while volunteering to support the 2021 USSOCOM Team Sports Train-Up Camp. We couldn't have done it without you!



- Sara Miller
- Aaron Lanie
- Chastity Mcculloch
- Melissa Valyo
- Ellie Underdal
- Melissa Worrell
- Maggie Williams
- Abby Naumann
- Sarah Tibbets
- Danielle Moss



SPORTS AND WELLNESS CORNER



The past few months were focused on the planned 2021 DoD Warrior Games. Take an inside look at our USSOCOM Team Sports Train-Up Camp in the “*Reunited Through Recovery*” video below. Here you’ll find camp footage and one-on-one interviews as the Team Sports athletes came together to train for what would have been a hefty competition. Amidst the physical and mental challenges it takes to prepare for such a rigorous event, it’s always good to take a step back and recalibrate to ensure your overall state of mind also. We’ve posted some wellness videos below to do just that!



Reunited Through Recovery

<https://www.youtube.com/watch?v=nyFR1mH2ZJQ>

USSOCOM TIME STAMP - 22:23

Despite the challenges presented by the COVID-19 pandemic, the Warrior Care Recovery Coordination Program staff persevered in providing programs, activities and competitions for recovering service members, both virtually and gradually, in-person. These are the stories of recovering injured, ill or wounded service members who've embarked on their journey of recovery by engaging in adaptive sports. For more information about these events, visit www.WarriorCare.mil.

Special Thanks to SFC Jacques Decaire, SFC Logan Brokaw, and CPT Kerrin Sperry for taking part in these interviews.



USSOCOM WCP-CC Goal Setting & Healthy Habits Training

<https://www.youtube.com/watch?v=grgbp5odd3i&t=18s>

Need help focusing on goals? This video helps you learn how to focus on goals and how your habits and behaviors relate to your goals.



USSOCOM WCP-CC Better Performance Through Mindfulness

https://www.youtube.com/watch?v=k60p_T4CeaM&t=23s

Use mindfulness as a tool in competition and daily activities! In this video, you'll see mindfulness as a way to pay attention in the present moment without judgement. It can bring awareness to the current moment and release negative thoughts, anxiety and outside stresses.

ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

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

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UPCOMING MAS EVENTS

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>.



Nov 30 - Dec 2: Warrior Sailing Program Basic Training Camp

Join us at the St. Petersburg Yacht Club for 3 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. No sailing experience? No problem! These are hands-on training courses that teach actual sailing skills with equipment adapted to meet your individual needs and ability levels leading to lifetime enjoyment on the water. Lunch will be provided. Travel and all other meals are at the expense of the participant. Up to two nights of lodging may be provided upon request. Visit www.warriorsailing.org to learn more about their mission.



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

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/Tdk0k6Gguqo> to see more footage from previous camps.



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



2021 Turnstone Endeavor Games

The **Endeavor Games** exists to create competitive, fun, safe, & high-quality sport competitions for athletes with physical disabilities and strives to be the premier adaptive sports competition series in the United States. They aspire to serve the needs of athletes whether they participate for health, recreation or dream of being a Paralympian. "We know sport has the power to change the lives of athletes, parents, coaches, volunteers and spectators. We know we are better and stronger as a team".

- SFC David Ware
- SFC Lucio Gaytan



2021 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!

- SFC Randolph Nantz II
- MSG Jose Gonzalez
- MSGT Daniel Leonard
- MSG Jimmie Blockett Jr
- SFC Logan Brokaw
- TSGT Jeremiah Mani
- LTC Robert Roseman
- MAJ Gerard Dempster
- 1SG Daniel Anderson



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- SFC Jacob Anthony
- SFC Logan Brokaw
- SPC Steven Carmen
- SFC Jacques Decaire
- MSG Ivan Morera
- SFC Anthony Ghent
- SFC Jeffrey Grieves
- SFC Brant Ireland
- SFC Shane Jernigan
- MSG Hamilton Koch
- SFC Nicholas Galliano
- SFC Deiby Legarda
- MAJ Erik Lewis
- SGM Tyler Marciano
- SFC Shannon McLimans
- LTC Anthony Smith
- LT Isaiah Staley
- SFC William Tanton
- CAPT Kerrin Sperry
- SFC Paulo Braga



Military Adaptive Sports – Virtual Challenge

Despite the cancellation of the 2021 DoD Warrior Games, all the branches of service decided to come together and establish the **Military Adaptive Sports – Virtual Challenge!** In the same spirit of the Games, this virtual challenge provided all athletes that were selected to represent their respective service teams the ability to showcase their hard work and compete in 11 sports including a Wheelchair Basketball and Fit Games Challenge! Our 12 athletes showed up ready to compete and represented Team SOCOM with pride!

- SFC Logan Brokaw
- SFC Jacques Decaire
- SFC Anthony Ghent
- SFC Andrew Gonzales
- SFC Jeffrey Grieves
- SFC Shane Jernigan
- MAJ Erik Lewis
- MSG Ivan Morera
- SFC Shane Jernigan
- 1SG Sam Siegel
- CPT Kerrin Sperry
- SFC Lucas Velmer

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

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