



Issue #2
November 2020

USSOCOM Warrior Care Program - Care Coalition

Military Adaptive Sports Newsletter

With November being Warrior Care Month it's an opportune time to share our Military Adaptive Sports (MAS) newsletter. Through adaptive sports and activities, participation assists you in your recovery and rehabilitation and is *our #1 priority*. As such, we continually aim to provide you with information, resources and events, *relevant to you*, and there's no better time to share this information than Warrior Care Month!

In this issue, we highlight participation in Team Sports: *Wheelchair Basketball, Wheelchair Rugby, and Sitting Volleyball*. We go beyond the valued mind/body connection and benefits to share the cooperation, unity, and camaraderie values, and benefits of participation in Team Sports. Our highlight would not be complete without an update to the Comprehensive Resource Guide (CRG) and easy access to connect with Team Sports clubs in addition to Team SOCOM.

Despite our inability to get together face-to-face for events, there has been much activity in the way of virtual events. Read on for more information and athlete shout-outs! Finally, we've also included new *sport and wellness training videos* to keep you motivated and moving, improve your sport and wellness activity skills, and stay connected with your SOCOM Coaches. No surprise, Team Sports Training videos are included too!

- 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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FEATURED SPORT:

TEAM SPORTS



Team Sports

By Daniel Salamanca, MAS Personnel Coordinator

The USSOCOM Warrior Care Program Military Adaptive Sports Section provides the opportunity to learn, train, and compete in many different adaptive sports disciplines. We offer camps throughout the year in which we provide world-class coaching in the 13 adaptive sports contested at the DoD Warrior Games and Invictus Games. In addition to assembling teams to train and compete in the annual DoD Warrior Games as well as the international Invictus Games, we offer several recreational opportunities and wellness activities throughout the year. Examples of these camps/activities include: sailing, skiing, triathlon, and more.

The one element that binds together DoD Warrior Games, Invictus Games, and all of our recreational/wellness activities is that we always do it *together*, as a **team**. At the heart of all the competitive sports our athletes participate in is the fundamental concept of a "Team Driven" sport. Why? Because while we know who you are, *you* being a SOF trained service member/veteran, and while we know you're fully capable and expected to recover from any sustained injury or physical impairment within due time... it's still one thing to rise up on your own after proverbially being knocked down, but it's an even greater thing entirely to help one of your teammates do the same. Whether it's in your area of operations while forward deployed or on the basketball court, human beings long for a sense of tribalism and mission accomplishment. This remains steadfast especially in our SOF trained mindsets. No matter the stakes, if you're playing in the game, more often than not you're playing to win. That's just who we are. But even though our track record of "Mission Accomplishment" at Team SOCOM is a testament to this mindset, we ALSO understand that team sports provide an even bigger purpose in providing a multitude of benefits and facilitating the recovery and rehabilitation of all active participants.

The evidence of these benefits from various adaptive sports have been examined in university studies (a). These benefits include improved levels of functioning and independence in activities of daily living, increased physical capability, improved physiological capacity, increased levels of employment, and improved social status and sense of belonging. After participation in the therapeutic recreation program, significant changes were observed in mood states and perceived competences. A promising trend, although not significant, was also observed regarding improvement in quality of life and psychological health. These findings illustrate the therapeutic potential of adaptive sport and recreation services in addressing the needs of returning combat veterans who have acquired a disability (b). This is not a comprehensive list, but highlights some of the more significantly observed changes in individuals after participation in adaptive sport. Adaptive sports promote healing of both the body and mind. Increased strength and stamina can aid rehabilitation and help you return to service or maintain a higher level of independence. The sense of accomplishment, teamwork and camaraderie contribute to mental and emotional healing as well. So we encourage you to not look at these opportunities as a deterrent from getting you back to your team, but as a mechanism to get you there faster, and excel while doing it.

In the five years since DoD Warrior Games has been hosted by the Department of Defense, our USSOCOM team has achieved great success across all contested sports disciplines. But at the end of the day, these accomplishments mean so much more than the weight of any medal we may earn. To our active duty service members and veterans, they are the concrete evidence of their road to recovery. After all, we understand that the underlying objective is to get the service member back in the fight to their operational units and for our veterans to be more productive assets in the civilian workforce. We simply use these team sports as a mechanism to get you there and invite you all to go for the gold in the process.

- (A) <https://www.disabledsportsusa.org/wp-content/uploads/2018/03/The-Influence-of-Adaptive-Sports-on-Self-Efficacy-Quinnipiac-University-LOF-Adaptive-Skiers.pdf>
- (B) <https://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.461.7584&rep=rep1&type=pdf>

ATHLETE SHOUT-OUT



Chief Petty Officer Phillip Fong received the gold and finished 1st PLACE in BOTH the 1 minute and 4 minute indoor sprint rowing "Warrior Challenge" of the *Virginia Beach Veterans Rowing Virtual Race Series*, as well as 1st PLACE in BOTH the 1km *Textile River* and *Head of the Genesee Virtual Regattas*.



Petty Officer 2nd Class Ashley Deetch-Owens competed in the 2020 Angel City Games archery challenge.

2020 Angel City Virtual Games USSOCOM Participants:

Sgt. 1st Class Matthew Henigsmith
Sgt. 1st Class Anthony Ghent
Senior Chief Petty Officer Cameron Franklin
Sgt. 1st Class Jake Anthony
Air Force Staff Sgt. Jason Wakefield
Chief Master Sgt. Louis Orrie
Navy Lt. Isaiah Staley
Army Lt. Col. Rhonda Keister
Petty Officer 2nd Class Ashley Deetch-Owens

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:



The USSOCOM WCP-CC coaches continue their virtual training series with focus on team sports! Learn what it takes to be successful at wheelchair basketball and sitting volleyball and the adaptations from their able-bodied counterparts.

Afterwards, learn how to relieve built up upper body tension through breathing and stretching exercises in the chair yoga mobility training.



USSOCOM WCP-CC Wheelchair Basketball

<https://youtu.be/peGdjms98hE>

Ballers wanted! Learn the differences between able-bodied basketball and wheelchair basketball in this introductory training video as well as the equipment and rules. Coach Hannah also discusses the importance of building camaraderie through team sports.



USSOCOM WCP-CC Sitting Volleyball

<https://youtu.be/ksWHkGNAhP8>

Ever played sitting volleyball? As opposed to standing volleyball, sitting volleyball has been said to be notably faster using a smaller court and lower net. Watch this Introductory training video about the equipment, rules and court size to prepare yourself for an incredible amount of fun!



USSOCOM WCP-CC Chair Yoga To Improve Mobility Training

<https://youtu.be/kapk2vggcAo>

If your upper body is feeling stiff, then this is the video for you! Many times no matter how much stretching you do, one cannot stretch out their upper body due to stress. This training video combines breathing and stretching exercises, so you can truly feel the benefits of both on the upper body and all from a chair!



RESOURCE CORNER:



ANNOUNCEMENT



The Comprehensive Resource Guide (CRG) includes a **NEW** section:
Adaptive Sport Clubs (By Sport)!

Interested in Team Sports? Reference the CRG for national and by-state resource guide to locate adaptive sport programs and clubs featuring Wheelchair Basketball, Wheelchair Rugby, and Sitting Volleyball. The MAS Team continues building the CRG including more resources by sport and more. In the meantime, if there's anything you don't see or have a specialized resource request – don't hesitate, contact MAS and we'll help resource it!



Team SOCOM practices during 2019 USSOCOM DoD Warrior Games training camp. (USSOCOM Photo by U.S. Air Force Master Sgt. Barry Loo)

Wheelchair Basketball

Did you know there are many local adaptive sport clubs offering Wheelchair Basketball? Many of their teams participate in National competitions too.

Use the CRG to locate and participate in more Wheelchair Basketball!

New to Wheelchair Basketball?

The sport chair is considered to be part of the body. For example: a player is out-of-bounds when any part of the body or sport chair touches the floor or any object on or outside of a boundary line.

To execute a dribble, players must allow for 1 bounce of the ball for every 2 pushes of the sport chair.



Team SOCOM fights for the ball in a 2019 DoD Warrior Games Wheelchair Rugby match. (USSOCOM Photo by U.S. Air Force Master Sgt. Barry Loo)

Wheelchair Rugby

Want to compete in Metal and Muscle? Wheelchair Rugby is a popular National competition!

Need more information?

Wheelchair Rugby features 2 National organizations dedicated to the sport – USA Rugby and United States Quad Rugby Association.

Wheelchair Rugby is considered a full-contact sport although no personal contact is allowed. Don't expect to hit, slap, gouge out eyes or bite off ears as penalties will be enforced!

Many clubs offering Wheelchair Basketball include Wheelchair Rugby because it is played on a basketball-size court.



Team SOCOM sets up a volley in a 2019 DoD Warrior Game Sitting Volleyball match. (DoD Photo by Roger L. Wollenberg)

Sitting Volleyball

Interested in Sitting Volleyball? Look inside the CRG and contact the closest club for more information and get involved.

Most indoor volleyball courts can be modified for Sitting Volleyball play. Because of this, it's a popular sport across the country.

A taste of what to expect...

Athletes are classified into 1 of 3 functional classifications for team play. In Sitting Volleyball, a player must have some part of the body, bottom to shoulders, in contact with the floor at the moment of ball strike.

ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

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

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UPCOMING MAS EVENTS



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

Dec. 1-3: Warrior Sailing Program Basic Training Camp



Feel like sailing away from 2020? Join us for a one-day sailing clinic on either Dec 1, 2, or 3 at the St. Petersburg Yacht Club in beautiful St. Petersburg, Florida! This isn't just any ordinary boat ride. Warrior Sailing trains wounded, ill and injured military service members and veterans in the sport of sailing and the basics of sailboat racing. No sailing experience? No problem! Hands-on training, teaching you actual sailing skills is provided by world-class coaches on equipment adapted to meet your individual needs and ability levels. Feels like smooth sailing from here! **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 to participants upon request. Service members or veterans who have previously attended any prior Warrior Sailing events are welcome to join once again.** Visit www.warriorsailing.org to learn more about their mission.
(Courtesy photos by Warrior Sailing)

Contact us at CC_MAS@socom.mil if you're interested in sailing in the cool gulf breeze this December!

Jan. 12-17, 2021: Challenge Aspen Skiing and 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 and meals are provided. To learn more, visit www.challengeaspen.org. *(DoD Photos by 10th Special Forces Group)*

Contact us at CC_MAS@socom.mil if you're interested in skiing the Rockies this January!

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UPCOMING VIRTUAL EVENTS



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		Navy Zentangle				
				Invictus Games Winter WonderWheels		
8	9	10	11	12	13	14
Invictus Games Winter WonderWheels						
15	16	17	18	19	20	21
		AFW2 Trivia				
		Navy Mind, Body, & Meditation				
		AFW2 CARE Sports Event				
Invictus Games Winter WonderWheels						
22	23	24	25	26	27	28
Invictus Games Winter WonderWheels						
29	30					
Invictus Games Winter WonderWheels						...Ends Dec 5

VIRTUAL EVENT DESCRIPTIONS

Nov. 17: AFW2 November “Services Team Trivia” Virtual CARE Event



The Air Force Wounded Warrior Program is hosting a “Services Team Trivia event” in honor of *Warrior Care Month*! They’re requesting each Service and USSOCOM build a team of 4-5 service members or veterans to compete against their sister Services. Each team will compete against each other live in a high stakes trivia battle for all the glory via Gov Zoom. Please note that all participants will have to be visible on screen as they answer trivia questions in their very own Zoom rooms. There will be 20 questions across 4 categories. To register, please send an email with your contact information to daniel.f.salamanca.ctr@socom.mil

Deadline to Register: Noon EST on Tuesday, 10 November

Nov. 17-19: Navy Warrior Care Month Event – Mind, Body, Meditation



Time to focus on meditation to benefit the mind and the body! This Navy hosted Warrior Care event is looking to give you three full 2-hour sessions over three days focused on meditation through movement, tension release through self-massage and conscious relaxation practices intended to induce total physical, mental, and emotional relaxation. Please email daniel.f.salamanca.ctr@socom.mil to register for this event.

- Nov. 17, 7-9 p.m. EST – Moving Meditation: A Trauma-Aware Yoga Practice
- Nov. 18, 7-9 p.m. EST – Addressing Tension with Self-Massage/Myofascial Release
- Nov. 19, 7-9 p.m. EST – Yoga Nidra

Deadline to Register: 12 p.m. EST Friday, Nov. 13

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

Navy Warrior Care Month Event – Zentangle



Bring out your inner artist with an easy to learn and fun way to create beautiful images through structured patterns, while enhancing relaxation, healing and focus! Navy is hosting three sessions of Zentangle in honor of Warrior Care Month and has invited USSOCOM to participate!

Invictus Games Winter WonderWheels



Super excited to bring you an 'At Home' challenge! This month-long, 5 November – 6 December 2020, super-flexible challenge offers a great opportunity to achieve a super sporting goal this winter, wherever you may be! You can fly solo or unite as a team to complete the 20km challenge anywhere (living room, garden, or neighborhood) and in any way (walking, running, swimming, wheeling...) you wish! All that is asked is that each solo participant or at least one team member considers themselves to have any type of disability. The 20km has been thrown down as the distance to aim for, but feel free to shorten or lengthen your goal depending on your individual circumstances. And you can complete your challenge on one day, over a few or use the whole month - 5 November - 6 December 2020! Whether you choose to hop, push, skate or dance the funky chicken around your living room or local park, just be sure to wear those Superhero costumes!

AFW2 November Sports Virtual CARE Event



We're excited to announce USSOCOM has been invited to participate in the, Air Force hosted, November Sports Virtual Care Event in celebration of Warrior Care Month, 16-20 November! Air Force kicks-off this event with yoga and mindfulness training along with morning and afternoon sport training sessions available to you in up to 9 sports – Archery, Cycling, Field, Powerlifting, Rowing, Shooting, Swimming, Team Sports and Track! This fun-filled week of activities concludes with an On Own Virtual Competition and a CARE Event Fit Challenge! If you're interested in this exciting virtual opportunity, we ask you, to the extent possible, to be available for the full event. We understand you may not be available all day each day; therefore, morning and afternoon training sessions are being offered, just let us know which one you prefer!



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/>