



USSOCOM WARRIOR CARE PROGRAM - CARE COALITION

Military Adaptive Sports Fact Sheet



USSOCOM Warrior Care Program (Care Coalition) Military Adaptive Sports (MAS) seeks to improve the health and welfare of wounded, ill or injured Special Operations Forces (SOF) through adaptive sports and wellness activities. Our goal is to promote mental and physical fitness while building camaraderie among service members to reintegrate our active duty more quickly and maintain long lasting ties with and among SOF veterans.

Adaptive Sports

- Provides post-rehabilitation support through participation in adaptive sports and activities and promotes physical fitness
- Helps with mental, emotional, spiritual, physical and social healing as service members and veterans develop camaraderie and mentor one another
- Exposes athletes to a sport they may have never considered, and can increase interest and participation in other sporting activities, which can enhance their recovery process

Frequently Asked Questions

How do I get involved in Military Adaptive Sports.

The first step is to contact your Recovery Care Coordinator. Once they've referred you to Military Adaptive Sports, you'll begin to receive emails about upcoming events. So long as your Primary Care Provider will clear you to participate in those sports, you're good to go.

My wounds are invisible. Can I still participate in adaptive sports?

ABSOLUTELY! Military Adaptive Sports are available to those with visible or invisible wounds, such as TBI, PTSD or neurological issues. The most common misconception is that you must be grievously injured or sustained significant physical injuries or wounds to participate.

I did not sustain my wounds, injury or illness in combat; can I still participate in adaptive sports?

Military Adaptive Sports is open to those with combat and non-combat related mental and physical injuries, wounds and illnesses. Active-duty military personnel are technically on duty 24 hours a day, 7 days a week. It does not matter if you were at work or not during the time of injury or illness, or how it occurred.

Why should I participate in adaptive sports?

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. Adaptive sports can ignite SOF competitive aptitudes and spark interest in activities they've never considered.

How much does it cost to attend adaptive sports camps and other events?

Active duty participation is funded by the USSOCOM Warrior Care Program (Care Coalition) while veterans are funded by our numerous partner benevolent organizations.

Can I bring my Caregiver/Service Dog?

Appointed caregivers/non-medical attendants and service animals can be accommodated on a case-by-case basis.

Contact us cc_mas@socom.mil and learn more about USSOCOM Military Adaptive Sports

<https://www.socom.mil/care-coalition/Pages/Military-Adaptive-Sports.aspx>



Instagram @SOFcarecoalition

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

<https://m.youtube.com/channel/UCwflGk9vivJNMCjNYTSoHbQ>

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