



Issue #3
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USSOCOM Warrior Care Program - Care Coalition

Military Adaptive Sports Newsletter

With competition season creeping around the corner, it's an appropriate time to shift gears and lay the foundation for a successful training plan... It is through adaptive sports and recreational activities that active participation assists you in your recovery and rehabilitation; and this *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 place to share this information than the quarterly MAS Newsletter!

In this issue, the USSOCOM MAS Chief and some of your Team SOCOM coaches lay the groundwork on how to have the best success selecting, cross-training, and competing in multiple sports (Pg. 2). Whether its practicing for an upcoming competition like the DoD Warrior Games or just staying in peak physical performance across the sports spectrum, we've got you covered on the best tips for overall preparation success. Our Newsletter would not be complete without an update to the *Comprehensive Resource Guide* (Pg. 5) and easy access to connect with Team Sports clubs in addition to Team SOCOM.

Read on for more information on our *Upcoming MAS Events* (Pg. 6) and *MAS Athlete Shout-Outs* (Pg. 7)! We've also included new *Sport and Wellness Virtual Training* (Pg. 4) videos to keep you motivated and moving, improve your sport and wellness activity skills, and stay connected with your Team SOCOM Coaches.

- 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 Christopher Hahn, **MAS NCOIC**

Daniel Salamanca, **MAS Personnel Coordinator**

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



Team SOCOM huddles before a Wheelchair Basketball match during DoD Warrior Games. (Courtesy Photos DoD)



FEATURED SPORT ARTICLE:

TIPS FOR SUCCESS IN MULTIPLE SPORTS

Contributing Authors: Scott Danberg, Amanda Leibovitz, Hannah Walker, Phillip Baldowski, Rick Devericks

When asking sport and wellness coaches, physical therapists, and athletic trainers most will likely agree cross-training and competing in multiple sports is better for athletic development and recovery, and in most cases rehabilitation, than solely focusing on just one sport. A common worry is injury may occur when competing in multiple sports however, when cross-training correctly an athlete's strength, conditioning, and coordination often improves which in-turn, benefits performances across many sports. Additionally, by breaking up training and movement patterns the chances of repetitive movements, overtraining and developing overuse injuries decreases. This is not to imply you should *NOT* have a primary sport and decrease the time and energy needed to develop single sport skills, after all world-class athletes are champions by dedicating themselves to their sport. It means prioritize your sport selections and allocate your training blocks accordingly. In other words, train smart! For those who participate in multiple sports, such as, the Warrior Games Selection Camps and Games, this is a valuable approach in order to be in top physical condition, skill development and mental / competition readiness for success across your chosen sports.

Cross-training and competing in multiple sports can be time & schedule demanding and those successful at it understand, at some point, you must give yourself a rest period. This may be challenging as you want to be your best across multiple sports and such factors as sport seasons, weather conditions and/or venue accessibility may present a time crunch. At some point you need rest and recovery periods. These can be as short as 1-2 weeks or extend longer dependent upon your overall training expenditure and competition timeframes. During this time, you are not a "couch potato", your rest periods should still be active with low intensity aerobics, resistance training, and mobility and relaxation movements. The more rested you are, the better success you will have!

To assist you, here is some more great advice from our USSOCOM MAS Coaches...

Tips on selecting multiple sports:

-Amanda Leibovitz, USSOCOM Cycling and Wellness Coach

With 13 different adaptive sports to choose from in competitions like the Warrior Games, selecting the specific events in which to compete is no small feat! Enjoying a sport or having natural talent is usually not enough to excel in training and competition, especially when balancing the demands of multiple events. Instead, we must consider our resources and barriers to successful training. These include variables such as access to facilities and equipment, physical limitations due to injury or illness, the time and energy demands of training and recovery, and whether we rely on others (e.g., coach, teammates) to effectively prepare. If you have been selected to represent Team USSOCOM at the Warrior Games or simply have goals to pursue multiple sports for recreation or competition, keep reading for a few simple tips to help you maximize performance and enjoyment in your pursuits.

USE JOY AS A COMPASS

It may sound cliché, but the fact remains that you will achieve the most success in competition by choosing sports for which you will actually train! It takes patience, discipline, and consistent effort to develop the technical skills, strength, endurance, and/or strategy needed to excel in one sport, let alone three or four. A great gut-check is to think about your busiest, most stressful and chaotic week and identify which sport activities for which you would still be motivated to train. For example, if the thought of diving into a cold pool to swim laps after a long day at the VA makes your stomach turn, you're more likely to make excuses when it comes to your training, even when life feels pretty calm. Conversely, if you love throwing and know that you can make time to practice your footwork in the living room even when it's storming outside and you don't have access to a shotput or discus, you're more likely to come up with creative ways to fit some training in to even the most hectic day. Remember, it is the consistent daily efforts that yield the biggest results!

KNOW YOUR BODY

Acknowledging and accepting our strengths and limitations is a challenge for just about anyone, and especially those of us who are highly competitive. However, it does not help you or your teammates to live in fantasy land. Ignoring or denying our limitations is likely to set us up for injury more than it will lead to an epic underdog story. Moreover, the collateral damage of this stubborn mindset is that we become so focused on our limitations that we fail to recognize and play to our strengths! Some helpful questions to ask yourself include the following:

Do the sports I've chosen play to my body's strengths? Contrary to popular belief, the rule that something must be hard in order to be worthwhile is absolute and total malarkey. It's okay to do more of the things that come easier to you or that you are already good at; there is always room for improvement, growth, and new levels of performance!

Am I choosing multiple sports that will stress my body's limiters? Keep in mind, the point is not to fully avoid events that stress our limiters, but rather, we want to ensure we are able to adequately recover and keep our bodies functioning optimally. For example, if you have weak shoulders and are prone to injury, it is probably not wise to choose multiple sports that stress your shoulders.

Instead, mix it up to give that area a break between quality sessions! Nobody knows your body better than you. You are the expert, and with great power comes great responsibility. Remember, acceptance allows us to see things as they are, which means we can make intentional, informed decisions about our next action.

Tips on cross-training multiple sports:

-Hannah Walker, USSOCOM Wheelchair Basketball/Rugby Coach

Training for team sports during a pandemic when all things are virtual does present problems! How do we deal with this?! We work with the resources we have. This is the time to focus on cross training, to research your team sports, and to utilize your coach's expertise...

The everyday wheelchair user has the advantage in wheelchair sports, you know how to maneuver a wheelchair and your body is naturally accustomed to the pushing motion required to play. It is for this reason that cross training is exceptionally important. You push all day, if you continue to work on the same forward motion muscle groups, especially shoulders, you could end up with bigger problems as muscle strains or tears. Incorporating core, bicep and back exercises will balance the muscle groups you don't usually use with your everyday push. Rowing is a great core/back sport to alternate with! Don't forget that the stronger the core, the quicker you will be on the floor!

The able-bodied athlete who is not accustomed to being in a wheelchair will have to be more creative! If you do not have a wheelchair to practice in, remember to focus on the pushing motions during your everyday workouts. Free weights are great for this, it can be as easy as sitting in a chair with a couple of weights/jugs of water and simulating the pushing motion of a wheelchair. For the swimmers, the freestyle is a close comparison to the forward push. The same idea applies with sitting volleyball, it's not a normal everyday motion for most athletes to be sliding around on the floor and getting up and down. You don't want to get stuck on the floor at Games because your body is confused. As important as it is to be able to spike that volleyball, it's equally as important to be able to scoot across the floor to get to it. Track and powerlifting athletes can add those pushups and squats to your routine to incorporate these muscle groups. All of you have access to a floor, use it!

One of the pickles we tend to find ourselves in when we arrive at Warrior Games is the understanding of the rules. Most of our athletes do not regularly participate on a sitting volleyball or wheelchair basketball team, and even less for wheelchair rugby. Use this time to research!! Check out the Warrior Games Rule book for your sports. Check out the National Wheelchair Basketball Association, USA Volleyball, and the United States Quad Rugby Association. There are tons of videos and resources out there for you to watch, especially if this is your first Warrior Games.

Remember the team sports games can be an hour each! You could potentially have to get into a basketball chair, jump on the floor for sitting volleyball, and back up to a rugby chair. This isn't even including all the individual sports you might be participating in. Imagine having to shoot an air rifle after pushing a chair for an hour or having to throw a shot put after scooting around for volleyball. Get prepared! It will be a rush; you will want to soak in all the awesomeness instead of having to worry if you are ready for all the action.

Lastly, SOCOM coaches are here for YOU! If you have any sport specific questions or concerns or just would like to chat, we are available. If you are new to the team and would just like an introduction, we can do that too! We are a hugely passionate bunch and are willing to go above and beyond if it means helping the team. Even though we have so many different sports and different coaches, we are all part of Team SOCOM and will work together to make it the best experience possible!

Tips on balancing training, mental readiness, and competition timeframes when at the Warrior Games:

-Phillip Baldowski / Rick Devericks, USSOCOM Archery Coaches

Some tips on getting ready for any competition include preparing yourself mentally and physically at least three to four months prior by training, perfecting technique and visualizing your competition environment. For example, in archery, working to train towards a plan of shooting 4 to 5 days a week with at least 2 days off will need to begin by shooting at least 30 arrows a day, while pushing yourself a little more each day towards a goal of no less than 150 arrows per day 4 to 5 days a week by the Games. You want the last shot to be as good as your first. While you're practicing, start incorporating background noise, loud music, kids playing etc. The goal is to focus on your shot process, and not hear or notice the background noise, which is when your mental preparedness will play a role. In competition, there is a head-to-head elimination for the top 8 in the rankings and this is where your mental training will really kick in.

One thing we always see, as coaches, is that athletes go out and exhaust themselves in the training week and days leading up to Games, with all the sports they're participating in. So just remember, this is not the time to start training! You should have been training before the Games and preparing yourself mentally and physically for competition. If you don't have the necessary skillset by the week before, then it is too late. The training week is the time to get used to the lighting, surroundings, and other athletes at the venues. This is also the time to make sure your equipment is good and to ensure your mental game is on point. Yes, you will fly through your event because you prepared yourself mentally and physically, so you should know what to expect, but know your limits.



SPORTS AND WELLNESS CORNER



The USSOCOM WCP-CC coaches continue their virtual training series with focus on Cycling! Coach Leibovitz and Coach Jackson introduce us to the sport of cycling and how to get involved. Coach Leibovitz also takes it one step further as the Wellness Coach to help us understand the human response to stress and how we can manipulate it for optimal sport performance. More to come, so stay tuned!



USSOCOM WCP-CC Cycling Strategy Training

https://youtu.be/M_bPb0h0mMg

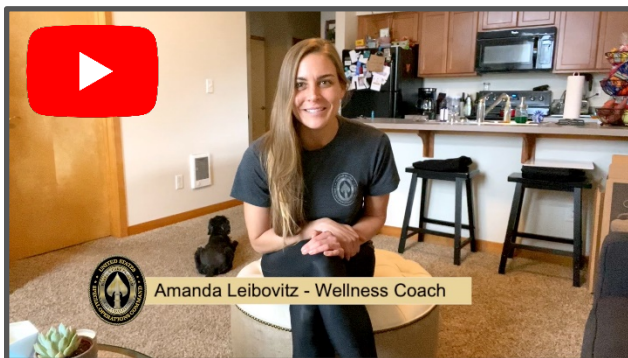
Everything you need to know to get from the garage to the start line! This training video is filled with information from key terms like to the five golden rules of cycling and more. It includes the importance of nutrition, hydration, and recovery. It also shows you how to structure your cycling program to meet your goals and maximize your performance while also getting the most out of training. No excuses now!



USSOCOM WCP-CC Cycling Introductory Training

<https://youtu.be/Zt3-rPIIGPE>

Cycling has something for everyone! In this cycling introductory video, you'll learn about the sport of cycling and the benefits it brings. It also reviews the equipment, type of bikes, maintenance, bike fit and ways to get involved at every level.



USSOCOM WCP-CC Understanding the Stress Response

<https://youtu.be/3PJ5c0Rkdf8>

Understanding your response to stress can assist you in performance success! Learn what stress is, the different types and what is going on inside your body. This video will give you the tools, skills and strategies to stay in an optimal zone for performance success.

ADAPTIVE SPORTS AND WELLNESS RESOURCE GUIDE

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

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UPCOMING MAS EVENTS



April 01 – May 31: 2021 DoD Warrior Games USSOCOM VIRTUAL Selection & Train-Up Camp



Join us for the 2021 DoD Warrior Games USSOCOM **VIRTUAL** Selection & Train-Up Camp and take a stab at the full complement of Warrior Games activities from the comfort of your own home. Try out for Team SOCOM 2021 or just log on and attempt something new! USSOCOM Coaches will be leading the virtual sessions to improve your sport skills, sport training, competition strategies and preparedness, and simulated sport challenges for ultimate competition success at the Games! (DoD photos by Terry Cornwell and Roger L. Wollenberg)

Contact us at CC_MAS@socom.mil if you're interested in trying out for the Warrior Games Team Virtual Camp April 01 – May 31! Full Team SOCOM roster openings and sport time slots/days coming soon!

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

Spring 2021: 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>. (DoD photos by Terry Cornwell and Roger L. Wollenberg)

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

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ATHLETE SHOUT-OUT



2020 Warrior Sailing Camp (St. Petersburg, FL):
It was a blast learning the ropes in the Warrior Sailing Basic Training camp in the Gulf breeze of the St. Pete Bay! These Athletes all either learned from scratch or reinforced their sailing craft and were cruising the waters in no time!

- Keith Poynor
- Henry Taylor
- Lt Col Sarah Williams

“What an excellent opportunity to build relationships, promote teamwork, and learn a new and healthy skill!”



USSOCOM Archery Training Camp & Maintenance Clinics (Virtual):

These Athletes took full advantage of the virtual programming provided by the USSOCOM Archery Coaches and were able to sharpen their tools and perfect their craft!

- | | | |
|--------------------|-------------------------|-------------------|
| • CPO Terry Scaife | • Maj Alec Ross | • Victoria Oldani |
| • Jack Decaire | • SGM Matthew Smith | • Jason Basden |
| • Seth Cole | • Lt Col Rhonda Keister | • Jeff Grieves |
| • Jake Anthony | • SFC Tripp Rentz | |
| • Henry Taylor | • Stuart DiPaolo | |



2020 British Indoor Rowing Championships (International – Virtual):

Very big congrats to our 2 USSOCOM Athletes that participated in this intense international rowing competition among 2,520 entries from 42 countries around the globe.

- Sean Walsh – 1st Place Men's AR3 1 Minute Sprint
- CPO Phillip Fong – 2nd Place Men's AR3 2000 Meter Sprint



2021 CAMO Skiing & Snowboarding Retreat (Aspen, CO):

These six Athletes wasted no time shredding the Aspen mountain slopes after being paired with professional one-on-one coaching from *Challenge Aspen* in either winter modality of their choice!

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|-----------------------|--------------------|
| • SFC Joshua Chambers | • Sean Sullivan |
| • Henry Taylor | • Cameron Fujii |
| • Vairon Ocampo | • Gabriel Schaller |

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