

NATIONAL

# VETERANS

SUMMER SPORTS CLINIC

September 16, 2012



OPENING DAY

# OPORDER



## SUNDAY, SEPTEMBER 16

7:00 A.M. – 4:00 P.M.

### REGISTRATION TEAM LEADERS, MEDICAL, TRANSPORTATION, COMMUNICATIONS, COACHES & VOLUNTEERS

Marriott Marquis & Marina, Conference Room 7, Lobby Entrance

7:30 A.M. – 10:30 A.M.

### REGISTRATION PARTICIPANT

Marriott Marquis & Marina, Conference Room 7, Lobby Entrance

11:00 A.M. – 12:30 P.M.

### BRUNCH

Marriott Marquis & Marina – Meal Card

1:00 P.M. – 2:15 P.M.

### OPENING CEREMONY

Marriott Marquis & Marina, San Diego Ballroom

2:30 P.M. – 4:00 P.M.

### TWO BREAK-OUT SESSIONS:

#### SESSION 1: CAREGIVERS AND FAMILY MEMBERS

Tristan Heaton and Nancy Lazarski

#### SESSION 2: VETERAN PARTICIPANTS

Mark Wellman

3:30 P.M. – 4:00 P.M.

### TWITTER 101



Marriott Marquis & Marina, Leucadia Room (Media Center)

4:00 P.M. – 4:30 P.M.

### MANDATORY TEAM LEADER MEETING

Marriott Marquis & Marina, Santa Rosa Room

4:00 P.M. – 9:30 P.M.

### SAN DIEGO "RESTAURANT WEEK" SELF GUIDED EXPERIENCE

Meal Card

## ALL BUSES WILL DEPART FROM MARRIOTT HALL DRIVE

### TRANSPORTATION SCHEDULE SSC 2012 DEPARTING

**Surfing** - La Jolla Shores, Lifeguard Tower #33  
La Jolla Shores, San Diego, CA 92037  
Buses begin loading at **7:00 a.m.** and will depart at **7:30 a.m.**

**Kayaking** - Mission Bay Yacht Club  
1215 El Carmel Place, San Diego, CA 92109  
Buses will begin loading at **8:00 a.m.** and will depart at **8:30 a.m.**

**Track & Field, Rowing, Archery**  
U.S. Olympic Training Center  
2800 Olympic Parkway, Chula Vista, CA 91915  
Buses will begin loading at **6:45 a.m.** and will depart at **7:00 a.m.**

**Sailing** - San Diego Bay  
Behind the San Diego Marriott Marquis & Marina - dock # 3.  
Begin loading sailboats at **9:15 a.m.** departing at **10:00 a.m.**

**Cycling** - Tidelands Park Coronado  
Mullinex Dr. Coronado, California 92118  
Buses will begin loading at **8:30 a.m.** and will depart at **9:00 a.m.**

### TRANSPORTATION SCHEDULE SSC 2012 RETURNING

**Surfing** - La Jolla Shores, Lifeguard Tower #33  
La Jolla Shores, San Diego, CA 92037  
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

**Kayaking** - Mission Bay Yacht Club  
1215 El Carmel Place, San Diego, CA 92109  
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:30 p.m.

**Track & Field, Rowing, Archery** -  
U.S. Olympic Training Center  
2800 Olympic Parkway, Chula Vista, CA 91915  
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

**Sailing** - San Diego Bay  
Behind the San Diego Marriott Marquis & Marina - dock # 3  
Begin loading afternoon sailboats at 4:45 p.m. returning at 5:00 p.m.

**Cycling** - Tidelands Park Coronado  
Mullinex Dr. Coronado, California 92118  
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

## Opening Ceremony

After you eat brunch today, make your way to the San Diego Ballroom inside the Marriott Marquis and Marina for the Opening Ceremonies. The event runs from 1:00 - 2:15 p.m., and will be emceed by Marine Corps Veteran, Jack Harkins.

Some featured speakers will be on hand to welcome you to the Clinic and tell you a little more about what you will experience. The ceremony is also your first chance to meet your team members during the presentation of the guidons.

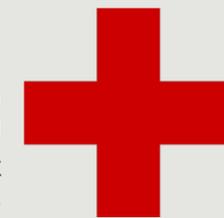
At the end of each day before you leave your venue, teams will be presented with an "event streamer" to signify completion of that event. At the end of the week, each team's guidon will be decorated with five event streamers. This year the guidons will be presented by VA Under Secretary for Memorial Affairs, Steve Muro. Today is just the beginning of what will surely be a wonderful week in San Diego. So have fun, and get ready to push yourself to achieve something incredible!

## TWITTER 101

Have questions about Twitter and how you can use it to connect with one another, and people back home during the National Veterans Summer Sports Clinic? The public affairs team will be offering a simple crash course in how to use Twitter **this afternoon** at 3:30 p.m., in the Media Center. The Media Center is located in the Leucadia Room on the first floor of the South Tower. The training is open to everyone, will last for about 15 minutes, and will be followed by time for questions. We will also offer one-on-one instruction throughout the week for those who feel they need it. Join us for Twitter 101, and join the conversation!

### MEDICAL INFORMATION

Each team this week has a medical representative attached to it. Be sure you find out who that is for your team. The medical representative is your best initial contact for routine or non emergent medical care, as well as prosthetic and medical equipment repair. In the event of a true emergency, dial 911.



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Messages Edit

Connect with the Clinic!

Be part of the Conversation!!

There's a new way to keep in touch with information about the National Veterans Summer Sports Clinic and it's called a hashtag. It allows you to post your own photos, videos, stories and experiences about the Clinic on Twitter!

All you have to do is create a Twitter account, and then draft a post and type #NVSSC at the end. After you post you can click on #NVSSC to see what everyone is saying. Post your experience for everyone to see, and follow @VAadaptivesport for great updates and fun photos.

To sign up go to: <http://www.twitter.com>



Have a smartphone? Then keep an eye out for this symbol in the newsletter. It's called a QR, or quick response code. These codes will take you to extra content throughout the week.



Search your Android Marketplace, or App Store, for QR reader to download a free app, and then use it to scan these codes wherever you see them.

Send



Sean Michaud



JP Reels



Andrew Chavez

# ADVENTURE OF SELF-DISCOVERY

Veterans learn about sports...and themselves.

The goal of the National Veterans Summer Sports Clinic is to let our nation's heroes know that they can successfully adapt to their new lives after an injury, discover new interests and continue to participate in many activities they enjoyed in the past. VA makes it possible for them to participate in activities that are exciting and fun.

First-time surfer and US Army Veteran Andrew Chavez is a great example of how it works. Andrew wasted no time getting into the cool water at La Jolla, California. He was able to get up to his knees on the surf board, on his first try. "We were on the beach watching," said Steve Chavez, Andrew's brother and

caregiver. "And my brother got up on his knees and just thrust his arms into the air. He fell down after that, but I was so happy for him. I'll never forget it." "Thanks to VA and the Summer Sports Clinic, my brother wants to do more surfing," said Steve Chavez. "Last year was his first-time ever and he really enjoyed it."

VA believes that healing the entire person is the most effective way to bring about positive change. The Summer Sports Clinic offers adventure sports and recreational activities such as sailing, surfing, track and field events, kayaking and cycling (hand and tandem), to those who were recently injured.

DISCOVER WHAT IS POSSIBLE  
SURFING  
KAYAKING  
SAILING  
AND MUCH, MUCH MORE

The Department of Veterans Affairs (VA) is the leader in rehabilitation therapies available to the nation's injured Veterans. Rehabilitation events specifically designed for healing the entire person allow eligible Veterans to gain motivation to reach their full potential, improve their independence, achieve a healthier lifestyle and enjoy a higher quality of life.

"Surfing isn't so scary," remembers US Army Veteran Cathy Davis from Team Poseidon, who tried surfing for the first time. "It really is a lot of fun." And on the beach in La Jolla, when the surf's up, nothing can get our Veterans down.

## VA MAKES IT POSSIBLE FOR VETERANS TO PARTICIPATE IN ACTIVITIES THAT ARE EXCITING AND FUN.

A few Veterans took some unexpected plunges into the water during their first kayak ride. Sean Michaud, a Marine Corps Veteran from San Antonio, came up smiling and ready for more. "I decided to go for a little swim."

"The independence to just sail on your own is an incredible feeling," says Veteran Claudia Perry. "Being blind, you don't get to drive, so this was just awesome!" The last time Blair Reels, Jr. rode a bicycle was when he was in college. That was before a car bomb hit his Humvee in Iraq. At the Summer Sports Clinic, Blair, an Army Veteran from Albany, New York rode a bike for the first time in a very long time.

Complimenting the therapy provided in daily rehabilitation programs, the Clinic shares a glimpse of many exciting recreational opportunities awaiting those Veterans who accept the challenge.

With the variety of water and summer sports available at the Clinic, this week-long journey hosts Veterans from all over the country who have a variety of injuries, ranging from traumatic brain injury and polytrauma, to spinal cord injury or loss of limb.

Its fundamental purpose is to provide early intervention for Veterans battling back from injury, not only strengthening their bodies but overcoming and improving their overall being and self-worth. The VA San Diego Healthcare System offers the Clinic a tremendous base of operation with its comprehensive medical and rehabilitative expertise. San Diego is the perfect host and location for the event.

~Story by Anthony Hardman



*My brother got up on his knees and just thrust his arms into the air... I'll never forget it.*

*Thanks to VA and the Summer Sports Clinic, my brother wants to do more surfing. Last year was his first-time ever and he really enjoyed it."*



# STILL SERVING:

Paralympic Gold Medalist Bradley Snyder

## From Defending the Country to Competing for It

The 2012 London Paralympic Games this summer gave 20 active duty military and Veterans a chance to go from defending our country to competing for it. Whether injured at home or overseas, these U.S. military athletes didn't let injury stop them from overcoming personal obstacles and brought home 11 individual and team medals as proof.

Jennifer Schuble, former West Point cadet, suffered a traumatic brain injury (TBI) during hand-to-hand combat training. Following her injury, she was involved in a motor vehicle accident that exacerbated her TBI and later was diagnosed with multiple sclerosis. The setbacks didn't stop her from becoming a leader for female athletes, earning a silver medal in this year's Para-cycling event. Schuble also earned two silver medals and one gold at the 2008 Games in Beijing.

Also representing the United States was Army Veteran, Josh Olson, who was injured in 2003 when his right leg was struck with a rocket-propelled grenade while on patrol in Iraq. In 2004, the Purple Heart recipient became the first athlete with a physical disability

to be nominated to the Army's World Class Athlete program. Olson credited his military service for the discipline that pushed him to compete in the Paralympic Games.

"Military service has prepared me for the Paralympics by teaching me determination, patience and just overall hard work," Olson said in an Army News Service interview. Olson placed 12th in the mixed 50-meter prone rifle competition.

Chairman of the Joint Chiefs of Staff, and head of US Olympic Committee's Paralympics delegation, Army Gen. Martin E. Dempsey said of the military athletes, "We celebrate not just the accomplishments, but as importantly, the commitment these athletes who don't define their lives in terms of their disabilities, but rather, in terms of their abilities."

U.S. Navy Lt. Bradley Snyder didn't let his disability define him either. Snyder was blinded in Afghanistan while attempting to disable an improvised explosive device (IED). One year later, he spent the anniversary of that day in London earning a gold

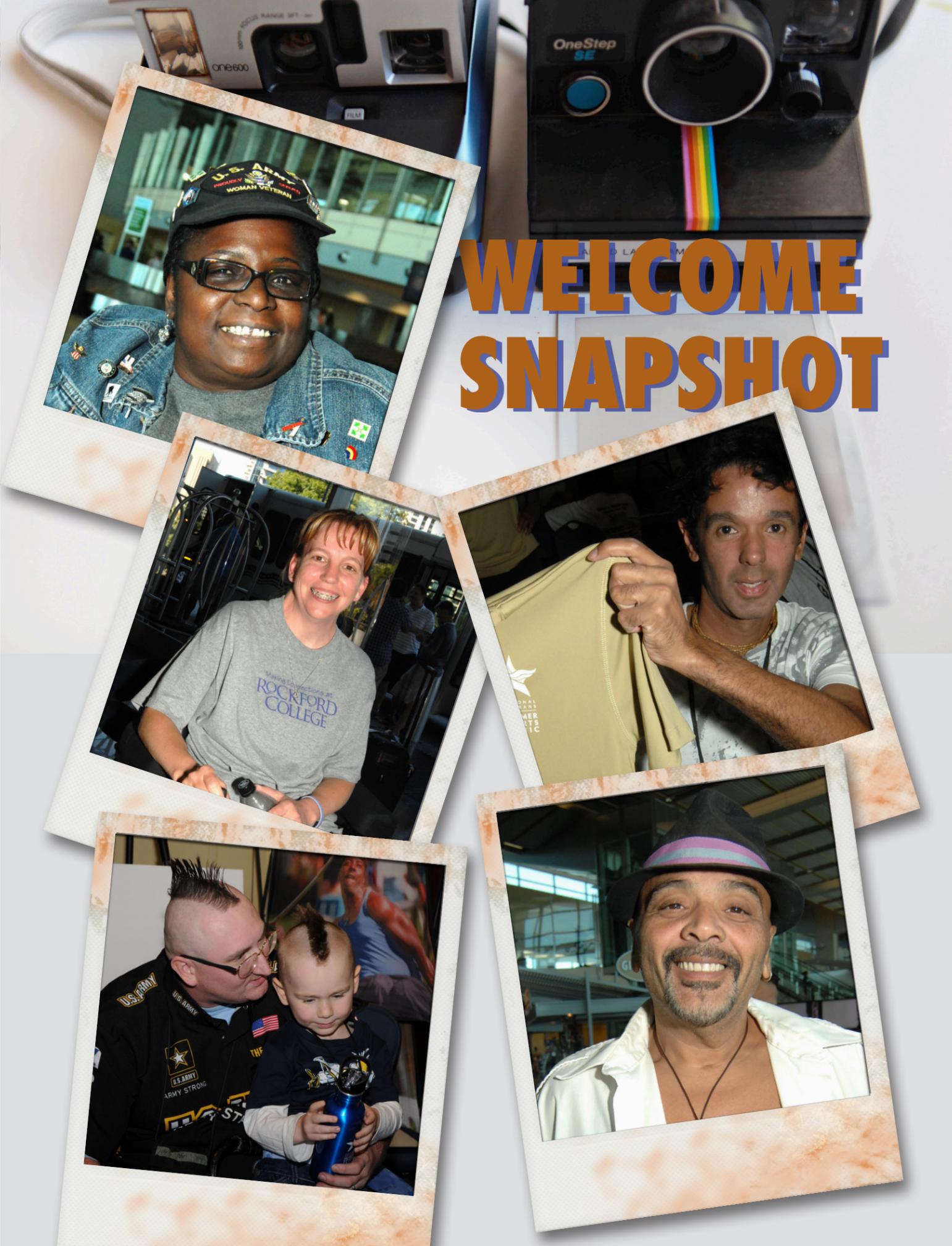
medal in 400-meter freestyle swimming. The Naval Academy graduate earned two gold medals and one silver medal, and represented America by carrying the American flag at the closing ceremonies.

"I lost my sight - that's a blow - but I'm going to get past it, and figure out how to move forward," Snyder said in a Department of Defense interview.

The U.S. Olympic Committee (USOC) Paralympic Military & Veteran Programs provide post-rehabilitation support and mentoring to American servicemen and women who've sustained physical injuries.

The U.S. Department of Veteran Affairs partnership with the USOC Paralympic Military Program has impacted the lives of thousands of injured military personnel and Veterans. To find adaptive sports opportunities near you, visit [www.va.gov/adaptivesports](http://www.va.gov/adaptivesports).

Story by Jessica Schiefer  
DOD Photo by Army Sgt. 1st Class Tyrone C. Marshal Jr.



# WELCOME TO THE CLINIC!



## SOCIAL MEDIA



**TWITTER**

[twitter.com/VAAadaptiveSport](https://twitter.com/VAAadaptiveSport)



**FLICKR**

[www.flickr.com/photos/veteransaffairs](https://www.flickr.com/photos/veteransaffairs)



**YOUTUBE**

[www.youtube.com/user/DeptVetAffairs](https://www.youtube.com/user/DeptVetAffairs)



**FACEBOOK**

[www.facebook.com/veteransaffairs](https://www.facebook.com/veteransaffairs)