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VA summer sports clinic for disabled Veterans returns to San Diego

WASHINGTON — Veterans will participate during the Department of Veterans Affairs' National Veterans Summer Sports Clinic, Aug. 7-12 in San Diego.

The sports rehabilitation clinic returns for the first time in person since 2019 after being held virtually in 2020 and 2021 to limit the spread of COVID-19.

The hands-on sporting event brings together more than 100 military Veterans from across the country who have a range of disabilities, including traumatic brain injury, polytrauma, spinal cord injury or loss of limb.

"Our goal is to motivate Veterans with disabilities to find new ways to adapt," said National Veterans Summer Sports Clinic Director, Maggie Kremer. "The clinic is a training ground to instill the value of an active lifestyle, aid in community integration, develop determination and build a strong foundation to explore what's next."

Veterans battling back from injury receive instruction in sailing, surfing, adaptive fitness, kayaking and cycling to complement VA's recreation therapy programs at facilities across the country. Veterans like David Martins, an Army Veteran from San Diego enjoy the competitive spirit, camaraderie and exercise.

"I'm looking forward to meeting fellow Veterans and learning more sports this summer," Martins said. "VA's adaptive sports events give me something to strive for instead of just working out alone in the gym."

Founded in 2008 and now in its 15th year, VA hosts the [National Veterans Summer Sports Clinic](#) in collaboration with the VA San Diego Healthcare System, Wounded Warrior Project, Veterans Canteen Service and dozens of other sponsors and community supporters.

For real-time stories, follow VA Adaptive Sports on social media @Sports4Vets [Facebook](#), [Instagram](#) and [Twitter](#).

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