



NATIONAL  
**VETERANS**  
SUMMER SPORTS CLINIC

September 20, 2012



**MISSION  
RE  
DEFINED**  
WWW.VA.GOV/ADAPTIVESPORTS

U.S. Marine Rommel Decanay  
Team Nautilus

OLYMPUS	VULCAN
NEPTUNE	MERCURY
NAUTILUS	CALYPSO
POSEIDON	APOLLO
TITAN	PHOENIX

THURSDAY, SEPTEMBER 20

7:00 A.M. – 4:00 P.M.  
**TRACK&FIELD/  
 ROWING/ARCHERY**  
 USOC

8:00 A.M. – 4:00 P.M.  
**SURFING**  
 La Jolla Shores

11:00 A.M. – 5:00 P.M.  
**SAILING**  
 San Diego Marriott Marina

9:00 A.M. – 4:00 P.M.  
**KAYAKING**  
 Mission Bay Yacht Club

9:30 A.M. – 4:00 P.M.  
**CYCLING**  
 Tideland Park

5:00 – 5:30 P.M.  
**MANDATORY  
 TEAM LEADER  
 MEETING**  
 Santa Rosa Room



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 6:15 a.m. and will depart at 6:30 a.m.

**Sailing** - San Diego Bay  
 Behind the San Diego Marriott Marquis & Marina - dock # 3.  
 Begin loading sailboats at 11:00 a.m. departing at 11:30 a.m. (Lunch arrives at 10:30 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 4:15 p.m. returning at 4:30 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.

How to Get Photos



Marine Corps Veteran  
 Chris Small

The Public Affairs team will no longer be able to provide individual news releases and photos, but now you can get better photos faster. Every day, the Public Affairs team will load a selection of photos onto VA's Flickr account. Find it by clicking the Flickr icon on the [www.va.gov](http://www.va.gov) main page or [www.summersportsclinic.va.gov](http://www.summersportsclinic.va.gov), then search for the Summer Sports Clinic set.

You can also share your own photos with one another easily on Twitter by posting them with the hashtag #NVSSC.



# 2012 SUMMER SPORTS CLINIC SNAPSHOT



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41 United States Air Force men and women stationed at Luke Air Force Base outside of Phoenix, Arizona drove the 350 miles to the Summer Sports Clinic to volunteer and do what they could to give back to their fellow brothers and sisters that served before them.

"If I can make sure everyone that comes here, goes home happy, I've done my job," said Aircraft Maintenance Mechanic Anthony Mills.

**"If the message they take home is that they can do this, despite what's happened, then I've done my job,"** he said.

The group started volunteering at the National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, providing transportation to and from the airport and up and down the ski slope as guides, said volunteer and Air Force Maintenance Instructor Jonah Crump. At the Summer Sports Clinic, the volunteers are helping at the command center, logistics, and also at the U.S. Olympic Training Center. "We assist with set up, transportation, snacks and water, and anything else that the Veterans may need," Crump said.

**"At last year's Summer Clinic, the VA requested 20 volunteers but I think they were so impressed with us that I guess they asked for double the amount,"** said Kelly Morrison.

Morrison, who also volunteered at last summer's event, said it's gratifying to see the progress the Veterans make over the one-week period. "At first, they may be sitting out of the first few events or not wanting to participate in certain things, but you just keep going back to them...and back to them...encouraging them to try and by the end of the week, they're amazed at what they can do," said Morrison. "Last year, someone who didn't even want to participate in rowing ended up liking it so much they wanted to go home and buy one for themselves," he said.

The Air Force, stands on its core values of

**"Integrity first, service before self, and excellence in all they do."**

Placing their former troops above their personal comfort, these Air Force volunteers are improving the lives of those that came before them. Twenty five-year Air Force Veteran and Clinic participant Ted Moorman said, "It's really great that they're here to help, and not just the Air Force Veterans appreciate it."

**"We couldn't be out here doing this and having fun if it wasn't for the volunteers,"**



Story by  
Jessica Schiefer

## Nutrition is an area of concern for all athletes.

Balancing high energy activities with the proper energy consumption is crucial. It enables the athlete to do his or her very best in competition. This concern, combined with sometimes confusing information on nutrition labels, can be overwhelming.

Athletes have already discovered the benefits of physical activity, including improved cardiovascular health, better mental balance and increased energy to carry out daily tasks.

Making nutrition and exercise a main focus may not be a number one concern when trying to manage getting through everyday responsibilities after an injury, but consider how good you feel after! The benefits of staying fit and healthy at home can mean greater independence, reduced dependency on medication, reduced stress and improved sleep. The basics of good nutrition apply to everyone. Eating adequate protein, working in abundant fruits and vegetables and healthy carbohydrates is the basis for healthy eating. Additionally, it's important to stay hydrated, especially in warm climates and during daily sports training



Here's a simple nutritional guide for optimum sports performance:

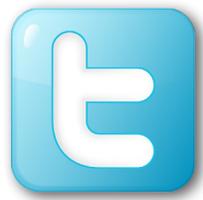
- ♥ **Increase your intake of fruits and vegetables**
- ♥ **Strive for 25 to 30 grams of fiber per day**
- ♥ **Make most of your protein lean meats, or non meat protein**
- ♥ **Drink plenty of water**
- ♥ **Avoid sugary foods**
- ♥ **Limit your intake of sodium**

Cooking at home means you are in control of what you eat, and how much. Although it may take additional time to prepare, it can be enjoyable and is just another step you can take to regain independence and improve your quality of life.



“A boat doesn’t go  
**FORWARD**  
if each one is rowing their  
own way. - Swahili proverb

# SOCIAL MEDIA



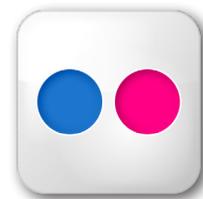
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