

The Official Publication of the National Veterans Summer Sports Clinic
The WaveWriter
Friday, September 24, 2010

Cycling: Speeding along Silver Strand State Beach

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One couldn't ask for a more spectacular place to cycle here in beautiful San Diego than Silver Strand State Beach. Get ready for a busy, busy day out at cycling. Enjoy the picturesque scenery of water, herons, fish jumping and fellow Veterans giving it their all and pushing limits to accomplish things they didn't think possible.

The morning session involves a 10-mile trek on a beautiful trail on Coronado Island. One Veteran who has an unbelievable will to try new things and overcome any obstacles that may come his way is Kevin Miller from Team Apollo. Miller, 27-year-old Army Veteran from Albany, N.Y., is here at the Clinic for the second time. This year is different for Miller, who has neurological damage. In March 2010, Miller had one leg amputated below the knee and now uses a prosthesis. This is the first time he's ridden a bicycle since his injury in 2008. Last year, he used a handcycle at the Clinic.

Wayne Grapes, cycling team leader, said the Clinic is particularly important because VA has begun to focus more and more on recreational events that include amputees and those with PTSD. "All Vets should be included," he said. "All Vets are created equal."

In addition to cycling, the Veterans get a chance to take on the rock climbing wall and enjoying a wonderful lunch sponsored by Booz Allen Hamilton. Tony Cox, a 51-year-old Marine Corps Veteran from Baltimore, Md., and the guidon bearer for Team Neptune, hoisted himself up a to conquer the climbing wall that was brought to the event by No Limits Tahoe. Participants like Cox must lift one-fifth of their body weight, which takes a lot of effort.

Once at the top of the wall, this wheelchair user and first-time participant rang a cowbell to signal completion and Team Neptune's guidon was raised so he could wave it from up high. Cox later said he was excited to participate in the Clinic. "Doing all these things I have never done before, is great." Cox said he especially liked being with a group of former service members. "It brings back the camaraderie. You just don't get this in the civilian world."

The afternoon session kicked off with a seven mile ride where time is of the essence. Veterans must complete the ride within a specified amount of time before points are deducted.

All in all, the spirit of courage, determination and friendly competition is in the air during an invigorating cycling event.

Closing Ceremonies Tonight

The third National Veterans Summer Sports Clinic comes to an end tonight. Everyone is encouraged to attend the awards reception this evening from 5:30 – 6:30 p.m., located in the pool area of the Marriott. Several special guests will be on hand to present all Summer Sports Clinic participants with a medal. Like Olympic athletes, participants will receive a medal that signifies their tremendous efforts this week in San Diego.

Dinner will follow the awards ceremony in the form of “A Taste of San Diego” at 6:30 p.m. on the Marriott Hotel’s Coronado Terrace. Closing Ceremonies will finish the evening’s festivities at 7:30 p.m. on the terrace, providing us all with the opportunity to reflect back on this exciting week during the event’s closing video presentation. Keynote speaker is Barbara Fallen, acting network director of the VA Desert Pacific healthcare network.

You don’t want to miss the fantastic evening that has been planned to honor you, our week’s heroes, and celebrate the closing of the third National Veterans Summer Sports Clinic. See you all tonight!

NVSSC Quotes

“This is my first time. I haven’t had so much fun since -- I don’t know when! If you told me a year ago I’d be surfing this week, I’d never have believed it. This is amazing.”
~ Stephen Wilson, Army, Erlanger, Ky.

“I love surfing, and this is awesome. I’m so glad I came. My rec. therapist asked me to come and told me I would love it – and she was so right.”
~ Ben McDermott, Army, St. Louis, Mo.

Thank You to the LOC

Thank you to the local organizing committee from the VA San Diego Healthcare System for coordinating and hosting the 2010 National Veterans Summer Sports Clinic. Their hard work, enthusiasm and energy made this a week to remember for years to come. We know that the Clinic is the culmination of a massive amount of work, and everything they did to make this event a success is greatly appreciated. Thank you!

By the numbers

Vets participating	76
Air Force	11
Army	37
Army National Guard	2
Army Reserve	1
Coast Guard	0
Marine Corps	16
Navy	13
WWII	1
Vietnam	11
Gulf War	7
OIF	30
OEF	18

Traveling Home

The Third National Veterans Summer Sports Clinic is drawing to a close and it's time to begin planning your trip home. Transportation is being provided tomorrow between the hours of 4:30 a.m. and 1 p.m. Travelers need to arrive at Marriott Hall Drive early enough to allow time for loading and travel to the airport to meet security and check-in requirements. If you have not provided your departure information, please contact Lionel Thomas at (858) 967-5565 to arrange your transportation to the airport.

A Special "Block Party" thanks to...

- Veterans Canteen Service for providing the food;
- "Miss Mission Beach" for providing the band "Cash'd Out" and the sound equipment;
- Health Net for providing the music of Barry Michael and his band;
- Kleege Industries for providing the stage; and
- Clairmont Equipment for providing the generator.

Medical Room

For life threatening emergencies, call 911. The medical room is located in Marriott Hotel, Room 318, 3rd Floor in the North Tower. A nurse or doctor will be on duty from 7:30 a.m. - 8 p.m. If for some reason the nurse is not in the room, please call (858) 642-

1683; or (858) 642-1684. The nurse's on-call number: (213) 216-4710

The doctor's on-call number: (213) 216-4720.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in the Point Loma Room, South Tower, Level 1. today hours will be 7 a.m. - noon; and 1 - 5 p.m. Host Room phone number is (858) 642-1686.

Prosthetics and Wheelchair Repair

For issues or problems, call the NVSSC general help line (858) 642-1699 and request Prosthetics or Wheelchair Repair.

Connect With VA

VA has gone viral!

Follow the links at www.va.gov, or go to www.summersportsclinic.va.gov to find video highlights, news releases, photos and details you can share of your amazing experiences of the Clinic with other Veterans, your family and friends!

Schedule of Today's Events

Friday, September 24

Time	Event	Location
8:30 a.m. – 3 p.m.	Track & Field Team Olympus and Team Calypso	Chula Vista Olympic Training Center
8:30 a.m. – 4 p.m.	Surfing Team Neptune and Team Apollo	La Jolla Shores
9 a.m. – 4 p.m.	Kayaking Team Poseidon and Team Mercury	Mission Bay Yacht Club
9:30 a.m. – 4 p.m.	Cycling Team Nautilus and Team Phoenix	Silver Strand State Park
11:30 a.m. – 5:30 p.m.	Sailing Team Titan and Team Vulcan	San Diego Harbor
5 p.m.	Awards Reception	Marriott Hotel Pool Area
6:30 p.m.	Dinner Taste of San Diego	Marriott Hotel Coronado Terrace
7:30 p.m.	Closing Ceremony	Marriott Hotel Coronado Terrace

Bus Schedule

Buses begin loading approximately 15 to 30 minutes prior to listed departure times.

Session	Event	Times
a.m.	Surfing	board at 7 a.m. depart at 7:30 a.m.
p.m.	Surfing	board at 3:15 p.m. depart 3:45 p.m.
a.m.	Kayaking	board at 8 a.m. depart at 8:30 a.m.
p.m.	Kayaking	board at 3:45 p.m. depart at 4 p.m.
a.m.	Track and Field	board at 7 a.m. depart at 7:30 a.m.
p.m.	Track and Field	board at 3 p.m. depart at 3:15 p.m.
a.m.	Sailing	board boats 11:45 a.m. depart at noon
p.m.	Sailing	board boats 3:30 p.m. return 4:15 p.m.
a.m.	Cycling	board at 8:30 a.m. depart at 9 a.m.
p.m.	Cycling	board 3:45 p.m. depart at 3:45 p.m.