

The Official Publication of the National Veterans Summer Sports Clinic

## **The Wave Writer**

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Track and Field – the Chula Vista Experience

By Anthony Hardman, Public Affairs Specialist, Office of National Programs and Special Events

The great part about the National Veterans Summer Sports Clinic is the variety of unique experiences that every Veteran is exposed to throughout this remarkable week. One of those experiences is the opportunity to train where some of the world's best athletes perform; the U.S. Olympic Training Center in Chula Vista, Calif.

“The opportunity to visit an Olympic Training Center like the one in Chula Vista is a one-of-a-kind experience,” said Tom Brown, Director of the National Veterans Wheelchair Games and an instructor in the field events at the Summer Sports Clinic. “This is a truly outstanding facility that inspires everyone who visits here to do their very best in the discus, javelin, shot-put and track activities. We hope that it will provide the incentive to continue trying these, or other sports activities, when they return to their own communities. It may not be these specific events, but it certainly opens the door to trying other new sports they may not have considered before. After all, if you can throw a javelin a decent distance at an Olympic Training Center, you just may consider getting involved in a local softball team or tennis club back home.”

The 150-acre complex rests at the base of Otay Lakes and offers a picturesque view of the mountains and its surrounding natural beauty. Aside from track and field, sports that take place at the training center include: archery, biathlon, bobsled, canoe/kayak, cycling, field hockey, the luge, rowing, rugby, skeleton, skiing/snowboard, soccer, softball, speed skating, swimming, triathlon, volleyball, water polo and various Paralympic sports.

Greg Reynolds, an Army Veteran of Operations Iraqi and Enduring Freedom and past participant at the Summer Sports Clinic said the track and field events at the Clinic opened up a whole new world for him.

“It’s a great event,” Reynolds said. “I wasn’t a runner, but I ran the 100-meter and made some connections with the U.S. Paralympic representatives and was then able to join the team. I’ve already competed in a couple of competitions, the Desert Challenge in Arizona, and the Endeavor Games in Oklahoma, where I took second place in my class.”

Stories like Reynolds’ are the reason why the Clinic organizers and sponsors work so

hard to make the National Veterans Summer Sports Clinic a reality. Having events like track and field at such a unique venue will hopefully inspire others to try some new activities.

In addition to learning about different sporting events, Veterans attending the events in Chula Vista have the chance to eat where the Olympians eat, and learn how the right foods can provide the right fuel that our bodies need to perform. Of course, a trip to the gift shop at the training center is also part of the experience.

After the week is over, Clinic participants can look back and remember what an amazing opportunity it was to train in the footsteps of America's best athletes.

### **Education Classes at the Clinic**

Adaptive Sports & Recreation Equipment Provided by VA

... many options to support an active and healthy lifestyle

Have you wondered how you can pursue adaptive sports and recreation equipment to continue or advance your participation in sports when you get back home? If so, you will want to check out this education session taught by Kendra Betz, an expert in physical therapy from VA Central Office Prosthetic and Sensory Aids Service, also known as "Prosthetics" at VA facilities nationwide. This educational workshop provides a review of specific eligibility criteria, recommendations for working closely with your VA clinical staff to determine the appropriate equipment and tips to navigate the process efficiently. We will also review the range of sports technologies that qualify as "adaptive" as well as equipment customization available to support comfort, support, skin protection and performance. There are many options available to access the equipment you need to support your commitment to a healthy and active lifestyle. Come ready to discuss any questions you may have about all equipment and services provided by the VA Prosthetic & Sensory Aids Service.

When: Tuesday from 7 – 8 p.m. (It will not be offered on Thursday as indicated in the Clinic schedule.)

Where: Santa Rosa Room, Level 1, South Tower

Other sessions will be held daily at the Olympic Training Center and Mission Bay Yacht Club.

What is worth fighting for? Is it your health? Your family? Relationships? You? These classes are designed to help you have a happier, more productive life and help you make positive choices to improve your health and relationships. Your coaches for these presentations are Suzanne Jacobs, Beatrice Alexander, Terry Fullerton and Betsy McBride. Be sure to take advantage of these learning opportunities when your team is scheduled at these venues:

Change and Confidence - kayaking venue, the Mission Bay Yacht Club.

Goal Setting and Motivation - track and field venue, U.S.O.C. Training Center.

### **Connect With VA**

VA has gone viral!

Follow the links at [www.va.gov](http://www.va.gov), or go to [www.summersportsclinic.va.gov](http://www.summersportsclinic.va.gov) to find content you can't get anywhere else! We will post daily video highlights, news releases, photos, and important information about the activities surrounding the National Veterans Summer Sports Clinic. So log on, and share your amazing experiences with other Veterans. Follow the links and share with your family and friends!

### Schedule of Today's Events

Monday, September 20

Time	Event	Location
8:30 a.m. – 3 p.m.	Track & Field Team Nautilus and Team Phoenix	Chula Vista Olympic Training Center
8:30 a.m. – 4 p.m.	Surfing Team Titan and Team Vulcan	La Jolla Shores
9 a.m. – 4 p.m.	Kayaking Team Olympus and Team Calypso	Mission Bay Yacht Club
9:30 a.m. – 4 p.m.	Cycling Team Neptune and Team Apollo	Silver Strand State Park
11:30 a.m. – 5:30 p.m.	Sailing Team Poseidon and Team Mercury	San Diego Harbor
5:30 p.m.	Mandatory Lead Staff Meeting	Santa Rosa Room
6 – 10 p.m.	Massages for Participants	Laguna Room, South Tower Level 1

## 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.

## Medical Room

For life threatening emergencies, call 911. Medical care is available twenty-four hours a day, every day at the Clinic.

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. daily. 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. Monday through Friday, hours will be 7 a.m. - noon; and 1 - 5 p.m. Host Room phone number is (858) 642-1686.

**Prosthetics and Wheelchair Repair**

There is not going to be a central location for wheelchair or prosthetic repair at the Clinic.

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

**Massage**

Massage for Clinic participants will be available Monday through Thursday, 6 - 10 p.m. in the Laguna Room, South Tower, Level 1. To schedule an appointment call (213) 216-4805.