

Presented by the Department of Veterans Affairs and Paralyzed Veterans of America

National Veterans Wheelchair Games *The Games Shot* Newsletter

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Hooray for Kids Day

Kids Day at the Games 2010 is tomorrow at City Park from 9 to 11:30 a.m. Afterwards, the kids are invited to enjoy lunch and entertainment at the big picnic at the City Park Pavilion.

Kids Day was started at the 21st National Games in New York City and has been a part of the Games every year since. This year, we have 12 Veteran athletes who will serve as mentors for local children with disabilities, introducing them to a few of the many sports and recreational opportunities available to them through adaptive sports and recreational programs. This year, the mentors will be instructing the children in slalom, T-ball and basketball.

Mentors work firsthand with the children, teaching them not only the rules of the sports but also about having confidence in their abilities. A special ceremony takes place at the end of the program when the mentors present all participating children with their own medals, recognizing their accomplishments and good sportsmanship.

Veterans at the Games all know how much fun and beneficial sports can be and are looking forward to sharing their experiences in adaptive sports with the children of Denver. Veterans interested in becoming a mentor for Kids Day at the 2011 Games should contact Sheila Skipper from PVA's Washington D.C. office at sheilas@pva.org.

If you're in the area tomorrow, stop by the Kids Day venue and cheer for the kids!

Common Ground – The Greatest Generation and the Latest Generation

Wayne Field is an Army Veteran, so is Chris Sullivan. Field is a Purple Heart recipient, so is Sullivan. Both joined the Army at age 18, both were wounded in combat. Although there is a 57-year difference in their ages, there is common ground. This is Field's 18th year at the Wheelchair Game; as a novice, it is Sullivan's first.

A World War II Veteran, Field lives in Colorado Springs. At age 55, he began competing in the Senior Olympics because he felt he had let himself go. He started with swimming and could just barely swim one lap. Today, he keeps active and always looks forward to the Games. "It is the driving force to practice and maintain my fitness level," he said. "I enjoy everything [at the Games]. I love everybody I meet. It's fun and makes me happy. You can look back and go down or look forward and go up – I choose up."

Sullivan lives in Dallas, Texas and is a prosthetics intern for VA. In his job, he serves Veterans with disabilities and believes that participating in the Games is leading by example. Sullivan said, "I like the look I see in the Veterans eyes here; they are excited and enthusiastic. It feels normal to be here; it's easier here. If you're walking, you're in the minority. I see guys worse off than me doing more than me...it motivates me to do more." His best experience so far is finishing the slalom. "I started strong but lost some of my stamina – but I finished and that was great."

Women Veterans & Sports ...

Still Blazing Trails

Women Veterans are one of the fastest growing segments of the Veteran population. By 2020, VA estimates that 10 per cent of all Veterans will be women. This week, 61 women are competing in the Denver Games. They represent every branch of service and range in age from 24 to 86.

Air Force Veteran Terri Fuda from Missouri is competing in her third Wheelchair Games. Fuda credits her recreation therapist with getting her involved in competition and her coaches with giving her the confidence to participate. She says, "The thrill of competition is exhilarating and gives me a purpose." A single parent, Fuda names her son Dylan, 17, as her biggest supporter. She competes in swimming, discus, javelin, air guns and bowling this week.

Celeste Phelps, of Winchester, Ind., has always been an athlete. An Army Veteran, she is competing in her fourth Wheelchair Games and has also attended the Winter Sports Clinic. She first went to the Games at the urging of the recreation therapy staff and other Veterans at the Dayton VA Medical Center. She especially enjoys being a mentor for Kids Day, and would like to start a sports program for children with disabilities. She says, "The Games opened windows for me when doors were closed. I especially enjoy

the camaraderie with the other athletes and appreciate all the volunteers who help us and cheer us on.” In Denver, Phelps is competing in archery, nine-ball, weightlifting, javelin and discus.

Local Veteran Diane Marsh, participated in her first Wheelchair Games in 1996 and believes, as she gets older, that participating in the Games is more important to her than the competition. An Army Veteran of the Cold War, Marsh was a member of the Army softball and volleyball teams and taught winter survival training while stationed at Ft. Lewis, Wash. She enjoys the camaraderie with other Veterans and has made some great friendships. Every time she comes to the Games she continues to be amazed at the determination and commitment of her fellow athletes. She competes this week in handcycling and bowling.

Dorris Merrill, 86, is among the senior competitors this week. A Navy WAVE, Merrill was assigned to Naval Intelligence from 1944-48. She competed in her first Wheelchair Games in 1999 and had no idea what she was in for but went home with four gold medals. A resident of Nanitoke, Pa., she is here with her son, Pepper. Merrill says, “I meet so many wonderful people (at the Games). “They have so many skills and they don’t quit. You forget your disabilities. We are abled, not disabled.” Merrill is competing in bowling, air guns, slalom, powerchair 200 and the motor rally. A special salute all of the women Veterans here this week – you go, girls!

Dr. Dan’s Decree

Rest for the Best (Results)!

During the competitions this week, you are pushing your body to its limits so make sure to get plenty of rest. Rest is one of the most important aspects of doing well in sports. It allows your body to recover from the rigors of competition.

Sleep can account for up to 40 percent of rest and recovery after competition, and at least eight hours a night is recommended. Another key component to rest and recovery is warming up before and cooling down after competing. Five to ten minutes of light exercise prior to competing in your event will increase blood flow through your tissues, making them more supple and ready to be stretched. Slowly cooling down after exercise will help your heart rate return to normal, avoid fainting or dizziness and remove lactic acid from your muscles which can build up during vigorous activity. For an effective cool-down, do five to 10 minutes of low intensity exercise followed by a stretching routine.

Drinking water, taking it easy, protecting your skin and dressing for the weather will help keep you healthy and performing at the top of your game throughout the week. Good

health will always help you feel a Mile High!
Dr. Dan

Paralympian of the Day

Interviewed by Lisa Olney, Detroit VA Medical Center

Jim Martinson, Puyallup, Washington

- First NVWG: 1982

- Paralympic Games and other athletic highlights:

1980 Arnhem, Holland where he won four gold and two silver medals

1981 Winner of the Boston Marathon

1984 New York, where he was selected as a top eight finalist, to compete in the Olympics in Los Angeles.

1992 Albertville, France, Paralympics where he competed and won gold in downhill skiing.

1996 Atlanta, Ga., where he made the USA Team at age 50

- **Events he is competing in here:**

Three track events

Handcycling

Softball

- **How have the NVWG helped you?**

“I love to compete and I love to win. If there were no Games, I would have no one to try to beat. The fellowship is great, but helping another Veteran learn more about the sports I’m good at makes me extremely happy. I enjoy teaching others so that makes the competition ever better the following year.”

- **Advice to newcomers:**

“Pick one sport that you like, focus and fall in love with that sport, and you will become great at it.”

Question of the Day

What is the highlight of the Games so far?

Question asked by Rosie Kreitman, student at the University of Wisconsin

Octavia Mitchell from Chicago, Illinois: "The camaraderie. There is no 'I,' there is 'us.' Wherever you go here, there is 'us' cheering 'us' on. This is what a real team is like and I am so proud to be among them."

Dianna Lopez from Von Army, Texas: "Seeing that there are more athletes here than last year. It is also an inspiration to know that there are 25,000 volunteers. Thank you! It is great to be here with my team mates again for one more year."

Mary Degg from Seattle, Washington: "Just participating!"

Jackie Tyler from Dayton, Ohio: "Quad Rugby is really fun to watch. I also love talking to people from previous Games"

Celeste Phelps from Dayton, Ohio: "Seeing everyone. I am also looking forward to participating in Kid's Day again."

Joann Rodriguez from Toa Baja, Puerto Rico: "The basketball and softball games. We won both, and the final score of the softball game was 10-0!"

30th Anniversary NVWG Quiz

- 1) Where and when did the Games offer a billfish tournament?
- 2) Name at least five events that have been offered as exhibitions or demonstrations that never became medal events.
- 3) Where and when was there a "Picnic in the Park" during registration featuring the "Nitty Gritty Dirt Band?"
- 4) Where and when was the first "Kids Day?"
- 5) Where and when was the first "Media Kick-off"?

Answers:

1. 1999, San Juan; 2. scuba, tennis, over the line, fencing, football, deep sea fishing, arm wrestling, sea kayaking, racquetball, sailing, curling, sled hockey, golf; 3. 1994, Kansas City; 4. 2001, New York; 5. 2001, New York

Notice

Tomorrow: If you are competing in 8 a.m. track and field events, plan to be on the bus at 6 a.m. Breakfast begins at 5:30 a.m. this year to accommodate your extra early departure.

NVWG Website

www.wheelchairgames.va.gov

You might just be a star! Take time out today and check out highlights of the Games on VA's YouTube account at www.va.gov and click on the youtube icon on the right side of the VA Homepage.

Attention Handcyclers

The Handcycling Tune-Up Clinic has been moved to City Park tomorrow, Thursday; from 11 a.m. to 3 p.m. UPS will be transporting all handcycles to City Park at 9 a.m. Thursday morning to make sure everyone is ready for this clinic. All athletes who plan to participate in the handcycling event **MUST** come to the Tune-Up Clinic for a bike check. If you have questions, please call the Handcycling Event Chair, Patrice Kennedy at (303) 349-9233.

Wednesday's Meal Schedule:

Breakfast:

5:30 - 9 a.m.

Lunch:

10:30 a.m. - 1:30 p.m.

Dinner:

4:30 - 7 p.m.

Breakfast will be served at the Hyatt Regency in the Centennial Ballroom. Lunch and dinner will be served at the Colorado Convention Center in Lobby B.

Menus for Wednesday, July 7

Breakfast:

Chilled apple and orange juice; grapefruit and watermelon wedges; traditional oatmeal with raisins, brown sugar, 1% milk; beef brisket hash with scrambled eggs; assorted bagels with cream cheese; and Seattle's Best coffee and Tazo tea selection

Lunch:

Grilled chicken Caesar wrap with (fresh chopped romaine, tomatoes, parmesan, Caesar dressing, grilled chicken); red apple; side potato salad; jumbo sugar cookie; choice of bottled water or soda

Dinner:

Garden salad with ranch and Italian dressing; fresh rolls and butter; fresh green beans with roasted peppers and carrots; roasted sweet potatoes; slow roasted pork loin served over braised red cabbage; carrot cake with cream cheese frosting; freshly brewed regular and decaffeinated coffee and herbal tea selections.

Go Gourmet (located behind the hotel lobby) will be open during athlete meal times for family/guests to purchase food and dine with the athletes.

2010 Spirit of the Games**Got Spirit? Nominate an Athlete Today!**

The deadline for nominating this year's annual Spirit of the Games award winner is fast approaching. Nomination forms and ballot boxes are located in the dining area as well as the main hospitality desk and all ballots are due tomorrow by 10 a.m. Nominate a deserving Veteran for this very special award.

Drink up! Staying hydrated during your time in Denver will help prevent altitude sickness.

Please remember to bring your reusable water bottle to all events and venues this week!

Details, Details, Details...

Hospitality: Hospitality tables (located in the Hyatt Regency Lobby and in the CCC B Lobby at the Welton Street entrance) are staffed daily from 6 a.m. to 7 p.m. Hospitality staff are wearing straw cowboy hats with a colorful bandana (or a military uniform).

Lost and Found: Contact the Command Center, Convention Center Room 703, if you have lost (or found) something.

Medical Assistance: Hyatt Regency Hotel, Room 519 and in the C Mezzanine at the Convention Center. Normal hours are from 7 a.m. to 10:30 p.m. daily. For non-emergent medical attention after 10:30 p.m., please call the hotel operator. Medical staff is also available at each event, identified by their red t-shirt with a white medical cross on the back.

Durable Medical Equipment: Mineral Hall D/E at the Hyatt Regency Hotel.

Memorabilia items: Available throughout the week near the Awards table in Lobby C of the Convention Center. Stop by to pick up your favorite mementos of this great week!

Internet Café: Ten workstations are available at the Internet Café, located in B Lobby. Stop by to check your e-mail, Facebook or Games results! The Internet Café is open daily from 7:30 a.m. to 9:30 p.m. Special thanks to HP for making this service possible.

Main Wheelchair Repair Shop: Hyatt Regency Mineral B, C from 8 a.m. to 5 p.m., extended when necessary.

Invacare Minor Repair: Service for minor repairs will be available at the Convention Center venues and at all off-site venues Monday, July 5 through Friday, July 9. They operate 7:30 a.m. to 7:30 p.m.

Specialty (Sports Chairs) Chair Corral: Store your specialty chair in the Chair Corral in Exhibit Hall C. You may claim your chair one hour before your event(s).

Emergency Repair: Service will be available by calling (720) 939-6633 or (303) 359-6244.

Transportation: Buses run daily from 5:15 a.m. - 10 p.m. Buses to off-site venues will be loaded at the Transportation Hub outside of the Convention Center, B Lobby. Please check your specialty chair into the chair corral to be transported to your events. **Buses depart every 5 - 10 minutes.**

Swimming (a.m. session)	start loading at 10:15 a.m. First bus leaves at 10:30 a.m.
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Awards: Immediate Awards will be given two ways. Most will be awarded in the Immediate Awards area located between Halls B and C. Team events, Slalom Super G and handcycling will be awarded at those event locations.

Delayed Awards will be given in Lower Lobby C, next to the memorabilia area and around the corner from the food court.

Award Presentations for July 7

9 a.m. - 4 p.m.	Immediate
7:30 p.m. - 12 a.m.	Immediate

NVWG Schedule

Time	Event	Location
Wednesday, July 7		
8 a.m.	Nine-Ball, Class II & III	Colorado Convention Center, Exhibit Hall B
8 a.m.	Slalom, Class IV & V	Colorado Convention Center, Exhibit Hall B
8 a.m.	Table Tennis, I A, B & C	Colorado Convention Center, Exhibit Hall B
8 a.m.	Air Guns	Hyatt Capitol Ballroom
10 a.m.	Air Guns	Hyatt Capitol Ballroom
1 p.m.	Swimming	Apex Meyers Pool
1 p.m.	Quad Weightlifting	Colorado Convention Center, Exhibit Hall A
1 p.m.	Power Soccer, Games 5 & 6	Colorado Convention Center, Exhibit Hall C
1 p.m.	Air Guns	Hyatt Capitol Ballroom
3 p.m.	Air Guns	Hyatt Capitol Ballroom
7 p.m.	Slalom, Motor (Hand, Head & Mouth)	Colorado Colorado Convention Center, Exhibit Hall B
7 p.m.	Weightlifting	Colorado Convention Center, Exhibit Hall C
7 p.m.	Air Guns	Hyatt Capital Ballroom
7 p.m.	Quad Rugby Consolation Game	Colorado Convention Center Exhibit Hall C