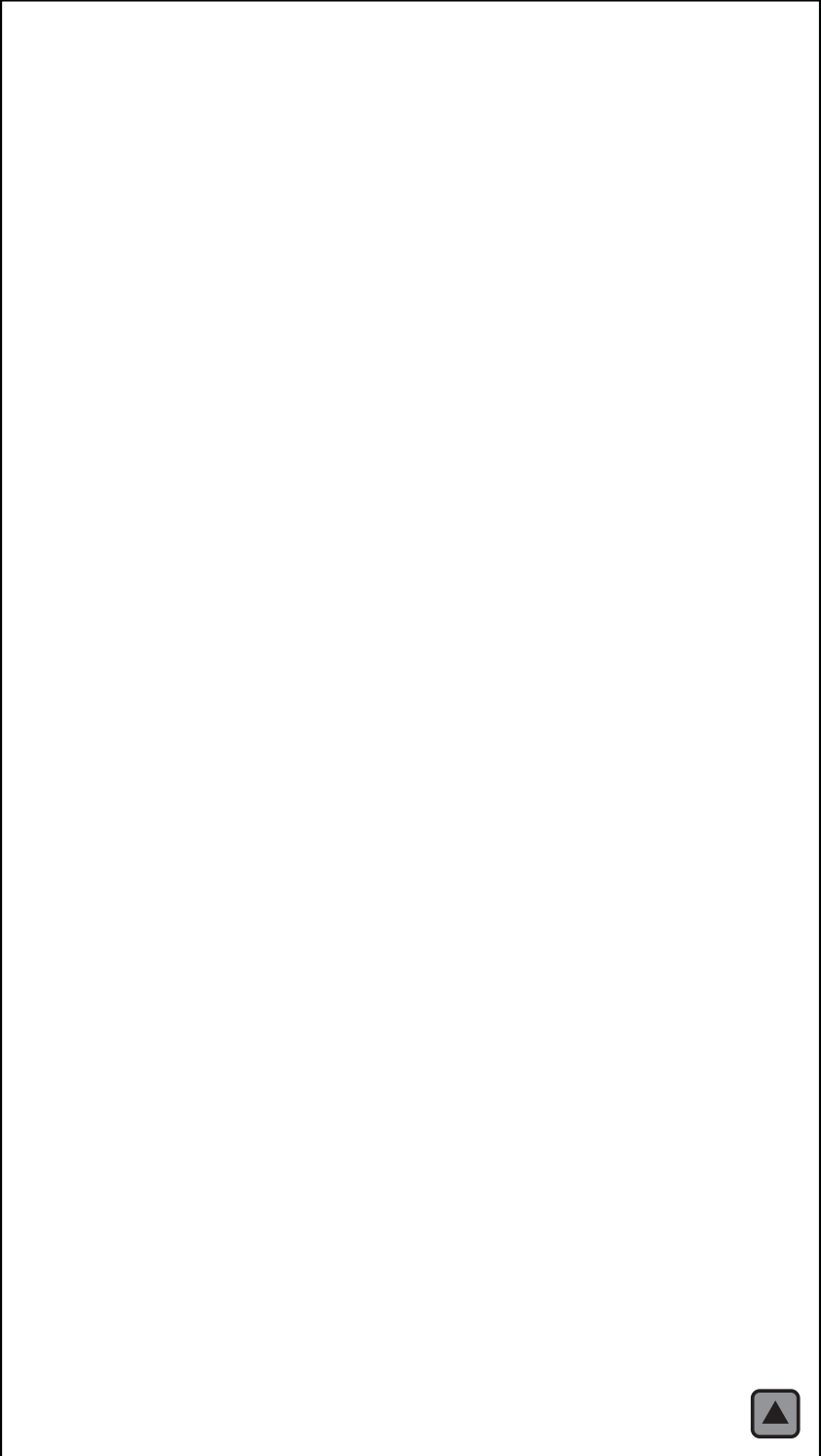


Rebuilding Lives Through Sports

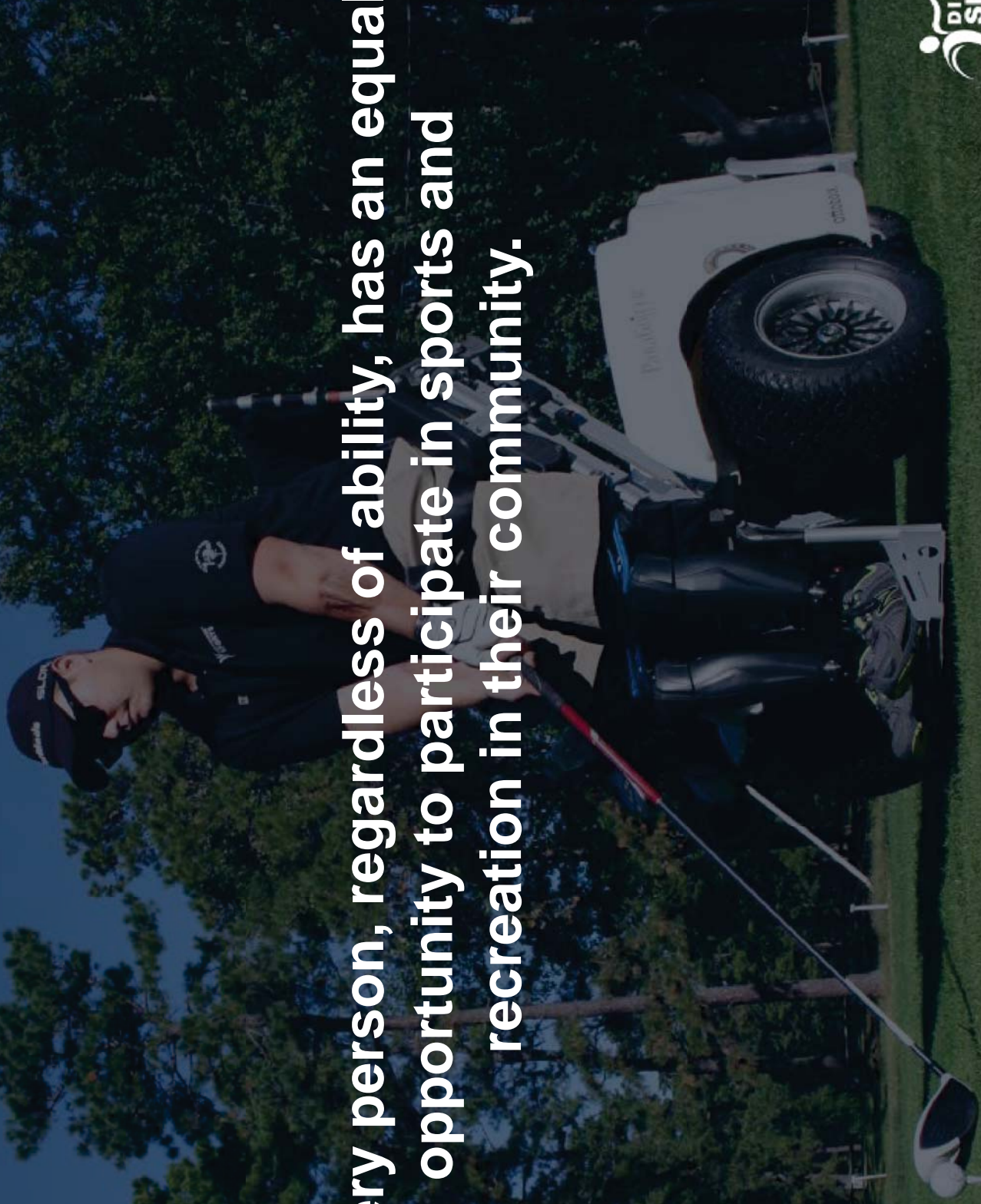


Warfighter Sports Ambassador Program



DISABLED SPORTS USA VISION

Every person, regardless of ability, has an equal opportunity to participate in sports and recreation in their community.

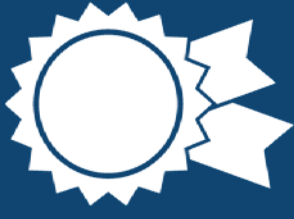


DISABLED SPORTS USA – SINCE 1967

Since
2003
15,000
wounded warfighters and
families from Iraq &
Afghanistan wars
served at no cost.

70,000

youth, adults and wounded warfighters with
permanent disabilities are presented sports
opportunities each year



Awarded GuideStar
Platinum Seal and
accredited by the Better
Business Bureau (BBB)

50

adaptive sports,
providing
year-round
opportunities



140 chapters operating
in 43 states nationwide



U.S. Olympic
Committee (USOC)
member and 501(C)(3)

“If I can do this, I can do anything!”





VISION28

Implement an Athlete Protection program providing safe sports environments for our communities

Quadruple the number of youth with disabilities participating nationwide

Double our annual online media footprint

Achieve over 1,000,000 adaptive sports contacts across clubs, coaches, athletes, and stakeholders

Be the national leader and the #1 resource expert in adaptive sports

Be the preferred source of expert and research driven counsel for partners, government agencies, sports organizations and NGOs

90% of America will have access to adaptive sports through our network within 50 miles of their home

Double the number of Veterans served

Triple the budget while keeping overhead below 17%

WE ARE COMMUNITY-BASED



National HQ
Rockville MD

140

community-based chapters in cities across the U.S.



WHY ADAPTIVE SPORTS

- Physical Health and Wellness (same benefits as people without a disability) <https://www.cdc.gov/nccdphp/sgr/disab.htm>
- Reduced risk of heart disease, hypertension, cancer, diabetes and more
- Basics of a sport **can be learned in one day**: immediate reinforcement.
- Allows focus to be on ability, not disability
- Provides positive, shared activity with family and friends
- Offers avenue to build relationships and friendships
- Provides a sense of belonging and reduces social exclusion
- Develops self-confidence and self-esteem
- Provides motivation to achieve in all areas of life
- Decreases anxiety and depression
- Helps with PTSD and Traumatic Brain Injury
- Promotes independence and transition to civilian life



DISABLED SPORTS USA'S IMPACT

Individuals with disabilities participating in DSUSA sports program, when compared to other adults with disabilities, are more likely to:

- Be employed (52% vs. 33%)
- Be more physically active (64% vs. 30%)
- Lead a healthy lifestyle (52% vs. 25%)
- Look forward to the rest of their life (81% vs. 61%)
- Lead a fulfilling life (72% vs. 46%)
- Enjoy socializing more (80% vs. 70%)

“Sports and Employment Among People With Disabilities” Harris Interactive, Feb 09



“If I can do this, I can do anything!”



SUCCESSFUL PROGRAMS

Promotes independence (training not trips)

Trained instructors

Appropriate adaptive equipment

Accessible facilities and transportation

Safe (sport protection, expectations)

Volunteers

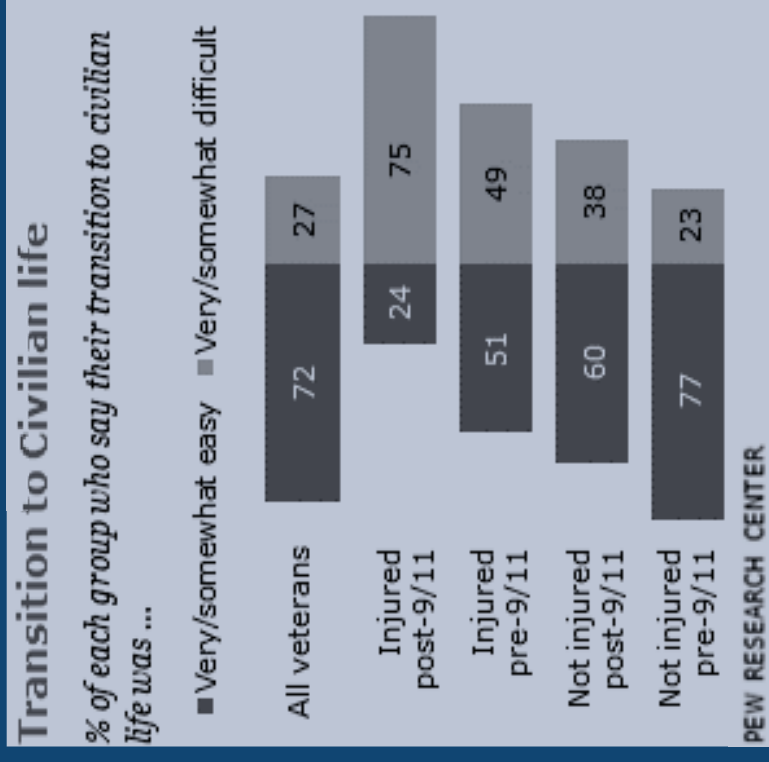
Evaluated and effective

Outreach and communication

THE CHALLENGE FOR INJURED VETERANS



- 75% of post 9/11 wounded warfighters report their transition out of the military has been difficult.
- Iraq and Afghanistan combat veterans who have returned to their home communities report difficulty:
 - taking part in community activities
 - taking care of their health
- 46% of wounded warfighters who are not working say their impairment is keeping them from getting a job.



HOW WE HELP: WARFIGHTER SPORTS

Warfighter Sports has provided sports rehab to wounded warfighters for 50 years.

Publish a winter and summer calendar of nationwide opportunities, featuring approx. 100 events and programs. All ability levels.

Last year, more than 1,900 wounded warfighters and family were served. Since 2003, more than 15,000 warfighters and family members have been served.

50 different adaptive sports are provided to offer year-round opportunities.

Wounded include those with amputations, traumatic brain injury, visual impairments, spinal cord injury and significant nerve or muscle damage that impedes function.

Anyone who needs adaptive equipment or instruction in order to participate in sports and recreation.

All sports rehabilitation is free to wounded warriors including individualized adaptive sports instruction and adaptive sports equipment

- *Warfighter Sports sponsored programs must offer the activities at no cost to the disabled Service Member/Veteran including membership fees, lessons, and equipment*
- *Additional participation assistance such as travel and meals is commonly provided (may be funding dependent)*



THE CHALLENGE FOR YOUTH



Youth with disabilities:

- Are twice as likely to be physically inactive
- Have obesity rates 40% higher than youth without disabilities
- Have much higher risks for health-related diseases
- Are twice as likely to be in low income households

Nearly 1,500,000 students in primary and secondary schools are excluded from athletic competitions.

HOW WE HELP: EMPOWER YOUTH SPORTS

No one sits on the sidelines!

More than 30,000 youth with disabilities served through the Disabled Sports USA chapter network.

50 different adaptive sports are provided to offer year-round opportunities.

Special programs for youth with disabilities in low-income households and for elite emerging athletes aspiring to compete in the Paralympics.

DSUSA leads the Athletics for All initiative seeking to include interscholastic sports in high schools nationwide.



ADAPTIVE SPORTS: CAREERS AND VOLUNTEERING

- Varies by sport (specific)
 - NGB Led
 - Prerequisites (commitment)
- Varies by disability type
 - Cognitive vs. Physical
 - Adaptive vs. Inclusive
- Varies by audience
 - PE teachers
 - Club coaches
 - Students
 - Volunteers
- Supplemental training and certification
 - Adapt2Achieve (A2A), incl. conferences
 - Survival and wilderness
 - First aid / EMT
 - Veteran specific, mental health, etc

Next Steps:

1. Register for newsletters, follow on social (resource sheet on thumb drive)
2. Review A2A training library and calendar
3. Take adaptive training and certifications

Career links:

<https://www.disabledsportsusa.org/get-involved/jobs/>

<https://www.teamusa.org/Careers/Affiliated-Jobs-in-Sport>

**ADAPT2
ACHIEVE**

Adaptive Sports Development

A PROGRAM OF DISABLED SPORTS USA

Will

- Share story as ambassador
- “Call to service” aspect
- Importance of giving back
- Why DSUSA/WFS is important

Will

- How you approach different events or engagements
- Reaching warriors that are out there but not being reached
- Examples of networking
- Who are the different types of groups and how should I approach them (corporate, schools, etc.)



















