

A photograph of Garrett Schoonover, a wheelchair fencer, in action. He is wearing a white fencing jacket and a black protective mask, holding a silver epee. He is in a dynamic pose, leaning forward. In the background, another fencer is partially visible, wearing a white jacket with "DEAUX USA" on the back. The background is a blue and red striped wall.

# **GARRETT SCHOONOVER**

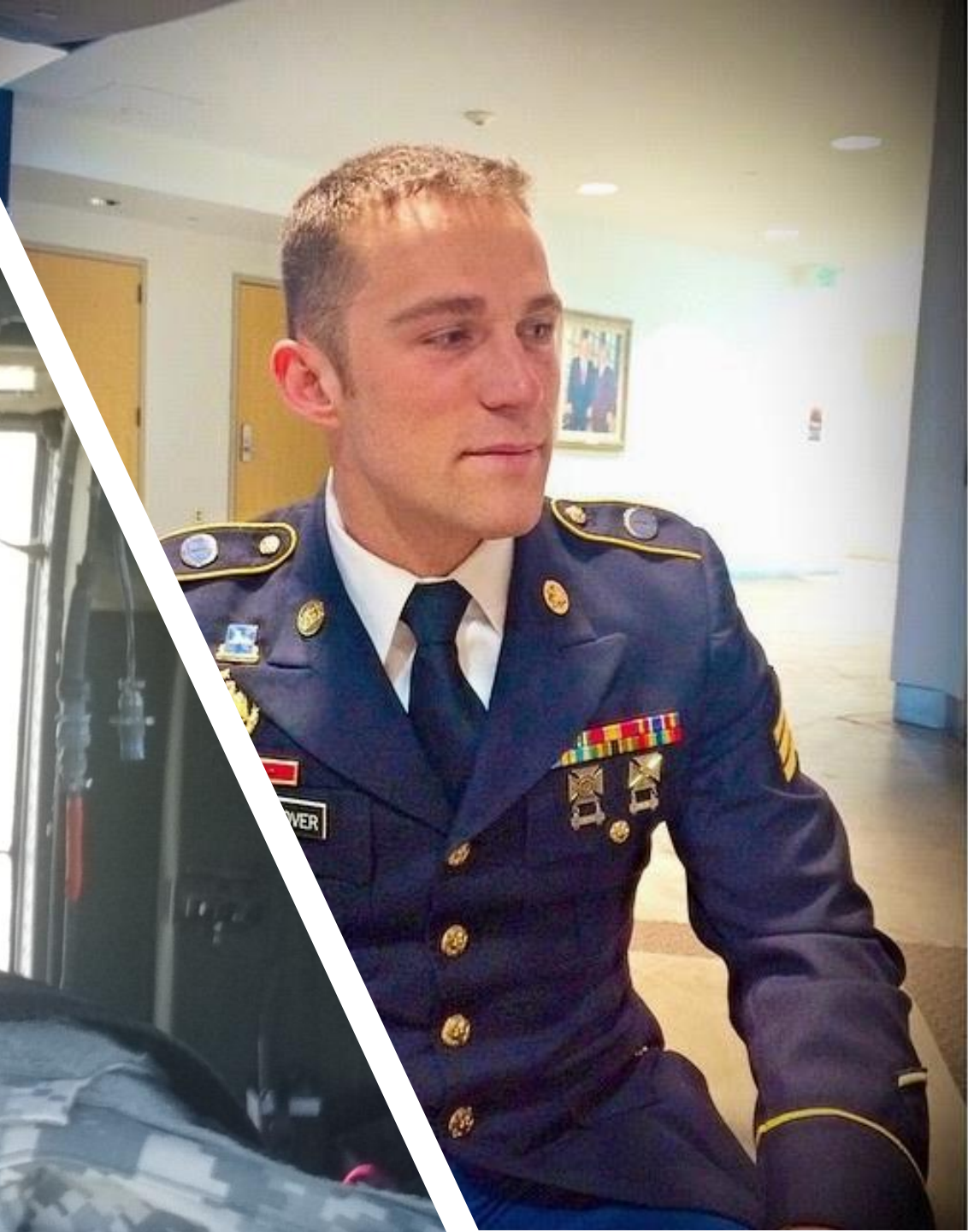
**UNITED STATES ARMY VETERAN**

**Team USA Wheelchair Fencer**

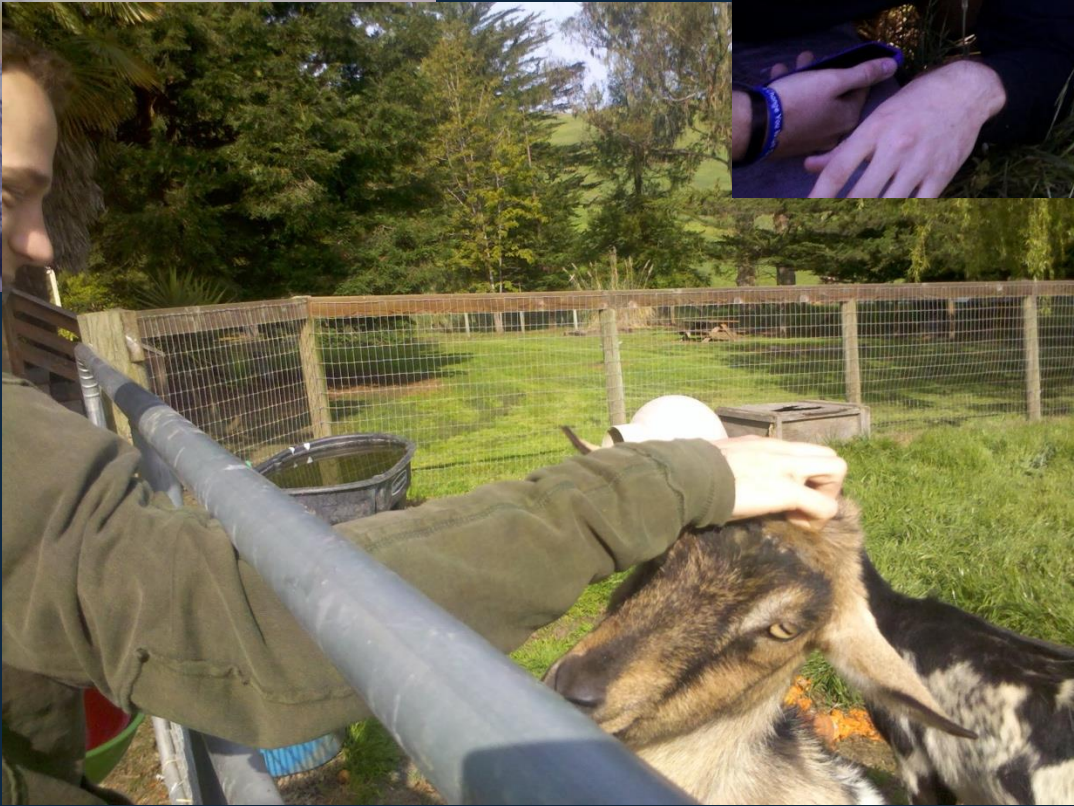
**4x National Champion**

**Pan-American Epee Champion**

**Paris 2024 Paralympic Team**







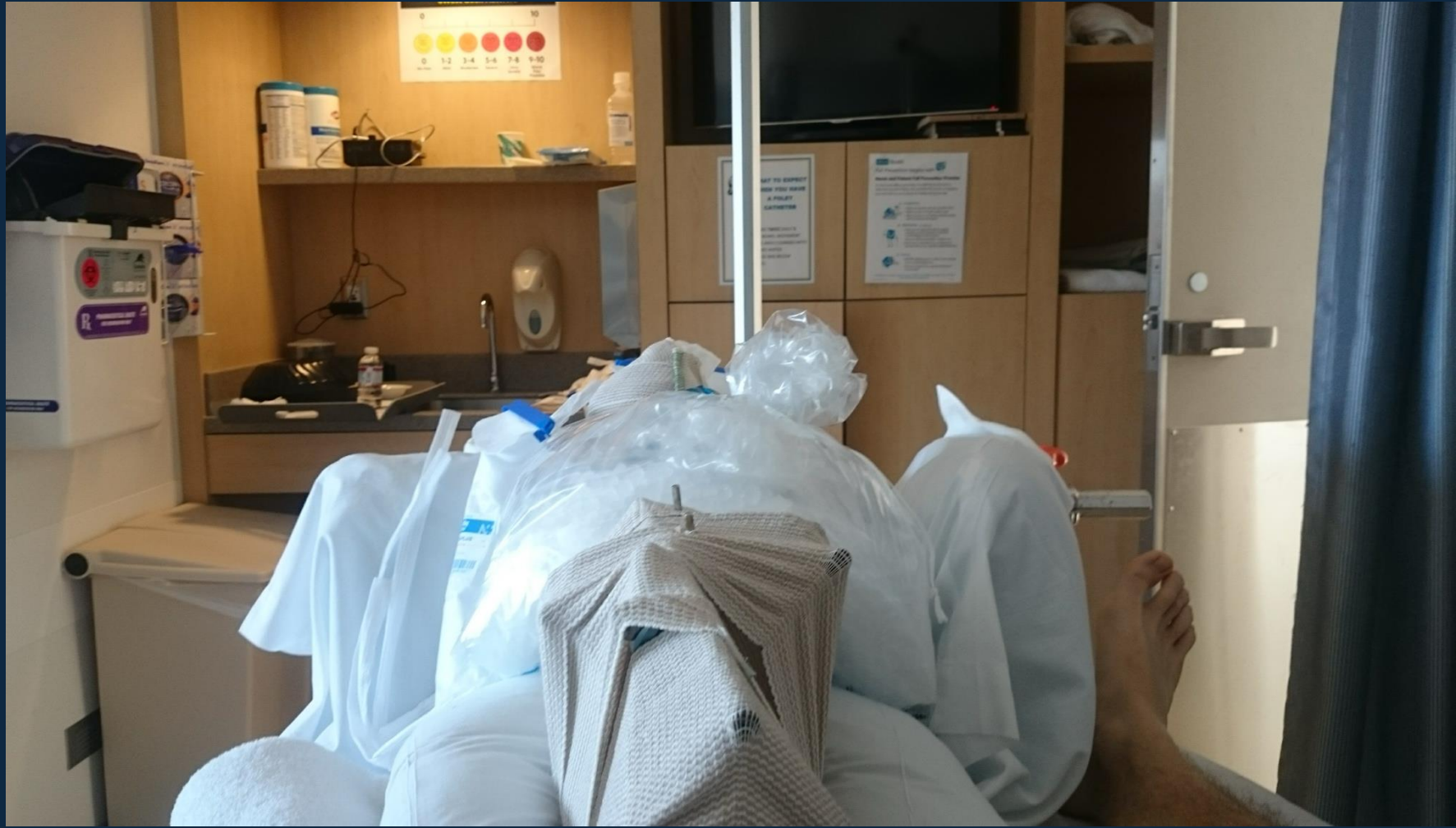




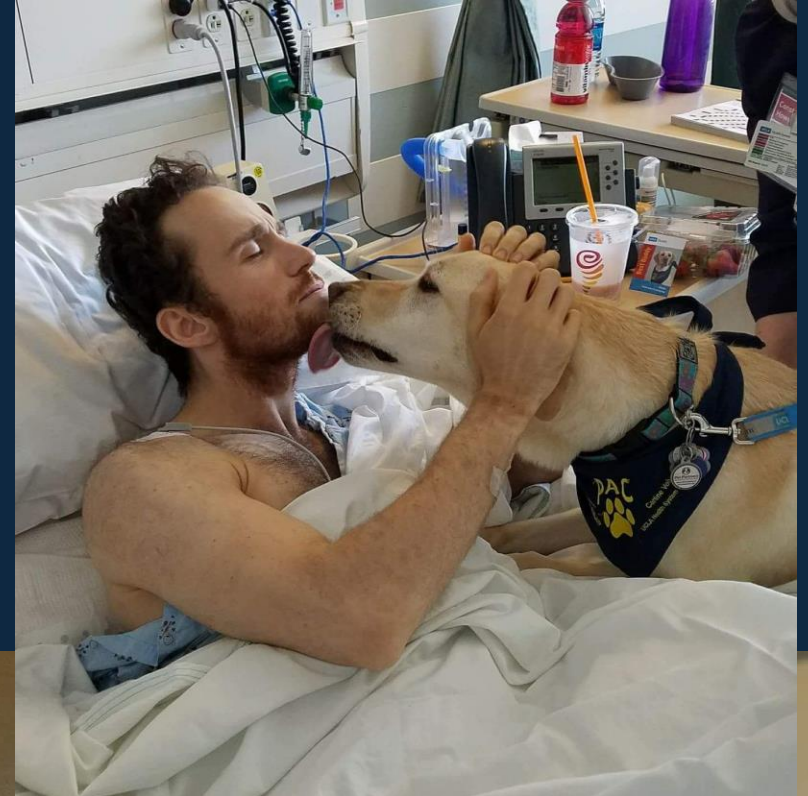












June 25, 2017  
ella 77052  
(P/A)  
3-81  
77238











My "First Steps"











































  
U.S. OLYMPIC & PARALYMPIC  
TRAINING CENTER  
COLORADO SPRINGS

TEAM  
USA























**EPEE**

2024 National Champion



**FOIL**

2024 National Champion



**SABER**

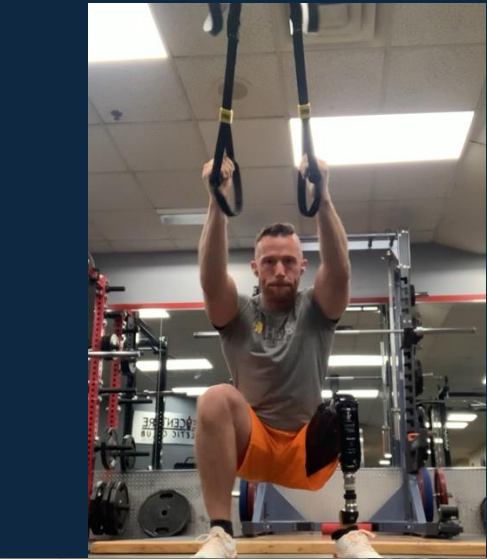
2024 National Champion

















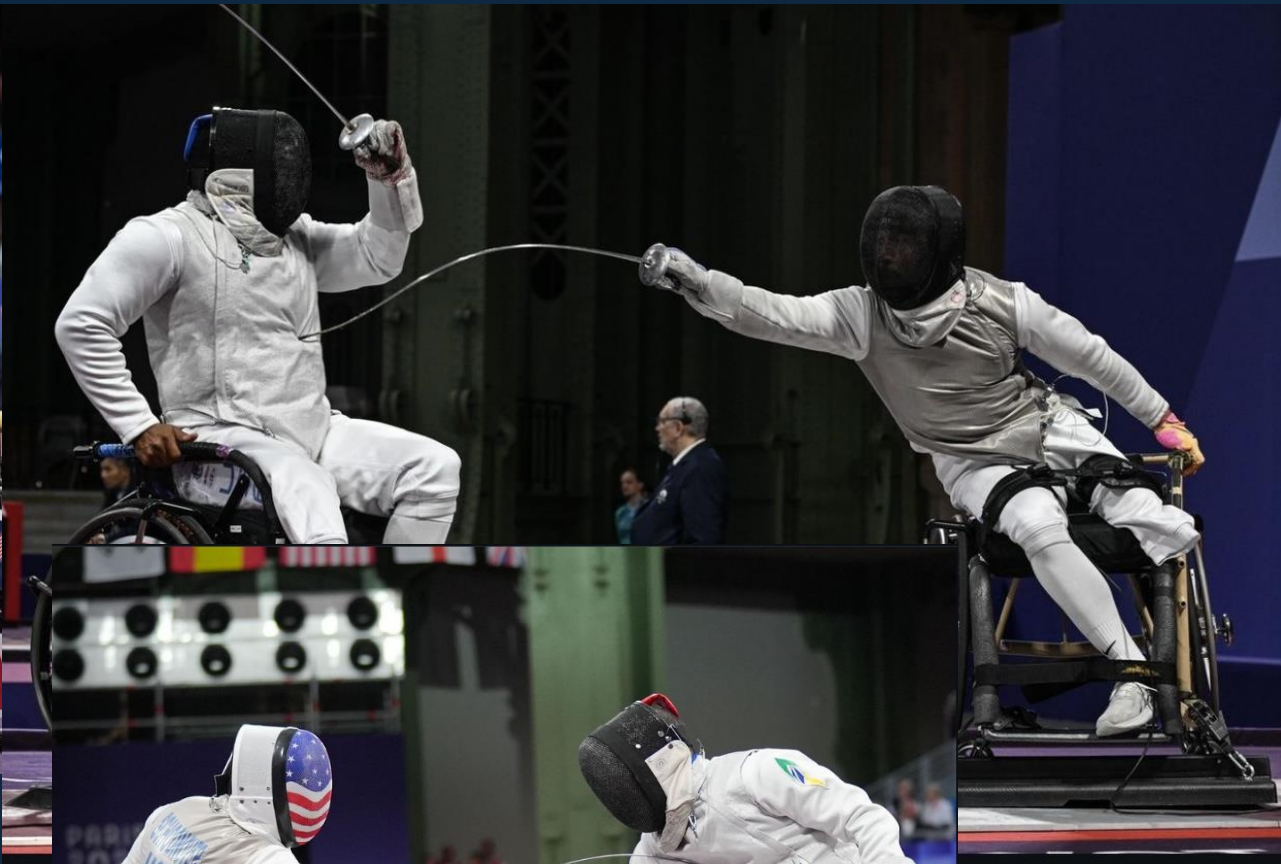
TEAM USA  
ONE FOR ALL

Wheelchair Fencing  
Paris 2024  
Paralympic Games

GARRETT  
SCHOONOVER

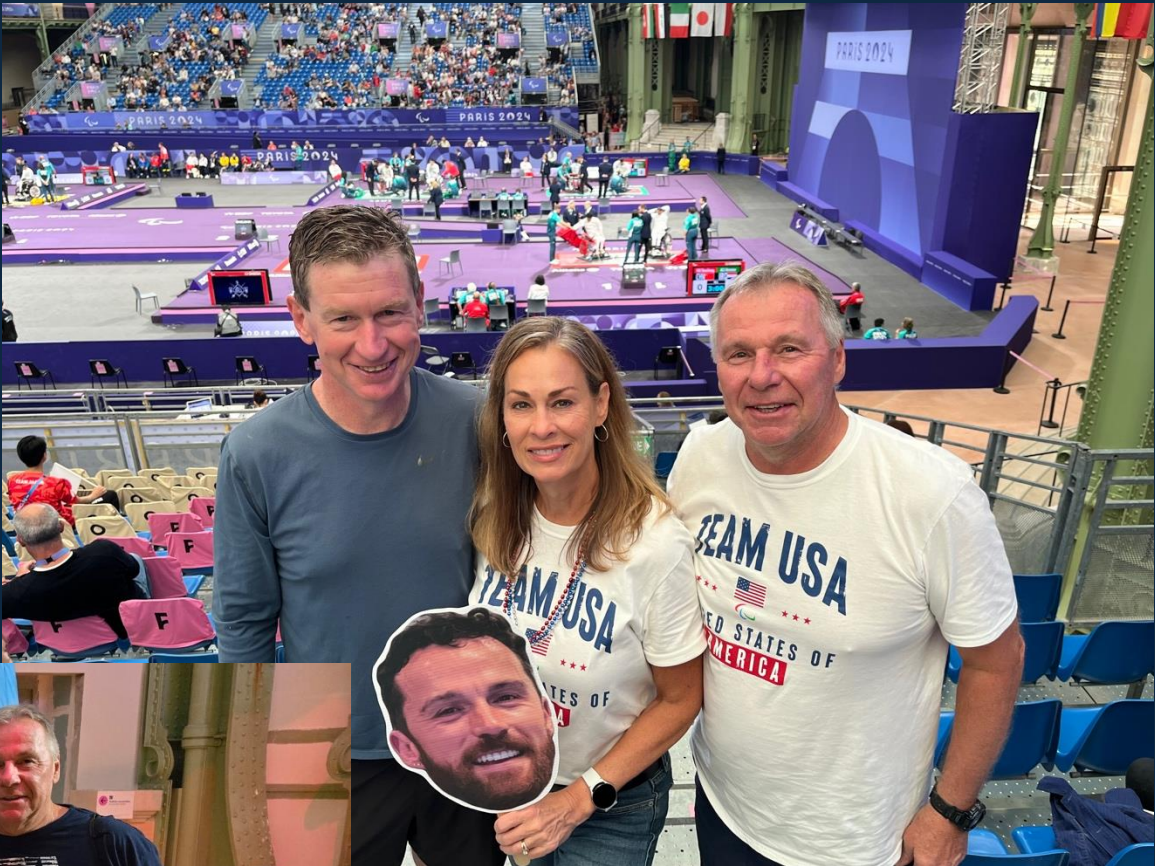






TEAM USA











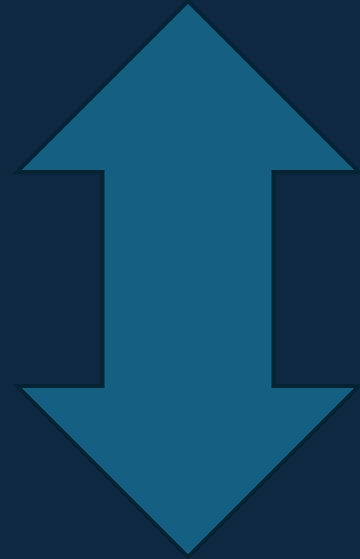








# *Disability Inclusion:* *Catalyzing **Change** through **Sport***



How do we use *sport* to catalyze *change*  
that leads to *disability inclusion*?



# METT TC

A military acronym designed to help with mission planning

**Mission:** goals, objectives, achievables

**Enemy:** active opposing or counteracting forces

\*enemies are not the same thing as obstacles\*

**Terrain:** geographical, architectural, spacial considerations

**Time:** deadlines, hit times, sync and/or rendezvous points

**Troops:** assets, condition of assets, needs of assets

**Civilians:** potential for collateral damage, unintended consequences, witnesses



# METT TC

A military acronym designed to help with mission planning

**Mission:** Catalyzing **Change** through **Sport** that improves **Disability Inclusion**

**Enemy** (Parties actively opposing our efforts to accomplish the Mission \*enemies are different from obstacles\*): Who is actively working against improving **Disability Inclusion**?



# METT TC

A military acronym designed to help with mission planning

**Terrain:** Where do we need to send our assets to accomplish the mission? What will they encounter along the way? Are there other paths leading to the same outcome?

**Time:** How much time do we have to work with? When are our planned rendezvous points so we can check in with our teams and make sure we're on track?



# METT TC

A military acronym designed to help with mission planning

**Troops** (assets): Who are our assets? Our champions? What do they need to continue their mission?

**Civilians** (potential collateral damage/unintended negative consequences): Who could be negatively impacted by our mission? What steps can we take to mitigate these negative impacts?



## Good questions lead to useful answers: Interrogatives

**WHAT?** - Asking "what" questions help define a goal, mission, or scenario and will also serve to highlight areas that need further consideration or investigation.

**WHO?** - Asking "who" questions about the players involved in any scenario (proponents, opponents, bystanders, etc) will help to narrow the scope of interpersonal considerations as you build your plan.

**WHEN?** - Asking "when" questions directs attention toward time considerations/constraints of your mission. This can help define a timeline, deadlines, and ideal moments for maximum efficacy in your efforts.

**WHERE?** - Asking "where" questions gives your mission spacial context. Understanding the spacial needs/considerations of any mission, goal, or activity is a crucial aspect of planning and executing.

**WHY?** - Asking "why" questions helps determine the motivations and context for a mission. Knowing "why" provides context/motivations at all levels from birds eye view down to the individual in any mission. Knowing "why" also demonstrates a level of understanding about how the plan's individual pieces fit together to achieve the end goal.

**HOW?** - Asking "how" questions helps to form the individual steps of any plan or mission. Being able to answer "how" questions demonstrates an understanding of the plan from an operational perspective.



**What is Disability Inclusion  
(DI)?**

**What is our ideal of DI?**



**Who** benefits from Disability Inclusion?

**Who** do we need to partner with to achieve the DI outcomes we're looking for?

**Who** (what entities) poses threats to progressing our DI initiatives?

**Who** can be turned into an ally? **Who** can't?

**Who** might be harmed by our mission to improve DI?



**When** are our opportunities to make the greatest impact toward achieving improved **DI**?

**When** do we face the biggest challenges to **DI** growth?

**When** are we going to reconvene to evaluate progress on our mission to improve **DI**?



**Where** can **DI** initiatives have a broad impact?

**Where** are our current efforts dedicated?

**Where** are we falling short of our **DI** goals?

**Where** are we getting pushback against **DI** initiatives?

**Where** can we plant new seeds?



**Why** are we using **Sport** to catalyze **Change** to improve  
**Disability Inclusion?**

**How** do we use **Sport** to catalyze **Change** to  
improve **Disability Inclusion?**



We've used interrogatives to build helpful questions regarding **Disability Inclusion**.

We can repeat these interrogatives and chase down similar good questions with regard to **Change** and **Sport**

**What** **changes** are we looking for? **When** is a realistic timeframe during which we can expect **change** to occur?

**Who** is involved in Adaptive **Sports**? **Who** are we forgetting? **Where** are adaptive **sports** happening? **Where** can we reach new audiences?



Community IS inclusion.

Sports have the capacity to build and strengthen communities.

Adaptive sports provide opportunities for people to expand and enrich their communities and forge new connections.

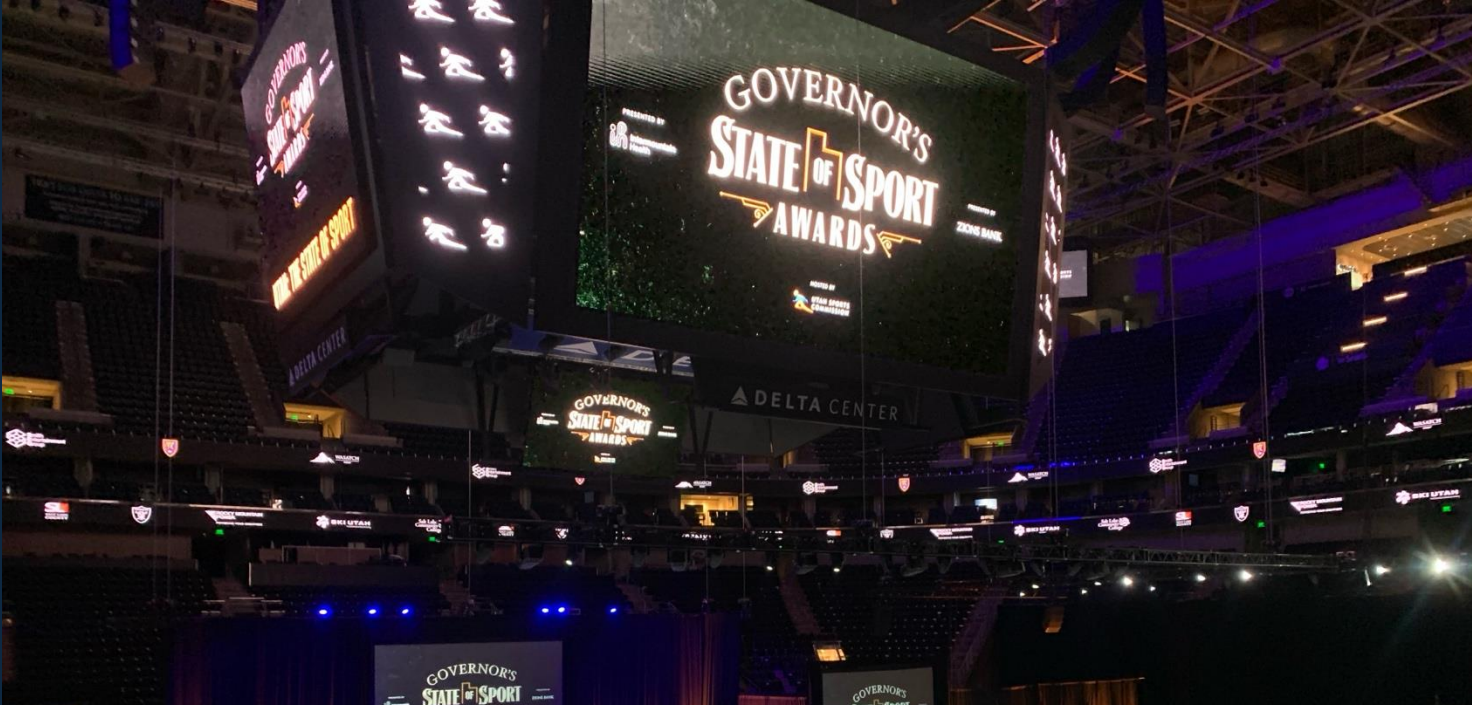
Activity is a key factor in personal health and quality of life. People who are regularly active report lower incidences of mental distress and are less susceptible to bodily illness.

Adaptive sports build healthy inclusive communities.













Thank you!

"It's a fantastic community of people, and that has been the biggest takeaway for me. I fell in love almost immediately with the sport. But the people are really what cemented it for me, this crowd is fantastic, from one human being to the next, incredible stories, wonderful intra network support. And I cherish these people. They are my family."

-Garrett Schoonover, Paralympian and 3x National Champion