

A photograph of Garrett Schoonover, a wheelchair fencer, in action. He is wearing a white fencing jacket and a black protective mask. He is holding a silver epee and is in a ready stance. In the background, another fencer is visible, wearing a white jacket with "DEAUX USA" written on it. The background is a blue and red wall with a USA flag logo. The text "GARRETT SCHOONOVER" is overlaid in large white letters at the top. Below it, in smaller white letters, are "UNITED STATES ARMY VETERAN", "Team USA Wheelchair Fencer", "4x National Champion", "Pan-American Epee Champion", and "Paris 2024 Paralympic Team".

GARRETT SCHOONOVER

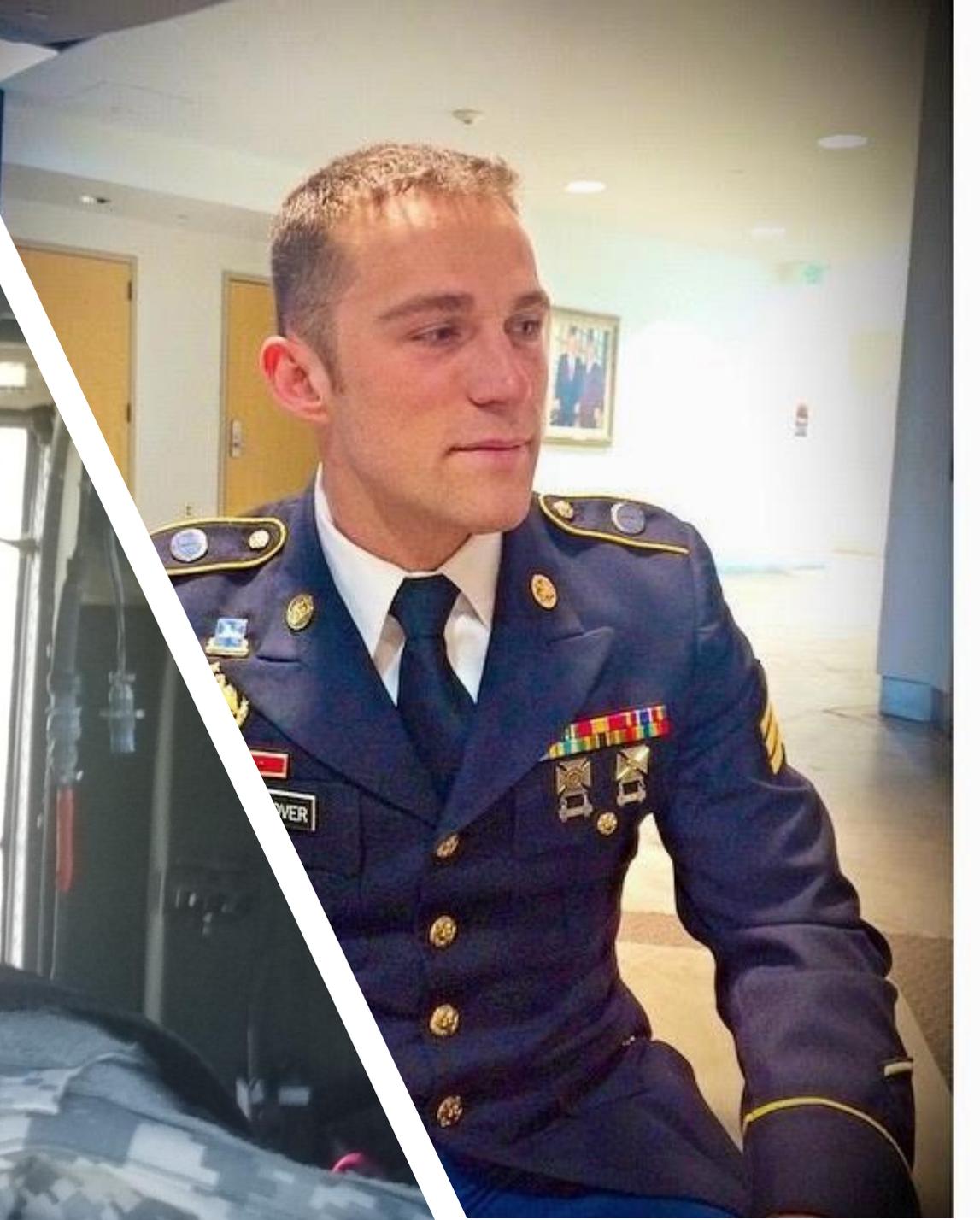
UNITED STATES ARMY VETERAN

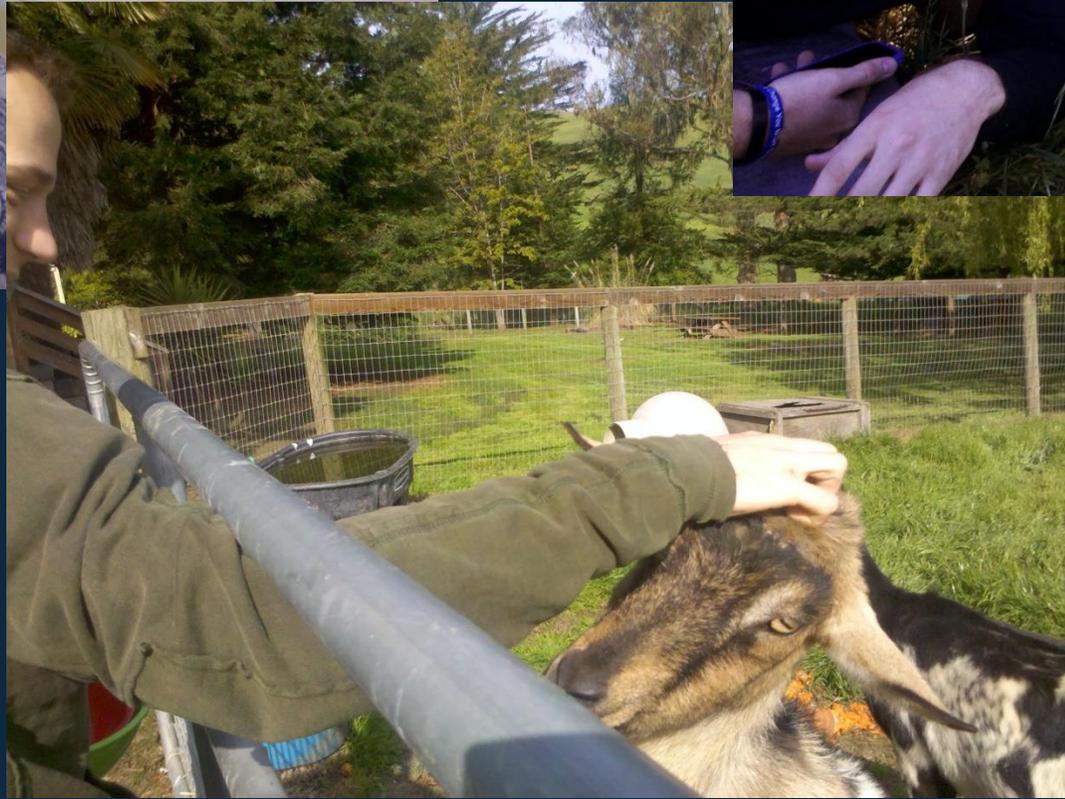
Team USA Wheelchair Fencer

4x National Champion

Pan-American Epee Champion

Paris 2024 Paralympic Team

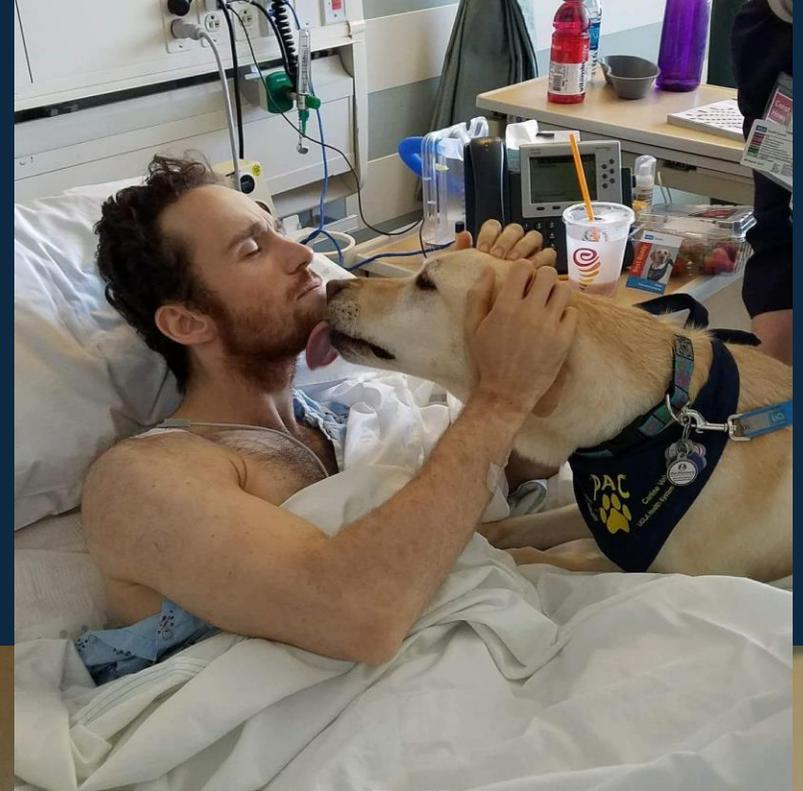












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My "First Steps"























U.S. OLYMPIC & PARALYMPIC
TRAINING CENTER
COLORADO SPRING

TEAM USA













EPEE

2024 National Champion



FOIL

2024 National Champion



SABER

2024 National Champion



FENCING 2024 AMERICAN CHAMPIONSHIP



RICAN CHAMPIONSHIP

World Ability Sport





TEAM USA
ONE FOR ALL

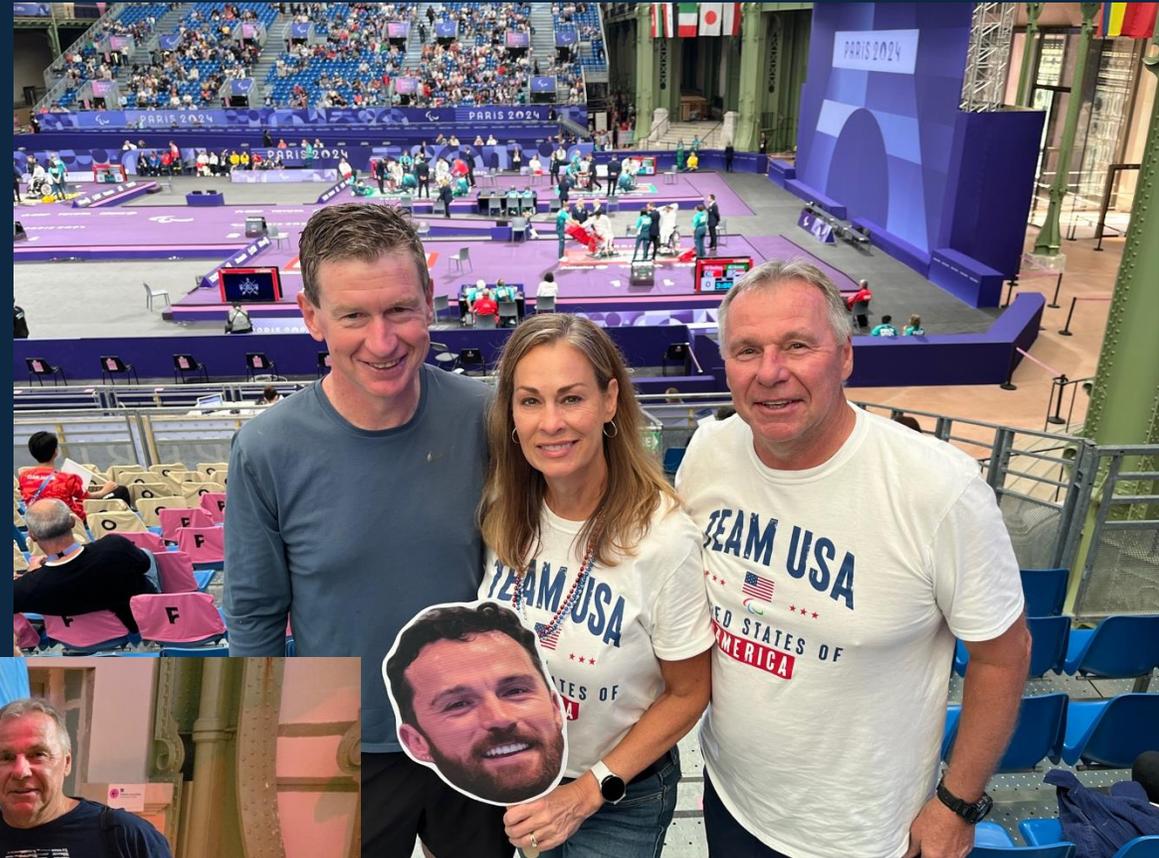
Wheelchair Fencing
Paris 2024
Paralympic Games

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