

# Phoenix VA Adaptive Sports Program

April 2021

Volume 6, Issue 2

## Phoenix VA Adaptive Sports News

### Adaptive Sports Clinics offered this Season:

- [How to Make Adaptive Sports Work for You Virtual Series \(VVC\)](#)
- [Phoenix Peloton](#)
- [Hiking with Whole Health](#)
- [Ability360 Workout](#)
- [Archery: Tournament of Champions](#)
- [Kayak Training](#)

Hopefully everyone is staying healthy, safe, and moving! We've all had to adjust through some stressful times and leisure and recreation are usually the first things to go! Coincidentally recreation and leisure are the most beneficial during high stress times! Life happens and during those times we may feel recreation and leisure aren't important, but they're always important.

We have so many clinics and so little time! We're going to make the most out of these next couple of months with a new round of clinics slated to start in April!

Group spaces are LIMITED making attendance important not only to your health but out of respect to your peers who would also like to attend. If you cannot attend a clinic, or you're unsure if you'll be able to, please do not take a spot that another Veteran could take. Make time in your schedules to attend.

If you are interested in participating in any of the clinics, please make sure to be clear with **what clinic you want, your name, and the session and time you would prefer.** **If you are interested in multiple clinics, please pick your top 2 and we will do our best to accommodate.**

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You can contact Josh and Johanna through one of the options below:

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**Tuesdays**

**Group 1**

4/6

4/13

4/20

**Group 2**

4/27

5/4

5/11

**Group 3**

5/18

5/25

6/1

**Group 4**

6/8

6/15

6/22

## How to Make Adaptive Sports Work for You Virtual Series

No matter if you are new to this program, or a pro, learn about all this program has to offer, and how you can take all of it's opportunities to benefit your own goals.

Interested on acquiring adaptive sports equipment from the VA? Curious how you may qualify? Interested in attending any National VA Sponsored games and events? Curious what sports are even out there?

You will need to attend this clinic if you are wanting to obtain equipment.

**When:** Tuesdays 1300-1400

**Starting:** Choose a group from left

**Location:** Comfort of your home

## Kayak Training

This clinic is a prerequisite to participate in upcoming kayaking clinics! During this time we will be developing muscles specific for kayaking and becoming familiar with kayaking basics. We'll go over safety material, equipment, and exercises that you can do to prepare for a peaceful time out on the water.

**When:** Wednesdays 0900-1000

**Starting:** Wednesdays May 19th

**Location:** Virtual



## Hiking With Whole Health

### Hiking Dates

#### Tuesday

4/6  
4/13  
4/20  
4/27  
5/4  
5/11

Come learn about some amazing trails Arizona has to offer! During this clinic we will introduce you to AllTrails, Route Scout, and other popular apps to help you find trails suited to your abilities. We'll also be hiking with Phoenix VA's newest Program, Whole Health. David will guide us through Mindfulness exercises to help make the most out of a peaceful hike through Arizona's beautiful landscape.

**When:** Tuesdays 0900-1100

**Starting:** Tuesday April 6th



### Ability360 Dates

## Ability360's Don't Skip Leg Day

#### Thursday

4/1  
4/8  
4/15  
4/22  
4/29  
5/6

Ability360's facility may not be entirely open, but that doesn't mean their coaches aren't working. Luke has put together an educational workout clinic that has been designed to teach you the importance of setting goals and routines for exercising daily to achieve those goals. We'll even take time to teach you how to build your own workout routine, and get this....no equipment necessary! **This clinic will continue for 12-wks**

**When:** Thursday 0900 - 1000

**Starting:** Thursday April 1st (No joke)

**Location:** Virtual

## Phoenix Peloton

### Cycling Dates Thursdays

4/8  
4/15  
4/22  
4/29  
6/6?

One thing we've been missing for all of you cyclists out there is a chance to ride with others! We're starting a Cycling clinic for you all to bring your rentals and personal rides out! Veterans who have completed the Cycling Clinic and have obtained their Recumbent Trike, or have rented a Recumbent from within the community, can attend this clinic to continue to log miles. We will be meeting at Tempe Town Lake every Thursday until the heat keeps us indoors.

Please respond with your name.

### Group Cycling Clinics:

**Starting:** Thursday April 8th at 1300

**Location:** Tempe Town Lake



## Tournament of Champions!

### Beginner Archery Dates

#### Wednesdays

4/7

4/14

4/21

4/28

5/5

5/12

Grab your togas, laurel wreaths, and bows! Actually, don't bring any of that, except bows if you got 'em. And arrows, you'll probably need those if you want to compete! That's right! We will be hosting a weekly Archery Tournament! Come on out and shoot to beat your previous scores, or compete against other Veterans to see who will raise the Champion's Trophy! Each week we will crown a new winner!

Beginners are welcome too! So whether you're a seasoned pro or a green newbie we've got room for you.

### Tournament of Champions:

**Tournament** Wednesdays at 0900 **Starting April 7th**

**Archery 101 Session** Wednesdays at 1000 **Starting April 7th**

Location: Papago Park Archery Range: 6201 E Oak St Phoenix, AZ



Phoenix VA Adaptive  
Sports

## National Events

Over the next couple of months we will be receiving information about National Clinics and Events. Be sure to check your email for any updates or community resources as we will always be sending them to your email address that we have on file!

### Check out the links below!

[www.ArizonaDisabledSports.com](http://www.ArizonaDisabledSports.com)

[Arizona Spinal Cord Injury Association](#)

[City of Mesa Adaptive Recreation](#)

[Arizona Spina Bifida Association](#)

[Mesa Public Schools](#)

[Arizona Cerebral Palsy Association](#)

[Special Olympics Arizona](#)

[Disabled Sports USA](#)

[Ability360](#)

[Adaptive Sports USA](#)

[Ability 360 Sports & Fitness Center](#)

[US Association of Blind Athletes](#)

[River of Dreams](#)

[Mesa Convention and Visitors Bureau](#)

[US Paralympics](#)