



## MILITARY ADAPTIVE SPORTS PROGRAM

Empowering wounded, ill and injured Service members through physically engaging and mentally stimulating reconditioning activities

### About the Military Adaptive Sports Program

The Military Adaptive Sports Program (MASP) enhances holistic recovery by engaging wounded, ill and injured Service members in ongoing, daily adaptive activities, based on their interest and ability. MASP provides direct support to military Service-specific adaptive sports and reconditioning programs in the form of subject matter expertise, equipment and policy guidance. MASP also coordinates with the Department of Veterans Affairs adaptive sports programs, community-based organizations and other non-government organizations.

### Benefits of Adaptive Sports and Reconditioning Activities

MASP provides reconditioning activities and competitive adaptive sport opportunities to all recovering Service members to improve their overall quality of life. Recovering Service members who use adaptive sports and other reconditioning activities as part of their rehabilitation process improve their self-image, self-esteem, leadership, camaraderie and overall quality of life. MASP engages wounded, ill and injured Service members through individualized sport and cognitive activities designed to augment traditional therapy. Specifically, sports and other reconditioning activities are important to help recovering Service members come to terms with traumatic wounds, injuries or illness, and understand recovery is achievable through focusing on ability rather than inability.

### How it Works

MASP is executed nationwide and in Europe, through its 36 site coordinators, who act as dedicated resources by advising the local command team on adaptive sports and reconditioning activities. These specially-trained coordinators facilitate daily adaptive sport and reconditioning activities, coordinate access to community-based events and resources, and organize sports camps and clinics at the four major military medical treatment facilities and military installations throughout United States and Europe.

The program also provides specialized and highly trained coaches who are leaders in their field and, in some cases, Paralympians. The coaches provide progressive instruction to the Service members in one-on-one and group settings. They also advise on nutritional needs, depending upon the Service members' training and goals for participation in competitive adaptive sporting events.

MASP ensures a variety of adaptive sports and reconditioning activities are available to meet the spectrum of interest and participation needs of wounded, ill and injured Service members. Some of the adaptive sports and reconditioning activities offered include: archery, wheelchair basketball, sitting volleyball, shooting, surfing, scuba diving, art and music therapy classes, sled hockey, yoga, swimming and golf.