

the Wave Writer

Sunday, September 28, 2008

SET SAIL ON AN AMERICAN LEGEND

At the first-ever National Veterans Summer Sports Clinic, participants are provided a rare and unique opportunity.

Few people have ever sailed an America's Cup yacht, but many would love to. Veterans at the first National Veterans Summer Sports Clinic will have the breathtaking opportunity to sail aboard the spectacular Stars & Stripes, one of the most recognized America's Cup (AC) campaigners in the world.

For sailing newcomers, the America's Cup is the most prestigious race in the sport of sailing, and the oldest active trophy in international sports. It pre-dates the modern Olympics by more than 45 years.

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WEATHER

TODAY



High 72°

Sunny

Low 65°

TOMORROW



High 72°

Mostly Sunny

Low 65°



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Presented by the Department of Veterans Affairs.

Beat the Heat

This is sunny California, so it's important to take precautions to protect yourself from the effects of that strong sun when you're participating in any outdoor events. Here are some tips to keep in mind:

- Drink plenty of fluids both before and during your event. Your body needs water to stay cool. Make sure to drink water even if you aren't thirsty. Water is the safest liquid to drink during heat emergencies. Avoid drinks with any alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effect on your body much worse. This is especially true with alcohol, which dehydrates the body.
- Wear sunscreen and a hat whenever possible. Also, make sure to wear lightweight, loose, light-colored clothing. Light colors will reflect away some of the sun's energy as opposed to dark colors which retain and store heat.
- Stay in the shade as much as possible before and after your event. Again, make sure to enjoy the respite with a nice cool glass of water.
- Eat small meals often, and avoid foods high in protein. Protein increases your body's metabolism, and therefore increases the amount of heat generated by the process of turning that food into energy for your body.

Exposure to excessive heat can result in adverse effects on your body, such as heat exhaustion and heat stroke. Symptoms of heat exhaustion are: cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. However, your body temperature will be near normal. Heat stroke consists of: hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. During heat stroke, the body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet, otherwise, it will feel dry.

Being aware of the heat and knowing the precautions to take will make sure you thoroughly enjoy your week here at the National Veterans Summer Sports Clinic. 🌀

Telling Your Story

FORGET POLITICS.

FORGET BAD WEATHER.

FORGET THE ECONOMY.

THIS WEEK, YOU ARE THE NEWS.

We expect to see a number of media representatives here at the Clinic in San Diego this week, not only from the local area but also national, military, internal and specialty media. All are interested in telling the story of this outstanding first-time event and the veterans taking part in it.

We hope you will help us tell this exciting story to the American public. This is your chance to reach out to those veterans who are still sitting at home unaware of all the things they are still capable of doing, missing out on this unique event. We want to let them know that having an injury does not need to prevent them from an active, rewarding and happy life. The best way to do that is to share our many stories of success here at the Summer Sports Clinic.

This week, we will be concentrating primarily on generalized stories but hope you will help us with some of these interviews as they come up. In future years, we hope to let our participants' local media know about their participation in the Clinic, as we do at other VA national rehabilitation events.

During the week, we will have a member of the Summer Sports Clinic public affairs staff assigned to each of the participant teams every day, and they will help coordinate media interviews, gather ideas for newsletter stories and get to know all of you. Look for the people in the VA Public Affairs Team shirts, and let them know if you have any questions.

In addition to working with media, we will produce a daily newsletter each day so be sure to read that for the latest information. The newsletter will be available in the Marriott and in the Clinic's media center, located in the Atlanta Room. In addition to feature articles, the newsletter is an invaluable source of important schedule and transportation information as well as special events and activities. We plan to publish lots of photos each day as well, so you just might see your own smiling face on our daily photo spread.

You, the veteran, are the sole reason the public affairs team is doing what it does best, and you are a vital part of our team. Please, help us get the word out to other recently injured veterans who could benefit from this exceptional national program. 🌀

Welcome from VASDHS Director

I want to offer a warm welcome to beautiful San Diego for the newest VA event, the 2008 National Veterans Summer Sports Clinic. We have some of the most picturesque sites in the city reserved for your events this week. You will have the opportunity to compete in track & field at the Olympic Training Center, kayak in San Diego Bay and surf the La Jolla shores.

The VA San Diego Healthcare System (VASDHS) is hosting this pilot Clinic and our team has worked hard to make your stay here fun and memorable. Thanks to the leadership from the Department of Veterans Affairs, who have provided valuable support and guidance. We are also very grateful to our many sponsors, including the founding sponsors – Veterans Canteen Service and Help Hospitalized Veterans. This Clinic would not be possible without their generous support.

Most of all, I thank each of you for stepping up and making a commitment to new opportunities and new horizons. You have taken a big step just by being here this week. This Clinic promises to be a journey of exploration and accomplishment, and you'll have a chance to enjoy the events with other veterans and cheer them on.

We have a committed staff, all here to make sure you have the best experience possible. I challenge you to make the most of this Clinic and take advantage of every opportunity.

Thank you for your service and dedication to our nation. My challenge to you: Have fun and go for it! 🌀



Gary J. Rossio, Director, VA San Diego Healthcare System

An American Legend ...continued from front page.

At 78 feet in length and having a mast that towers 11 stories into the air, the Stars and Stripes will be slicing through the water at more than 9.5-knots (just under 11 miles per hour) – in one of the most beautiful sailing locations in the world, San Diego!

This won't be a pleasure or sight-seeing sail, though. Get ready to be a working member of the crew as you grind the winches, hoist and trim the sails, helm an America's Cup yacht and navigate the local waters. You'll soon discover the physical efforts required to sail and race one of sailing's true thoroughbreds.

You can't help but get excited as you sail by other sailboats, with their crews gasping in envy and politely waving in respect. The power boaters are sure to rev-up their engines, as they do their best to catch up with you.

This is Stars and Stripes, USA-11, the yacht that was built for Dennis Connor as his first IACC (International America's Cup Class) racer in 1992, and used by Connor in the 1995 AC campaign. USA-11 was later sold to U.S. Virgin Islands Challenger campaign, to be used in the 2000 America's Cup. After surviving a hurricane in the Caribbean, where she was damaged, and a couple of other owners, the Stars and Stripes was restored and returned home to San Diego in 2006.

Stars & Stripes, USA-11 is often sailed and raced by sailors with disabilities in the Challenged America program.

Welcome aboard Stars and Stripes, USA-11, and personally get the full, colorful history of this sailing legend from your skipper this week, Captain Lynn Hanna. 🌀



A Whale of a Good Time!

Tonight's Opening Ceremonies will mark the official start of the first-ever National Veterans Summer Sports Clinic here in San Diego at the SeaWorld Theme Park. Make plans to attend the Opening Ceremonies this evening as we kick off a great week. It is sure to be a memorable event for participants, family members, staff, volunteers and guests.

Buses will depart the Marriott Hotel at 5 p.m. for SeaWorld. There will be a reception at the Nautilus Pavilion from 5:30 – 7 p.m. Please feel free to explore the park during this time. Everyone should plan to be at the Nautilus Pavilion at 7 p.m.

to be seated. Participants will be seated with their assigned teams. The ceremony will begin promptly at 7:15 p.m. and dinner will be served at 7:30 p.m.

Bob Lawrence, news reporter from KGTV Channel 10 in San Diego, is serving as the Master of Ceremonies this evening. The La Jolla Madrigals will sing the National Anthem. Following the formal program, all are invited to attend a private "Shamu Rocks" show at Sea World's Shamu Stadium.

Welcome to the First National Veterans Summer Sports Clinic. Enjoy the ceremonies! 🌀

Schedule of Today's Events

Sunday, September 28

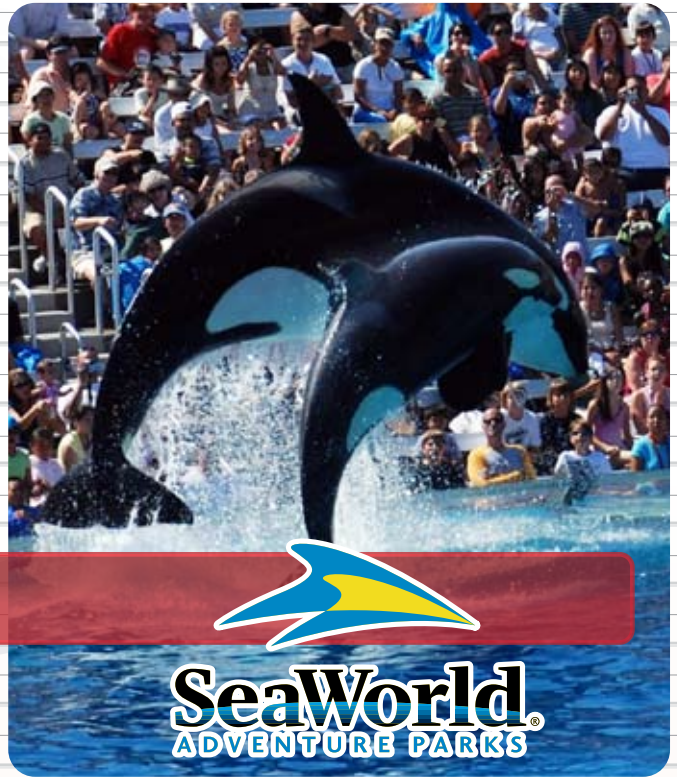
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Registration for Staff, Coaches, Sponsors and Volunteers
Torrey 3
7 a.m. - 4 p.m.

Registration for Participants
Ballroom C, North Tower
8 a.m. - Noon

Sponsors' Sailing Trip
San Diego Harbor
Noon - 3 p.m.

Opening Ceremonies
Sea World
5:30 p.m. Buses begin loading at 4:45 p.m. Buses depart promptly at 5 p.m.



SeaWorld
ADVENTURE PARKS



Monday's Bus Schedule

Morning Sessions

Surfing, Team Titan:

Load at 7 a.m., depart hotel at 7:30 a.m.

Kayaking, Team Olympus:

Load at 8 a.m., depart hotel at 8:30 a.m.

Track & Field, Team Nautilus:

Load at 7 a.m., depart hotel at 7:30 a.m.

Sailing, Team Poseidon:

Load sailboat at 9 a.m.

Cycling, Team Neptune:

Load at 9 a.m., depart at hotel 9:30 a.m.

Afternoon Sessions

Surfing, Team Titan:

Load at 3 p.m., depart venue at 3:30 p.m.

Kayaking, Team Olympus:

Load at 3 p.m., depart venue at 3:30 p.m.

Track & Field, Team Nautilus:

Load at 3 p.m., depart venue at 3:30 p.m.

Sailing, Team Neptune:

Load sailboat at 1 p.m., depart venue at 3:30 p.m.

Cycling, Team Poseidon:

Load at 1 p.m., depart hotel at 1:30 p.m.

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Medical Information

For life threatening emergencies call 911.

Medical care is available twenty four hours a day, every day at the Clinic. Beginning Saturday, September 27 at 7:30 a.m. a nurse will be on call.

The medical room is located at **Mariott Hotel, Room 2000, 20th Floor in the North Tower**. A nurse or doctor, will be on duty in the room from **7:30 a.m. - 8 p.m. daily**. If, for some reason the nurse is not in the room, please call **(619) 886-4058**.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in **Torrey 3**. The Host Room opens Monday at 6:30 a.m. and will operate through Wednesday from **6:30 - 10:30 a.m.** and **2:30 - 6:30 p.m.** If you need any assistance outside these hours, please call **(619) 888-4026**. Make note that the Host Room will be closed on Thursday and on Friday.

Prosthetics and Wheelchair Repair

There is not going to be a central location for wheelchair or prosthetic repair at the Clinic. There will, however, be a Wheelchair Technician at the Track & Field and Cycling venues from 8 a.m. to 4 p.m., Monday-Friday.

The Track & Field venue is the Chula Olympic Training Center, and Cycling is located at the North Park, Embarcadero.

The Wheelchair Technician can be contacted at **(619) 886-4940**. The "on call" Prosthetist is at **(619) 886-4187**.