

# the Wave Writer

Wednesday, October 1, 2008

# KAYAKING

“First and foremost, there’s some really cool stuff here,” said Ralph Marsh, a VA recreation therapist and venue leader for the kayaking event. At Mission Bay Yacht Club, kayaking is a full day activity that begins with instruction, an introduction to the different kayaks, time exploring the waters, some friendly competition, lunch at the club and then more time on the water. Marsh told Monday’s Olympus Team members, “My goals for you today don’t mean a thing. I want to hear what your goals are so we can get out there and meet them. We have boats with a pedal drive, inflatables, sit-insides, sit-on tops, and whitewater vessels, and can offer you everything you ever wanted to learn on a boat. When you leave here you will say, ‘Wow, this is fun!’”

The Olympians did just that. Daniel Underwood, 50, a Navy veteran from Shoreline, Wash., had signed up for a water sports training session near his home but the conditions were not favorable and he ended up not going. “The weather is much better here, so I wanted to conquer my fears and try it,” he said. After he did, Underwood was sold. “This was outstanding,” he raved. “I need to quit my day job. I’m going to have to call my family from here to tell them I have to re-locate,” he laughed. “You can’t beat this.”

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Steven Scott of Team Olympus



## WEATHER

TODAY



High 81°

Sunny

Low 65

TOMORROW



High 75°

Mostly Sunny

Low 64°



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Presented by the Department of Veterans Affairs

## Kayaking ...continued from front page.

“I’m 66 years old and I’ve never tried kayaking before,” said Don Pecseyne, an Air Force veteran who lives in Yountville, Calif. “I want a boat that’s stable!” After his morning session, Pecseyne was also excited about the experience. “That was excellent,” he said. “I am full of energy and stamina now, and I feel ready for the competitions this afternoon!”

At Mission Bay, the colorful kayaks were lined up by the water awaiting their first passengers. A kayak looks different from a canoe because of the closed cockpit and the two bladed paddles. There are also “sit on tops,” which involves sitting on top of the kayak in an open area. In the more traditional cockpit-style boat, boater sits with their legs and hips inside the kayak’s hull.

Another major difference is in the way the paddler sits in the boat. Kayakers sit in a seat on the bottom of the boat with their legs extended out in front of them. (Canoeists will either sit on a bench seat or kneel directly on the bottom.) Whitewater kayaking involves taking a kayak down rapids. Sea or ocean kayaking involves taking kayaks out on to the ocean or other open water like a lake.

For nearly twenty years, kayaking of all kinds has continued to increase in general popularity. One, two or even

three people can kayak together, depending on the boat. Because of their range and adaptability, kayaking is popular with divers, fishers and people who just like adventure.

It is also a great sport for people with a wide range of disabilities. According to Marsh, who has been involved in the sport for nearly four years, “People can get out in the kayak and become more mobile in a boat. People with mobility challenges have the same visual acuity as anyone else in the kayak. They can use their abilities and enjoy a sense of freedom in the water. The water is very healing,” he added. “No matter what the problem – amputations, spinal cord injuries, PTSD or other challenges, the water just makes you feel better.”

Nicholas Siemens is a Marine Corps veteran originally from Montana who now lives in San Diego. At 22, he is among the youngest participants here. Before the event started, he said he’d gone kayaking before but wasn’t sure if he liked it. At the end of the day, he felt differently. Proving himself to be a strong kayaker, Siemens took the lead in one of the competitions and had this to say, “It was definitely a good time, and challenging also. You need to try everything once.” Reflecting further, Siemens corrected himself. “This, I would try more than once!” 🌀

## Discover San Diego

A daily guide to discovering the host city for the National Veterans Summer Sports Clinic.

### San Diego Bay

Enjoy the sights and sounds of the magnificent San Diego Bay as you choose from one of Hornblower’s Harbor Cruises, dining cruises or even a San Diego Whale Watching Adventure. The Big Bay, as locals call San Diego Bay, boasts some of America’s most historic warships such as the U.S.S. Ronald Reagan and the U.S.S. Midway as well as playing host to the scenic sights of the Coronado Bay Bridge and Seaport Village to name just a few!

### SeaWorld San Diego

Venture beyond the ocean’s door at SeaWorld San Diego, one of the world’s premier marine adventure parks with 200 acres of world-class shows, thrilling rides, and unforgettable animal encounters. Get so close you can touch a dolphin’s fin, stare down a shark and connect with the sea’s creatures in their world.

## The Olympic Training Center

This week National Veteran Summer Sports Clinic participants will mirror Paralympic champions as they compete and learn about track and field at the the U.S. Olympic Committee’s Training Center in Chula Vista, Calif.

The center is a \$65 million high-tech facility where top U.S. athletes hone their skills for international competition. The center holds venues for track and field events, canoeing, kayaking, cycling, field hockey, soccer, archery and rowing.

Joining other Olympic Training Centers in Colorado Springs, Colo., and Lake Placid, N.Y., the Chula Vista site has the largest permanent archery range in North America; an artificial all-weather field hockey surface; four soccer fields; a 15,000-square-foot kayak and rowing boathouse; four tennis courts; a 400-meter track and a cycling criterium course.

Make sure to walk the Olympic Path, where participants can get an elevated view of the 150-acre campus including the training fields and tracks, athlete dorms and the Otay Lake Reservoir. Free tours are offered daily and a wide variety of Olympic merchandise and memorabilia is featured in the Olympic Spirit Store. Purchases from the store go on to help support Olympic athletes.

The National Veterans Summer Sports Clinic is thrilled about the chance to let Clinic participants have access to this world-class facility. Thank you to the U.S. Olympic Committee for graciously supporting our veterans! 🌀

# Snapped!



# Schedule of Today's Events

Wednesday, October 1

8 am	<b>Breakfast</b> Marriott Hotel Restaurants • 6:30 a.m. - 8:30 a.m.				
9	<b>Team Nautilus</b> <b>Sailing</b> San Diego Harbor 9 - 11:30 a.m.	<b>Team Titan</b> <b>Track &amp; Field</b> Chula Vista Olympic Training Center 8:30 a.m. - 3 p.m.	<b>Team Poseidon</b> <b>Cycling</b> Embarcadero 9:30 - 11:30 a.m.	<b>Team Olympus</b> <b>Surfing</b> La Jolla Shores 8:30 a.m. - 3 p.m.	<b>Team Neptune</b> <b>Kayaking</b> Mission Bay Yacht Club 9 a.m. - 3 p.m.
10					
11					
12	<b>Lunch</b> Served at all venues • Noon - 1 p.m.				
1					
2	<b>Team Nautilus</b> <b>Cycling</b> Embarcadero • 1:30 - 3 p.m.		<b>Team Poseidon</b> <b>Sailing</b> San Diego Harbor 1 - 4 p.m.		
3					
4	<b>The 4:30 sessions presented below are mandatory for all participants.</b>				
5	<b>Team Nautilus</b> <b>Nutrition</b> Orlando Rm. • 4:30 p.m.	<b>Team Titan</b> <b>Community Integration</b> Chicago Rm. • 4:30 p.m.	<b>Team Poseidon</b> <b>Stress Management</b> San Francisco Rm. • 4:30 p.m.	<b>Team Olympus</b> <b>Coping</b> New York Rm. • 4:30 p.m.	<b>Team Neptune</b> <b>Community Integration</b> Chicago Rm. • 4:30 p.m.
6					
7	<b>Dinner</b> Marriott Hotel Restaurants • 6 p.m.				
8					
9 pm					



## Wednesday's Bus Schedule

### Morning Sessions

**Surfing, Team Olympus:**

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

**Kayaking, Team Neptune:**

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

**Track & Field, Team Titan:**

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

**Sailing, Team Nautilus:**

Load sailboat at 9 a.m.

**Cycling, Team Poseidon:**

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

### Afternoon Sessions

**Surfing, Team Olympus:**

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

**Kayaking, Team Neptune:**

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

**Track & Field, Team Titan:**

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

**Sailing, Team Poseidon:**

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

**Cycling, Team Nautilus:**

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

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## Medical Information

**For life threatening emergencies call 911.**

The medical room is located at **Marriott Hotel, Room 2000, 20th Floor in the North Tower.**

A nurse or doctor is on duty 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.**

## Last Day for the Host Room

Remember, the Host Room will **not** be open tomorrow or Friday! The Host Room is located in room **Torrey 3.** The Host Room hours are **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.**

## Prosthetics and Wheelchair Repair

Wheelchair Technicians will be at the Track & Field and Cycling venues from 8 a.m. to 4 p.m. through Friday.

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

## HHV Wants Your Story

Remember to let Help Hospitalized Veterans (HHV) know if you've ever benefited from one of the many kits they provide to veterans. HHV is interested in hearing about how these kits have helped you or a fellow veteran. If you have a story to tell, contact Pete Sergel from HHV's communication team at **(646) 315-5406,** or at **peter.sergel@bm.com**