



## Sitting Volleyball

Sitting volleyball, generally an indoor event, helps improve coordination, motor skills and cardiovascular endurance and allows Soldiers to participate in team activities. Sitting volleyball can be beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Adaptive Reconditioning (AR) team will screen each Soldier for participation in sitting volleyball.

### Resources provided by:

- Adaptive Reconditioning (AR) team
- Morale, Welfare and Recreation (MWR) programs - Responsible for procuring volleyballs and sitting volleyball net
- Non-Commissioned Officer (NCO)

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

[http://www.wct.army.mil/modules/support%20network/c1\\_adaptivereconditioning.html](http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html)

### Equipment/resources provided:

- Sitting volleyball net with poles
- Volleyballs
- Measuring tape
- Scorebook
- Colored removable floor tape

### Equipment/resources Soldier brings:

- Appropriate loose clothing (shorts, tee-shirt)
- Water and snacks

### Location(s):

- MWR gym
- Local gym, YMCA or field house
- \*Costs may be associated (gym fees)