

VOLUNTEER WITH VA ADAPTIVE SPORTS



VAVS Adaptive Sports Volunteers are a vital part to the health care network helping to improve the lives of our nation's Veterans. Please join VAVS as a volunteer today. For more information on volunteering with the Adaptive Sports programs or other volunteer opportunities, please contact the Voluntary Service office at your local VA facility.

What is Adaptive Sports?

Adaptive Sports is the use of standard or adaptive equipment, or adjusting the skills necessary, so that Veterans with disabilities, impairments, or injuries can participate in recreational sports activities on a “level field” with their non-disabled peers.

Benefits of Adaptive Sports

Adaptive Sports offers many benefits for those with disabilities or injuries, such as:

- » Allows for independence
- » Builds strength and endurance
- » Builds courage and self-reliance
- » Builds friendships and teamwork
- » Increases mobility
- » Provides a sense of freedom
- » Fulfills competitive and adventure needs
- » Provides the Veteran with a sense of accomplishment
- » Provides Veterans the opportunity to connect with others in fun and exciting environments

A woman wearing a green bucket hat, sunglasses, and a light blue t-shirt is smiling while fishing in a grassy field. She is holding a fishing rod and a reel. The background is a lush green field with trees in the distance.

Make a Difference Today

Volunteers are Needed

Volunteers are needed to assist in a variety of ways, even if you are not athletic.

We are seeking volunteers to:

- » Assist with equipment
- » Provide or assist with meals and drinks
- » Drive for participants to and from sites
- » Greet participants and volunteers
- » Assist with the activities

Please visit our website:

www.volunteer.va.gov



Do You Play Sports?

Athletes of all abilities are vital to the Adaptive Sports Program. There are a variety of events—and the following list is just a few a volunteer can choose from:

- » Kayaking
- » Archery
- » Bowling
- » Cycling
- » Track and Field Events
- » Surfing
- » Winter Sports