

ADAPTIVE RECONDITIONING PROGRAM

For Active Duty and Veteran Service Members
in San Antonio and Surrounding Areas

FEATURED EVENTS

- JANUARY 23** OPERATION COMFORT-SALUTE TO SERVICE MEMBERS 5K RUN/WALK
POC: Janis jroz814@operationcomfort.org Office 210-826-0500
Primary POC: Ilyssa Cruz iscruz@afsc.com 210-216-9130
- JANUARY 25 & 26** WTB PT TOURNAMENT- BASKETBALL AND WHEELCHAIR BASKETBALL
Monday the 25th - Basketball at Jimmy Brought
Tuesday the 26th- Wheelchair Basketball at Jimmy Brought
Jimmy Brought Fitness Center, Fort Sam Houston, TX
POC: Ilyssa Cruz 210-216-9130 or Brad Bowen 512-988-7711
- FEBRUARY 10** MONTHLY AIR GUNS COMPETITION
12-3pm at Central Catholic High School, 1403 N. St. Mary's Street
POC: Ilyssa Cruz iscruz@afsc.com 210-216-9130
- FEBRUARY 12-14** OPERATION COMFORT SLED HOCKEY TOURNAMENT
Northwoods Ice & Golf Center, 17530 Henderson Pass 78232
POC: Jennifer Weatherford jennifer@operationcomfort.com 830-377-1238
Primary POC: Ilyssa Cruz iscruz@afsc.com 210-216-9130
- FEBRUARY 20-21** H.E.B. ALAMO RUN FEST (1/2 Marathon, 10K, 5K and WC Racing Clinics)
Saturday the 20th - 0900-1730 WC Racing Clinics, Alamo Dome Meeting Room/Parking Lot
Sunday the 21st - 0745 - Alamo Dome
*Registration fee complimentary with code from Wendy
POC: Wendy Gumbert wgumbert@hotmail.com or 512-914-3152
www.alamorunfest.com
- FEBRUARY 29 & MARCH 1** WTB PT TOURNAMENT- VOLLEYBALL AND SITTING VOLLEYBALL
Monday the 29th - Volleyball at Jimmy Brought
Tuesday the 1st - Sit Volleyball at Jimmy Brought
Jimmy Brought Fitness Center, Fort Sam Houston, TX
POC: Ilyssa Cruz 210-216-9130 or Brad Bowen 512-988-7711
- MARCH 6-12** RIDE 2 RECOVERY GULF COAST CHALLENGE
Cycle from Atlanta to New Orleans
Must sign up with Jayme and register on R2R's website NLT January 6th
POC: Jayme Brown 832-723-3132
Primary POC: Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478
- APRIL 9-16** RIDE 2 RECOVERY TEXAS CHALLENGE
Cycle from Houston to Dallas
Must sign up with Jayme and register on R2R's website NLT February 9th
POC: Jayme Brown 832-723-3132
Primary POC: Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478
- APRIL 29-MAY 1** TEXAS REGIONAL GAMES - Paralympic Style Competition
Competitions: Track/Field, Swimming, Cycling, Air Guns, Archery, Boccia, Powerlifting.
Clinics: USA Archery Clinic, Adapted Sports USA Field Clinic, USA Boccia Officials Clinic
Blossom Athletic Center, San Antonio
Registration complimentary for all service members
POC: Wendy Gumbert wgumbert@hotmail.com or 512-914-3152
www.texasregionalparalympicsport.org

ON-GOING PROGRAMS

*All programs with an asterik count towards SARP REQUIREMENT

***SARP ELITE TEAM**

For those with the desire to pursue their athletic endeavors at the competitive level in the following sports: **Cycling, Triathlon, Air guns, Archery, Track & Field, Long Distance Running, Swimming, Wheelchair Basketball, & Sit Volley Ball.** This program is all-inclusive for para and able-bodied hopefuls. SARP Elite Team members will travel to **represent the Battalion at Regional and National Competitions.** Training schedules TBD by coaches.
POC: David Smith david.l.smith49.civ@mail.mil, SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478

MONDAYS

*RETURN TO RUN AND RUNNING TECHNIQUE

Monday & Wednesdays- 0930-1030 at Central Catholic High School, 1403 N. St. Marys street
Fridays- 0930-1030 at 800m track on Stanley and N. New Braunfels
POC: SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478 or Dave Smith david.l.smith49.civ@mail.mil

*OT AQUATICS (must have appointment ahead of time)

Monday and Friday: 1300-1430
Location: Jimmy Brought Fitness Center Pool
POC: Colleen Daugherty colleen.r.daugherty@us.army.mil 210-916-7874

*SWIMMING

Monday & Fridays: 1300-1430
Location: Jimmy Brought Fitness Center Pool
POC: David Smith david.l.smith49.civ@mail.mil or Todd Erickson ticoachtodd@att.net 210-379-5170

*ROCK CLIMBING (must have appointment ahead of time)

Mondays: 1400 at Life Time Fitness, 18510 Us Hwy 281 N. 210-545-5000
*Van leaves Liberty Barracks CQ desk at 1330
POC: Damon Rush damon.e.rush.civ@mail.mil 210-519-9547

STRAPS WHEELCHAIR SOCCER

Mondays: 1800-2100
Location: Morgan's Wonderland Gymnasium
POC: Brooke Matula brooke@strapssports.com or 210-336-4135, www.STRAPSSPORTS.com

TUESDAYS

*EQUESTRIAN

Tuesdays: 1300-1430 at Fort Sam Houston Equestrian Center
POC: Brad Bowen bbowen@afsc.com 512-988-7711 or CPT Hamilton laura.a.hamilton.mil@mail.mil 210-422-7259

*ROAD BIKING

Advanced rides- Tuesday & Thursday meet at 0830, ride out at 0900
Beginner rides- Tuesday & Thursday meet at 1300, ride out at 1330
Location: meet at WTB cycling shop BLDG 3640 Room 135
POC: SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478 or Ride2Recovery staff Jayme Brown 832-723-3132
To schedule an appointment for a bike fitting with Dave david.l.smith49.civ@mail.mil 207-650-4121

*BAMC WHEELCHAIR BASKETBALL

Tuesdays & Thursdays: 1300 at METC Fitness Center Gym, Fort Sam Houston
POC: Abdul Brown abdul.r.brown.civ@mail.mil 240-338-5717

*DISC GOLF

Tuesday: 1330-1500

Location: McClain Park 15700 O'Connor Rd, San Antonio, TX 78247

(park your vehicle across the street at Friesenhahn Park parking lot, 15701 O'Connor Rd. If Transportation needed, you must contact POC at least 24 hrs in advance)

POC: Darrell Gerik darrell.r.gerik.civ@mail.mil 210-415-0384

STRAPS GOALBALL

Tuesdays: 1830-2030

Location: Morgan's Wonderland Gymnasium

POC: Brooke Matula brooke@strapssports.com or 210-336-4135, www.STRAPSSPORTS.com

*SAN ANTONIO WHEELERS AND BLADE RUNNERS – Starts March 1 (Location TBA)

Track and Field Training Sessions with Paralympic Coaches- Hosted by Texas Regional Paralympic Sport

All equipment provided. Training groups for Ambulatory Track, Wheelchair Racing and Field Events.

POC: Wendy Gumbert wgumbert@hotmail.com or 512-914-3152

WEDNESDAYS

*RETURN TO RUN AND RUNNING TECHNIQUE

Monday & Wednesdays- 0930-1030 at Central Catholic High School, 1403 N. St. Marys street

Fridays- 0930-1030 at 800m track on Stanley and N. New Braunfels

POC: SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478 or David Smith david.l.smith49.civ@mail.mil

*ARCHERY

Wednesdays: 0830-1030 at FSH Outdoor Archery Range

POC: Ilyssa Cruz iscruz@afsc.com 210-216-9130

*GOLF (must have appointment ahead of time)

Wednesdays: 0900 at Fort Sam Houston Golf Course *must get golf card from WFSC

POC: Toby Watson toby.d.watson.civ@mail.mil 210-347-5089

*MUSIC GROUP (must have appointment ahead of time)

Wednesdays: 0900-1030

Location: WTB Rehab Clinic Bldg 3646

POC: Narciso Sorio narciso.c.sorio.civ@mail.mil 210-916-7874

*VOLUNTEER PROGRAM (must have appointment ahead of time)

Wednesdays: Location: meet at Liberty Barracks at 1300

POC: Manny Hernandez manuel.hernandez12.civ@mail.mil 210-916-7684

Primary POC: Brad Bowen bbowen@afsc.com 512-988-7711

*AIR GUNS (must get with Ilyssa for equipment & location 24 hours in advance)

Wednesdays: 1300-1500

POC: Ilyssa Cruz iscruz@afsc.com 210-216-9130

*OPERATION COMFORT CYCLING

Wednesdays: 1300 @ Blue Star, 1414 S. Alamo Street

POC: Janiz jroz814@operationcomfort.org Office: 210-826-0500

Primary POC: Brad Bowen bbowen@afsc.com 512-988-7711

THURSDAYS

*ROAD BIKING

Advanced rides- Tuesday & Thursday meet at 0830, ride out at 0900

Beginner rides- Tuesday & Thursday meet at 1300, ride out at 1330

Location: meet at WTB cycling shop BLDG 3640 Room 135

POC: SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478 or Ride2Recovery staff Jayme Brown 832-723-3132

To schedule an appointment for a bike fitting with Dave david.l.smith49.civ@mail.mil 207-650-4121

***BAMC WHEELCHAIR BASKETBALL**

Tuesdays & Thursdays: 1300 at METC Fitness Center Gym Fort Sam Houston

POC: Abdul Brown abdul.r.brown.civ@mail.mil 240-338-5717

***BADMINTON**

Thursdays: 1330-1430

Location: Jimmy Brought Fitness Center Fort Sam Houston

POC: Darrell Gerik darrell.r.gerik.civ@mail.mil 210-415-0384

***KAYAK**

Thursdays: meet at Liberty Barracks at 1130

POC: Brad Bowen bbowen@afsc.com 512-988-7711

***STRAPS BOCCIA**

Mondays: 1800-1930

Location: Morgan's Wonderland Gymnasium

POC: Brooke Matula brooke@strapssports.com or 210-336-4135, www.STRAPSSPORTS.com

FRIDAYS

***RETURN TO RUN AND RUNNING TECHNIQUE**

Monday & Wednesdays: 0930-1030 at Central Catholic High School, 1403 N. St. Marys street

Fridays: 0930-1030 at 800m track on Stanley and N. New Braunfels

POC: SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478 or David Smith david.l.smith49.civ@mail.mil

***MOUNTAIN BIKING**

Friday: 0830. Meet at Bike Shop then ride at McAllister Park

POC: Ride2Recovery staff Jayme Brown 832-723-3132 or David Smith david.l.smith49.civ@mail.mil, or SFC Samantha Goldenstein Samantha.j.goldenstein.mil@mail.mil 210-749-5478

***OT AQUATICS (must have appointment ahead of time)**

Monday & Friday: 1300-1430

Location: Jimmy Brought Fitness Center Fort Sam Houston Indoor Pool

POC: Colleen Daugherty colleen.r.daugherty@us.army.mil 210-916-7874

***SWIMMING**

Monday & Friday: 1300-1430

Location: Jimmy Brought Fitness Center Fort Sam Houston Indoor Pool

POC: David Smith david.l.smith49.civ@mail.mil or Todd Erickson ticoachtodd@att.net 210-379-5170

SUNDAYS

***SPURS WHEELCHAIR BASKETBALL**

Sundays: 0900-01100

Location: Morgan's Wonderland Gym

POC: Willie Jackson wreckersinc@hotmail.com or 210-843-6336

STRAPS POWER SOCCER

Sundays: 1700-1930

Location: Morgan's Wonderland Gymnasium

POC: Brooke Matula brooke@strapssports.com or 210-336-4135, www.STRAPSSPORTS.com

STRAPS AMBULATORY SOCCER - Starts March 6

Sundays: 1800-1930

Location: Star Soccer Complex

POC: Brooke Matula brooke@strapssports.com or 210-336-4135, www.STRAPSSPORTS.com