

Veteran Participant: _____ Coach (if attending with a team): _____

2023 National Disabled Veterans Winter Sports Clinic - Training History & Event Preparation Form

1. What leisure or sports activities are you currently involved in with the VA?

1. _____ 2. _____
3. _____ 4. _____

How often do you participate in above? Daily Weekly Monthly Yearly Other _____

2. What leisure or sports activities are you currently involved in independently?

1. _____ 2. _____
3. _____ 4. _____

How often do you participate in above? Daily Weekly Monthly Yearly Other _____

3. What type of training are you involved in to prepare for the rigorous activity of adaptive skiing?

- Exercising - walking, jogging, riding bike, swimming, yoga
 Weight or strength training
 Skiing at local resort
 Other: _____

4. What leisure or sport education are you involved in to prepare for the Winter Sports Clinic?

- Education regarding altitude sickness
 Losing weight, improving diet, increasing overall fitness
 Smoking cessation
 Minimizing alcohol and drug usage

Returning Veterans Only

1. Did you reach your goals during the 2022 Winter Sports Clinic? YES NO

If no, please explain why not _____

2. What goals did you meet?

- | | |
|---|--|
| <input type="checkbox"/> Enhance knowledge of adaptive sports programs available in local communities | <input type="checkbox"/> Improve mental health |
| <input type="checkbox"/> Improve fitness or physical performance level | <input type="checkbox"/> Increase socialization skills |
| <input type="checkbox"/> Learn or re-learn leisure or sports skills | <input type="checkbox"/> Improve quality of life |
| <input type="checkbox"/> Maintain current level of function | <input type="checkbox"/> Other _____ |

3. Did you reach your goals specifically pertaining to skiing? YES NO

If no, please explain why not _____

4. What goals did you meet pertaining to skiing?

- Learn to ski
 Gain knowledge of adaptive equipment (what is available, how to secure my own equipment)
 Learn or re-learn leisure or sports skills
 Improved my skills (Circle) Beginner>Intermediate, Intermediate>Advanced, Advanced>Independent
 Independent skier, improved my skills (Circle) Green>Blue, Blue>Black, Expert & Moguls
 Other _____

Veteran Participant: _____ Coach (if attending with a team): _____

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Veteran Participant Rehabilitation Goals

1. What goals are you setting for attending the NDVWSC?

- Improve fitness/physical performance level
- Improve mental health
- Enhance knowledge of adaptive sports programs available in local communities
- Learn/re-learn leisure skills (skiing-hockey-curling-kayaking)
- Improve quality of life
- Increase socialization skills
- Maintain current level of functioning
- Other _____

2. What goals are you setting specific to skiing?

- Learn to ski
- Gain knowledge of adaptive equipment
- Advance my existing skills (choose one)
 - ___ Beginner to Intermediate
 - ___ Intermediate to Advanced
 - ___ Advanced to Expert
- Ski with total independence
- Already independent, improve my level of skill to (choose one)
 - ___ Green
 - ___ Blue
 - ___ Black
- Other _____

3. Based on your above stated goals, what do you have in place and how do you intend to meet the goals listed above _____

4. In addition to Skiing, what do you hope to participate in while at the clinic this year?

- ___ Education Sessions
- ___ Social Events
- ___ Curling
- ___ Sled Hockey
- ___ Aspen/Glenwood Springs Trip
- ___ Rock Climbing Wall
- ___ Fly Fishing
- ___ Other _____

Is there any other information you feel is pertinent in regards to your goals that will enhance your experience?



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