

Veteran Participant: \_\_\_\_\_ Coach (if attending with a team):  
\_\_\_\_\_

## 2022 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 2019 Winter Sports Clinic?  YES  NO

If no, please explain why not \_\_\_\_\_

2. What goals did you meet?

Enhance knowledge of adaptive sports programs available in local communities

Improve mental health

Improve fitness or physical performance level

Increase socialization skills

Learn or re-learn leisure or sports skills

Improve quality of life

Maintain current level of function

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
- \_\_\_ Kayaking
- \_\_\_ 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?  
\_\_\_\_\_  
\_\_\_\_\_



**VA**



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of Veterans Affairs

