

Orlando VAMC Adaptive Sports Program
Christina Lafex Christina.Lafex@va.gov 407-414-5633

Air Shooting, Archery, Bowling
Paralyzed Veterans of America Central FL Chapter
2711 South Design Court Sanford, FL
Roger Sack – Director of Sports and Recreation /Advocacy
(O) 407-328-7041

Cycling Ride to Recovery – Project Hero Program
Orlando – Nathan DeWalt 717-324-5679
NDeWalt@projecthero.org
Daytona – Joseph Teipen 239-297-3324
jsteipem@aol.com
Tampa – Karla Malone 703-357-6184
Malone.karla@gmail.com
Hand cycling – Scott Porter 352-735-9742
fun@handcycle.club

Equine Therapy Freedom Ride
Ms. Marianne Gray
Executive Director
Freedom Ride
1905 Lee Road Orlando, FL 32810
407-293-0411
MGray@freedomride.com

Fishing **Assistance with license**
<http://myfwc.com/license/accessibility/hunt-fish/>
<http://www.military.com/benefits/veteran-state-benefits/florida-state-veterans-benefits.html#5>

Paddle Sports Team River Runner
Coach “JJ” Jeffery Johnson
(407) 988-7564
coach.jj@teamriverrunner.org

Yoga, Tai Chi, Qi Gong and Pain School
Joanne Anderson
VA Whole Health Program Manager
407-631-4734 Joanne.Anderson2@va.gov

Rowing South Orlando Rowing Association
(erg and water)
Lori Varro
12901 Moss Park Rd
Orlando, FL 32832
612-386-5817 ward.lori3@gmail.com

Sled Hockey Space Coast Blast Sled Hockey
Dr. Thomas Reinarts
Coordinator
321-720-2043 tomreinarts@earthlink.net

Tennis United States Tennis Association
10000 USTA Blvd
Orlando, FL 32827
Jason Allen
407-718-6343 jason.allen@usta.com
www.usta.com

Therapeutic Horse Back Riding Horses & Heroes – A division of McCormick Research Institute **PTSD Program**
Harmony Square Drive East
St. Cloud, FL 34773
Caity Wall 407-933-7433 ext 1
caity@mccormick.us

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Quad (wheelchair) Rugby Orange County
Clash Rugby

Bob Melia – clashrugby@gmail.com
321-663-4849
2801 North Apopka Vineland Rd
Orlando, FL 32818

Wheelchair Basketball Orlando WC Games

Joyce Prakke – President
321-689-6014 joyceprakke@gmail.com
2801 North Apopka Vineland Rd
Orlando, FL 32818

Fitness *possible out of pocket expenses *

Iron House Gym

Alan Colley – Owner
7970 Lake Wilson Rd
Davenport, FL 33896
407-450-1561 Ironhouse61@yahoo.com

Team Red, White & Blue

Sherri Moser - Orlando Chapter Captain
sherri.moser@teamrwb.org

Clermont CrossFit

Kyle Rattray – Owner
407-470-9236 kyle@clermontcrossfit.com

CrossFit Hunters Creek

Daniel Maldonado
Owner/Operator
407-960-9134 Daniel Maldonado
info@hunterscreekcrossfit.com
www.hunterscreekcrossfit.com

*Potential Funding for CrossFit/Gym
Memberships via Private Sector Grants:*

- Challenged Athletes Foundation <https://www.challengedathletes.org/programs/operation-rebound/>
- Catch a Lift Fund <https://catchaliftfund.org/gyms/>
- Guardian For Heroes <https://guardianforheroes.org/>
- Lift for the 22 <https://www.liftforthe22.org/>
- Disabled Sports USA <https://www.disabledsportsusa.org/>

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PGA Hope – Free 8-week Golf Lessons

Registration is required!

Dates and times TBD – please contact Christina Lafex for more information and to sign up.

Location of clinic: Royal St Cloud Golf Links, 5310 Michigan Ave., St. Cloud Fla., 34769

Adaptive Sports Equipment Requests

The veteran must have loss of OR loss of use of a lower extremity. Impaired balance and/or coordination usually associated with significant strength, ROM and/or sensory limitations per Physician documentation. The Adaptive Sports Program (ASP) sends equipment requests to Prosthetics for approval or denial. ASP will make requests for adaptive sports equipment based on VA Prosthetics Clinical Practice Recommendations (CPR) Information available at: VHA Prosthetic clinical management program's clinical practice recommendation for issuance of recreational and sports equipment

[https://www.prosthetics.va.gov/docs/Recreational and Sports Equipment.pdf](https://www.prosthetics.va.gov/docs/Recreational%20and%20Sports%20Equipment.pdf)

<https://vaww.infoshare.va.gov/sites/prosthetics/2641%20Information/Forms/AllItems.aspx>

VA nutrition resources:

nutrition <https://www.nutrition.va.gov>

Blogs

<https://www.blogs.va.gov/VAntage/53909/art-nourishment-va-dietitian-discusses-mindful-eating/>

move 101

https://www.move.va.gov/docs/NewHandouts/Nutrition/N05_EatingAtHome.pdf

Wellness

- Whole health -
<https://www.va.gov/PATIENTCENTRE/REDCARE/Veteran-Handouts/>
- Yantra/Mandala - a geometric diagram, or any object, used as an aid to meditation and as an advanced anti-stress therapy.
<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>
 - Creative arts
<https://www.blogs.va.gov/nvspse/national-veterans-creative-arts-festival/>
- Stress management - ways to relieve stress, ways of coping, workbook
https://www.prevention.va.gov/MP/T/2013/docs/ManageStressWorkbook_Dec2013.pdf
- Anger management -
<https://www.veterantraining.va.gov/aims/index.asp>. Anger diary
- Improved sleep
<https://www.veterantraining.va.gov/insomnia/index.asp#prettyPhoto>