

**Presented by the Department of Veterans Affairs and
Paralyzed Veterans of America**
National Veterans Wheelchair Games *The Games Shot* Newsletter
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Welcome to Denver

From Amanda S. Eckman, 2010 NVWG Chair

Welcome to our beautiful city, one mile above sea level. The Local Organizing Committee in Denver is honored to host the Games' 30th anniversary and wish you the very best during your stay. The week is full of surprises, unprecedented venues and an exhibition event like no other. We want you to enjoy our beautiful weather, reconnect with old friends, meet new and interesting people, and compete like you've never done before. As far as your hosts, our planning started with the synergy of strangers relying on the foundation of character. This group came together from all over the city with representation from the Mountain States Chapter of Paralyzed Veterans of America, VA Eastern Colorado Health Care System –including our community-based outpatient clinics and nursing homes, as well as the Health Administration Center and Veteran Benefits Administration. Every individual recognized the impact they could make on someone else's life

and the pride they had in the institutions in which they worked. Using this genuine and authentic energy, we planned together, stressed together and most importantly have put the Games together with Heart a Mile High. May you all know that you are cared for and that we are most proud that you are here with us in Denver.

3-2-1, Kick-off!

The 30th National Veterans Wheelchair Games (NVWG) formally begin today with the first demonstration sports event of the week. The Games Kick-off takes place this morning, at 11:30 a.m. The brief but fun event is being held on the Broadway Terrace in Civic Center Park, a few blocks from the Colorado Convention Center. This year's Kick-off will showcase quad rugby. This is a fast moving and hard hitting sport, where competitive spirit and inspirational desire to overcome will be as clear as the Colorado sky. The unmistakable qualities of will, perseverance and courage will be there for all to see.

The annual Games Kick-off is an exhibition event where VA and PVA leadership, major sponsors, key stakeholders and representatives from the Denver community salute our Veteran athletes. The event also creates an opportunity for members of the local media to gain firsthand experience and participate as wheelchair athletes. Registration and classification occur from 9 a.m. – 4 p.m. today as well, so register early, or register later, but roll on up to the 30th NVWG Games Kick-off. You'll leave revved up and ready to give your all as you go for the gold and strive to exceed your expectations.

In case of rain, the Kick-off will be held in the Colorado Convention Center, Hall C, at the same time.

Opening Ceremonies

After registration, come to the Athletes' Welcome Reception in the Hyatt Regency Centennial Ballroom starting at 4 p.m. After the reception, all athletes will parade through downtown Denver to the Opening Ceremonies at Civic Center Park. The parade departs at 7 p.m., and the Opening Ceremonies begin at 7:30.

Opening Ceremonies Program

- Welcome: Lynette Roff, Director, VA Eastern Colorado Health Care System
- Master of Ceremonies: Rick Crandall, Morning Show Host, AM Radio 1430
- Athlete Entrance
- Invocation
- Presentation of Colors
- Pledge of Allegiance
- National Anthem
- Introduction of Sponsors and Special Guests
- Remarks from Top VA and PVA Officials
- Athletes' Oath
- Lighting of the Torch

Enjoy this gala celebration to commemorate the 30th National Games!

Team Assignments

Team rosters for quad rugby, basketball, softball and power soccer are being completed today. Pick up your roster tomorrow morning at the Hyatt's Hospitality Desk or at breakfast.

It is very important that you know what team you are on so you can report to the correct venue at the right time. Pick up your team assignments as soon as possible to verify starting times and locations.

Quad Rugby Mini Clinic at 1 p.m.

A quad rugby mini-clinic will be offered today. We strongly urge you to attend, whether you are new to the sport or a longtime player. The rules and strategies of the game will be outlined by Dave Hosick, who is an expert QR player, a member of the Denver Harlequins National QR team and a U.S. Veteran. You will also get a chance to meet your three coaches, who are Paralympian quad rugby players and members of the Denver Harlequins. Please join us at the quad rugby court (Convention Center, Hall C) at 1 p.m. for a half-hour session. Please be on time so you don't miss any strategic game tips!

National Veterans Wheelchair Games Turn 30!

In 1981, when Wally Lynch, former director of recreation therapy service in VA Central Office, spoke with Muriel Barbour, then chief of recreation service at the VA Medical Center in Richmond, Va., about hosting a wheelchair sports event to recognize the International Year of Disabled Persons – no one imagined that 30 years later, the event would still be going on. No one could conceive that the number of participants would grow from 74 Veteran athletes from 14 states to more than 500 now, from virtually every U.S. state, Puerto Rico and Great Britain. What started out as a small, seven-event meet later became the largest annual wheelchair

sports event in the world. In its history, the event has touched thousands of lives and made an enormous difference in the way people perceive themselves and others. To quote Tom Brown, another of the original founders and VA's national director of the event, "Who would have thought that was even possible? And now, as we celebrate the 30th year of the Games, I am happy we can recognize the importance of this milestone."

Many people have helped make the Games what they are today. Paralyzed Veterans of America, when it joined with VA as co-presenter in 1985, took the Games to another level with the organization's expertise in event planning and marketing. "We have been truly honored to be such an integral partner in this event for so many years," said PVA's Director of Sports, Andy Krieger. "The Games are very important to our staff, our membership and PVA's leadership, not just now but every year."

This week, the daily Games newsletter, *The Games Shot*, will feature five quiz questions each day to see how much you know about the 30-year history of the National Veterans Wheelchair Games. So test your knowledge every morning and see how well you do!

Happy 30th Anniversary to the National Veterans Wheelchair Games!

Drink up!

Staying hydrated during your time in Denver will help prevent altitude sickness. Please remember to bring your reusable water bottle to all events and venues this week!

Menu

Breakfast on Monday will be served at the Hyatt Regency in the Centennial Ballroom. Lunch and dinner will be served at the Colorado Convention Center in Lobby B.

Family members may purchase meal passes by the day, week or breakfast only. Meal passes may be purchased during Registration. Costs range from \$13 for breakfast only to \$70 for the day. There are many places to eat in the Convention Center area as well.

Go Gourmet (located behind the hotel lobby) will be open during athlete meal times for family/guests to purchase food and dine with the athletes.

The only food provided today is at the Athletes' Reception in the Hyatt Regency Centennial Ballroom from 4 to 5:30 p.m.

Athletes' Reception Menu

Pre-set Family Style Salads

Western Chopped Salad – Corn, black beans, cucumber, tomato & jicama with chipotle ranch or roasted red pepper vinaigrette dressing; traditional cole slaw; potato salad

Family Style Entrees

Pulled BBQ chicken; pulled pork; traditional mac n' cheese; kaiser and brioche rolls

Platters of Petit Desserts

Petit rum cake; key lime tarts; cherry crunch tarts; lemon bars

Beverages

Water; Seattle's Best coffee, decaf; Tazo tea selection

Closing Banquet

The local organizing committee is delighted to cover the cost of the Closing Banquet ticket for athletes and qualifying coaches. Please pick up your complimentary ticket during Expo.

30th Anniversary Rings

As a special gift to the athletes of the 30th National Veterans Wheelchair Games, the local organizing committee is providing a keepsake ring for all competitors! The rings were crafted and designed by Black Forest Jewelry specifically for the 30th anniversary year of this great event.

Please make sure you stop at the Rings booth next to the Memorabilia booth in the C Lobby some time during the week to get your ring sized and ordered.

Special thanks to the Mountain States Chapter of PVA for helping to spearhead this great project!

Details, Details, Details...

Hospitality: Hospitality tables are located in the Hyatt Regency Hotel near the Altitude restaurant and in the Convention Center B Lobby at the Welton Street entrance. They will be staffed daily from 6 a.m. to 8:30 p.m.

Hospitality staff are wearing straw cowboy hats with a colorful bandana (or a military uniform). There will also be “On-the-Go” roving hospitality concierges. Welcome packets for athletes are available – stop and get one.

Lost and Found: Contact the Command Center, Convention Center Room 703, if you have lost (or found) something.

Medical Assistance: Hyatt Regency Hotel, Room 519 and in the C Mezzanine at the Convention Center. Normal hours are from 7 a.m. to 11 p.m. daily. For non-emergent medical attention after 11 p.m., please call the hotel operator. Medical staff are also available at each event, identified by their red t-shirt with a white medical cross on the back.

Durable Medical Equipment: Mineral Hall D/E at the Hyatt Regency Hotel. If you have DME needs, please pick up equipment when checking into your room.

Memorabilia items: Available throughout the week near the Awards table in Lobby C of the Convention Center. Stop by to pick up your favorite mementos of this great week!

Internet Café: Ten workstations are available at the Internet Café, located in B Lobby. Stop by to check your e-mail, Facebook or Games results! The Internet Café is open daily from 7:30 a.m. to 9:30 p.m. Special thanks to HP for making this service possible.

Main Wheelchair Repair Shop: Hyatt Regency Mineral B, C from 8 a.m. to 5 p.m., extended when necessary.

Invacare Minor Repair: Service for minor repairs will be available at the Convention Center venues and at all off-site venues Monday, July 5 through Friday, July 9. They operate 7 a.m. to 11 p.m.

Specialty (Sport Chair) Chair Corral: If you want to save space in your hotel room, you can store your specialty chair in the Chair Corral in Exhibit Hall C. Register your chair today from 8 a.m. – 4 p.m. You can claim your chair one hour before your event(s).

Emergency Repair: Service will be available by calling (720) 939-6633 or (303) 359-6244.

Transportation: Buses to off-site venues will be loaded outside of the Convention Center, B Lobby one to two hours before the start of an event. Buses accommodate six to ten wheelchairs. Specialty chairs will not be transported on athlete buses. Please check them into the specialty chair corral to be transported to events. Please cooperate with the volunteers when the buses are loaded and arrive on time! If you have an 8 a.m. start time, plan to be on the bus at 6 a.m. Breakfast begins at 5:30 a.m. for those early competitions.

NVWG Schedule

Time	Event	Location
Sunday, July 4		
9 a.m. – 4 p.m.	Games Registration & Expo	Colorado Convention Center (CCC), Exhibit Hall B
11:30 a.m.	Games Kick-off	Broadway Terrace, Civic Center Park
1 – 2 p.m.	Coaches' Meeting	CCC, C Lobby
2:30 – 3 p.m.	Novice Athlete Meeting	CCC, C Lobby
4 – 5:30 p.m.	Athlete Reception	Hyatt Regency Centennial Ballroom
5:30 - 7 p.m.	Parade Staging	CCC

Time	Event	Location
7 p.m.	Parade to Civic Center Park	Downtown Denver
7:30 – 9:30 p.m.	Opening Ceremonies	Greek Theatre, Civic Center Park
Monday, July 5		
7:30 – 8:30 a.m.	Late Registration	CCC, Room 705
8 a.m.	Bowling - IV,V	Brunswick Zone
8 a.m.	Quad Rugby- Game 1	CCC, Exhibit Hall C
8 a.m.	Table Tennis - II, III	CCC, Exhibit Hall B
8 a.m.	Motor Rally	Invesco Field at Mile High
10 a.m.	Quad Rugby – Game 2	CCC, Exhibit Hall C
1 p.m.	Bowling - II, III	Brunswick Zone
1 p.m.	Power Soccer - Games 1, 2	CCC, Exhibit Hall C
1 p.m.	Slalom - IA, B, C	CCC, Exhibit Hall B
1 p.m.	Nine-Ball - IV, V	CCC, Exhibit Hall B
4:30 – 7 p.m.	Dinner	CCC
6:30 p.m.	Basketball - Games 1, 2, 3	CCC, Exhibit Hall C
6:30 p.m.	Nine-Ball - IA, B, C	CCC, Exhibit Hall B
8 p.m.	Basketball - Games 4, 5, 6	CCC, Exhibit Hall C