



Hampton

CONVENTION & VISITOR BUREAU

Media Release

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Get Set 4 All Hosts Adapted Sports Day at Fort Monroe Community Center October 6

Hampton, Virginia- On Saturday, October 6, Get Set 4 All, Inc, in partnership with the Wounded Warrior Project, Hampton Parks & Recreation, and Mission Continues will present a one of a kind opportunity for Veterans, Wounded Warriors, Disabled, Able-Bodied, and family and friends at Adapted Sports Day, taking place at Fort Monroe Community Center (100 Stillwell Dr. Hampton, VA 23651), 9:00 a.m. – 4:00 p.m. The highly-anticipated event will offer demonstrations and opportunities for participation in a variety of adapted sports such as Sitting Volleyball, Wheelchair Basketball, Indoor Bocce, Outdoor Bocce, Yoga 4 All, Zumba and more.

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Representatives in attendance will include 418 Dive Center for adapted scuba diving, Virginia Beach Veterans Rowing, Youth Volunteers Corps of Hampton Roads, Firehouse Segway, Jt Grom of Virginia Beach, Women Veterans, Safe Harbor, and VA Hospital of Hampton.

Serious illness, injury, or adaptation can impact a person's way of life; and in some cases-- significantly alter his or her capabilities. Get Set 4 All's mission is to provide fitness and a team oriented environment for the adapted athlete, which is something that has been needed in our community. Complimentary lunch is included to those who register online.

Adapted Sports Day is free and open to the public. To register, visit <https://www.eventbrite.com/e/get-set-4-all-adapted-sports-day-at-ft-monroe-tickets-49514692779>. Complimentary lunch is included to those who register online.

Get Set 4 All, Inc. is a non-profit organization that promotes inclusion in the community by offering a variety of programs and adapted sport opportunities. Our programs are geared towards, but not limited to -- Wounded Warriors, Veterans, disabled adults and youth, seniors, caretakers, as well as their families and friends.

Warrior Games coaches, Linda Gomez and Andy Pai, have brought awareness to various Hampton Roads communities about their love and passion for adapted sports and for Wounded Warriors, Veterans and adapted athletes.

Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads

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metropolitan area. Hampton is the site of America's first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home to such visitor attractions as the Virginia Air & Space Center, Fort Monroe National Monument, Hampton History Museum, harbor tours and cruises, Hampton University Museum, The American Theatre, among others.

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