

## **VSI Disability Committee Report Jan. 28, 2017**

Emilia Scovel is spending the winter working with a stroke and conditioning coach at her neighborhood indoor pool. She will join the Dominion Valley Sharks this summer, and she plans to start therapeutic horseback riding at Sprout Therapeutic Riding in March, 2017.

Sean Harrington is still working at Chesapeake Regional Medical Center in the Materials Management Dept, and he is swimming 3 to 4 days per week, doing his own workouts that are 4,000 to 4,500 yards per workout.

Joseph Peppersack has been swimming with his year round team, Nova South. He is making plans now for his para swimming meets that he will attend this year. Joseph has added weightlifting to his daily workouts. He continues to teach younger children at the local YMCA. Joseph did take a break at the end of November and through December, as he was ill. Joseph was in the hospital for 4 days at the end of November, with three infections, that included pneumonia and an infection of his residual limb. Joseph is now back in the water and he is setting new goals for himself. Last Monday, Jan. 16<sup>th</sup>, he dropped 11 second off his previous time in the mile.

Samantha Tubbs has broken three (3) Paralympic American records in the last three months. She is now living and training full time at the Olympic Training Course in Colorado Springs. Samantha Tubbs is part of the USA Resident Team.

David Strider will attempt to attend a "Disability Awareness Class:" on March 4<sup>th</sup> in New Jersey, at Rutgers University

Respectfully submitted,

David Strider, Chair

VSI Disability Committee