

# Montgomery County, MD - Veterans Network Directory

## Recreation, Sports and Fitness

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This is a project of the Montgomery County Commission on Veterans Affairs.

To submit an update, add or remove a listing, or request an alternative format, please contact: [MCCVA@montgomerycountymd.gov](mailto:MCCVA@montgomerycountymd.gov).

### Catch A Lift (CAL)

<https://catchaliftfund.org>

1-855-496-4838 (Toll Free)

Non-profit organization that assists post-9/11 combat wounded Veterans from all over the U.S. with starting their healing process and maintaining their mental and physical health through gym memberships, in home gym equipment, personalized fitness and nutrition programs and a peer support network. CAL will pay the yearly membership for the wounded Veteran and buddy if needed, in compliance with the gyms and CAL's criteria.

### Disabled Sports USA – Warfighter Sports Program

451 Hungerford Drive, Suite 608  
Rockville, MD 20850

301-217-0960 (V)

Email: [info@dsusa.org](mailto:info@dsusa.org)

[www.disabledsportsusa.org/sports/warfighter-sports](http://www.disabledsportsusa.org/sports/warfighter-sports)

Provide adaptive sports to severely wounded warriors free of cost. Offers sports rehabilitation programs in military hospitals and communities across the U.S. through a nationwide network of over 100 community-based chapters. Warfighter Sports serves severely injured military, both active duty and veterans, with a permanent physical disability such as amputations, traumatic brain injury, spinal cord injury, visual impairments and significant nerve and muscle damage.

### Equine Therapy Associates

P.O. Box 59253  
Potomac, MD 20859

301-972-7833 (V)

Email: [director@equinetherapyassociates.com](mailto:director@equinetherapyassociates.com)

[www.equinetherapyassociates.com](http://www.equinetherapyassociates.com)

Horse riding as therapy. Therapeutic riding gently and rhythmically moves the rider's body in a fashion that enhances muscle strength, balance, and flexibility. The discipline, companionship, and routine of the partnership between horse and rider helps promote self-esteem, patience, and confidence. Free scholarships for wounded warriors through the Wounded Warrior Project. To qualify and be approved as a Wounded Warrior Project Alumni, a U.S. service member needs to have sustained a service-connected injury, illness or wound in mind or body co-incident to their military service on or after September 11, 2001.

### Fallen Outdoors

Michael Little, Team Lead

Email: [MD.Lead@thefallenoutdoors.com](mailto:MD.Lead@thefallenoutdoors.com)

David Shea, Assistant Team Lead

Email: [David.Shea@thefallenoutdoors.com](mailto:David.Shea@thefallenoutdoors.com)

<https://thefallenoutdoors.com/maryland/>

The Fallen Outdoors mission is to organize outdoor adventures for veterans past and present, from every generation and from all branches of the military. Our aim is to connect Soldiers, Airmen, Sailors, and Marines with like-minded individuals along with teaching them a skill and passion they can continue for a lifetime. The Fallen Outdoors has partnered with Zoey's Fowl Retrievers to bring the Hero to the Line project to the membership of The Fallen Outdoors. The mission of Hero to the Line is to pair veterans and/or service members with a working Labrador Retriever puppy that will help them develop a lifelong love of the outdoors.

## Game Hunting & Fishing Licenses - Maryland Department of Natural Resources

Licensing and Registration Service  
580 Taylor Avenue  
Tawes State Office Building / C-1  
Annapolis, Maryland 21401

1-877-620-8367 (Toll Free)

<http://dnr.maryland.gov/Pages/licensing.aspx>

100% service-connected disabled veterans and former POWs may obtain free lifetime hunting and fishing licenses. Maryland residents serving in the United States Armed Forces and stationed in Maryland must purchase a Resident Hunting License before hunting, unless they are on official leave and possess a copy of their official leave orders. Maryland residents serving in the United States Armed Forces, while hunting during official leave in Maryland, do not need to purchase a hunting license, deer stamps, or Department of Natural Resources Managed Hunt Permit; however, they must purchase a Maryland Migratory Game Bird Stamp, a federal Migratory Bird Hunting and Conservation Stamp, and a Furbearer Permit.

## Heroes Movement

Email: [mike@heroesmovementusa.org](mailto:mike@heroesmovementusa.org)  
[www.heroesmovementusa.org](http://www.heroesmovementusa.org)

Non-profit that bridges the gap from therapy – whether mental or physical – to getting stronger again through small group coached strength and conditioning workouts for any Veteran of the United States Armed Forces at no cost. Heroes' Movement maintains partnerships with like-minded gyms across the country. Reach out to participating gyms to schedule sessions. The vet does not have to be a member of the gym. Training sessions are offered up to four times per week.

**Participating gym:** Onelife Fitness in Olney ([www.onelifefitness.com/gyms/olney](http://www.onelifefitness.com/gyms/olney)).

## Jump For Valor

Email: [info@jump4valor.org](mailto:info@jump4valor.org)  
<https://jump4valor.org/>

Charitable organization that strives to offer military veterans, including combat, retired and disabled veterans, access to a community that brings them joy, a sense of freedom, and something they can participate in and enjoy with friends and family. Skydiving provides a unique environment with many therapeutic and positive effects. Offering skydiving tandem experiences and official Accelerated Freefall (AFF) certification classes to qualified veterans through USPA certification programs; educating veterans about the opportunities for obtaining skydiving qualifications; and facilitating the AFF qualification process of veterans by coordinating trips to USPA-certified dropzones within the United States.

## Maryland State Park Passes - Golden Age Pass and Universal Disability Pass

Maryland Department of Natural Resources  
Maryland Park Service  
580 Taylor Avenue, E-3  
Annapolis, Maryland 21401

1-877-620-8367 (Toll Free)

<http://dnr.maryland.gov/publiclands/Pages/goldenage.aspx>  
<http://dnr.maryland.gov/publiclands/Pages/udpfaq.aspx>

The **Golden Age Pass** is a free, lifetime pass for certain State Park services and facilities. To be eligible, you must be 62 years of age or older. The Golden Age Pass is good for free entry (cardholders only) into all State Parks that have service charges to enter. The boat launch fee at Maryland State Parks is eliminated for seniors who possess a Golden Age Pass. This pass is valid for half price camping, Sunday through Thursday (excluding holidays), but cannot be used for rentals or other facility use service charges that may apply. The **Universal Disability Pass** entitles free lifetime entry to State Parks for individuals with disabilities. The pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests, where there are service fees associated with entrance.

### National Veterans Summer Sports Clinic (NVSSC) – U.S. Department of Veterans Affairs

Leif Nelson, Acting Director

202-632-7133 (V)

Email: [Sports4Vets@va.gov](mailto:Sports4Vets@va.gov)

[www.va.gov/opa/speceven/ssc/index.asp](http://www.va.gov/opa/speceven/ssc/index.asp)

Clinic promotes rehabilitation of body and spirit by teaching summer sporting activities to veterans with significant physical or psychological impairments. Offers such sports as surfing, sailing, kayaking, track and field, and cycling to veterans who are newly injured from amputations, traumatic brain injuries, post-traumatic stress disorder and other neurological disorders, all benefiting from the therapeutic environment offered at the clinic. Events offered will vary yearly. Hosted by the VA San Diego Healthcare System.

### OPERATION: CAMPOUT! – Maryland Park Service

Christina Holden, Contact

410-260-8155 (V)

Email: [cholden@dnr.state.md.us](mailto:cholden@dnr.state.md.us)

[http://dnr.maryland.gov/publiclands/Documents/operation\\_campout.pdf](http://dnr.maryland.gov/publiclands/Documents/operation_campout.pdf)

The Maryland Park Service, in partnership with The North Face: Explore Your Parks, offers OPERATION: CAMPOUT! at selected state parks throughout the summer. This program is designed specifically for active duty military, veterans and their families who are new to camping or experienced campers. This is an opportunity for families to reconnect with each other and the great outdoors in a comfortable, safe and relaxing setting. Choose from five Maryland State Parks including Patapsco Valley State Park, Pocomoke River State Park, Rocky Gap State Park, New Germany State Park or Swallow Falls State Park. MPS will lend you gear free of charge including a tent, chairs, stove, lantern and more. Campsites have picnic tables and campfire rings. Bathrooms and hot showers are within walking distance.

### Outward Bound School - Baltimore Chesapeake Bay

Email: [info@outwardboundbaltimore.org](mailto:info@outwardboundbaltimore.org)

410-448-1721 (V)

<http://outwardboundbaltimore.org/programs/veterans>

Non-profit outdoor, adventure-education organization. Provide combat veterans and active duty service members the opportunity to work on emotional difficulties that combat related experiences have caused in dramatic wilderness settings. Adventures are physically, mentally and emotionally challenging and seek to bolster the self-confidence, camaraderie, pride, trust and communication skills necessary to successfully return to families and communities following war-time service. Courses are available tuition and travel-expense free.

### Paralyzed Veterans of America – Adaptive Sports

Ernie Butler, Director of Adaptive Sports and Recreation

202-746-8603 (V)

801 Eighteenth Street, NW

Washington, DC 20006-3517

Email: [ernieg@pva.org](mailto:ernieg@pva.org)

[www.pva.org](http://www.pva.org)

Congressionally chartered Veterans service organization. National wheelchair games, boating and fishing, shooting sports, billiards, bowling, and fitness programs. Open to all individuals with disabilities, including people with amputation, traumatic brain injury, post-traumatic stress disorder, or neurological disorders such as Multiple Sclerosis or Amyotrophic Lateral Sclerosis. Only the National Veterans Wheelchair Games are exclusively for military veterans. Membership is free to any Veteran of the U.S. Armed Forces with an honorable discharge.

### Project Healing Waters Fly Fishing, Inc. (PHWFF)

<https://projecthealingwaters.org/programs/locations/national-capital/>

301-830-6450 (V)  
1-866-251-7252 (Toll Free)

Dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings. Program provides basic fly fishing, fly casting, fly tying and rod building classes, along with clinics participants ranging from beginners who have never fished before, to those with prior fly fishing and tying experience who are adapting their skills to their new abilities. All fly fishing and tying equipment is provided to the participants at no cost. Fishing trips, both one day and multi-day, are also provided free of charge to participants. PHWFF is unique in that our volunteers are teaching classes on an on-going, long term basis. It is much more than a one day fishing trip. For many participants, particularly disabled veterans, the socialization and camaraderie of the classes are just as important as the fishing outings and provide them a new activity.

### Salute to Military Golf Association (SMGA)

Dan Pflieger, Executive Director  
John Reviere, Manager Golf & Equipment  
Argyle Country Club  
14600 Argyle Club Road  
Silver Spring, MD 20906  
Email: [john@salutemilitarygolf.org](mailto:john@salutemilitarygolf.org)  
Email: [info@salutemilitarygolf.org](mailto:info@salutemilitarygolf.org)  
[www.smga.org](http://www.smga.org)

301-500-7449 (V)

Non-profit corporation whose mission is to provide rehabilitative golf experiences for post-9/11 wounded war veterans in an effort to improve the quality of life for these American heroes. **Warrior Golf Program** brings the game of golf to even the most severely injured. SMGA's golf clinics form a true community, with each chapter or affiliate expressing their own unique personality and feel. SMGA clinics promote camaraderie among warriors and encourage family centered activities. On occasion, clinics extend beyond the mechanics of the golf swing to include related topics such as golf-specific exercise training, nutrition, and community service. The SMGA clinic program is structured to challenge any golfer, whether beginner or single-digit handicap. The social interaction and networking opportunities that exist through the game of golf are unmatched in any other sport and provide a vehicle for integration back into the civilian community. SMGA believes the rehabilitative benefits of golf can improve the mental and physical condition of each and every wounded soldier returning from combat. SMGA provides golf equipment, lessons, and playing opportunities for combat-wounded American soldiers injured in Iraq and Afghanistan. SMGA golf clinics are designed for wounded and injured servicemen and women who are in the midst of their recovery and transition from hospital to home-life or back to active duty. The **American Golfer Program (AGP)** affords participation in SMGA to wounded warriors who are not located within close proximity to one of our clinic locations. This program matches post-9/11 wounded warriors with PGA of America professionals familiar with teaching adaptive golf. Through the program, SMGA offers a series of private golf lessons covering all aspects of the game of golf. SMGA provides a custom-fitted set of clubs to any warrior completing the program.

### Saratoga War Horse

Email: [info@saratogawarhorse.org](mailto:info@saratogawarhorse.org)  
[www.saratogawarhorse.org](http://www.saratogawarhorse.org)

518-886-8131 (V)

National non-profit organization dedicated to helping military veterans and servicemembers struggling with any negative impacts stemming from their military service. Veterans and servicemembers who have served or are serving in any Military branch including Reservist and National Guard are welcome from anywhere in the U.S. and its territories no matter where or how long they served. There is no cost to participate in Saratoga WarHorse's 3-day program. Transportation to 1 of our 3 program locations, lodging, and meal expenses are 100%-paid by donations. After their racing careers end, off-the-track thoroughbreds find a new and meaningful career helping Veterans with Saratoga WarHorse. These retired racehorses benefit greatly from the program.

### **Soldier Ride – Wounded Warrior Project**

[www.woundedwarriorproject.org/programs/soldier-ride](http://www.woundedwarriorproject.org/programs/soldier-ride)

1-877-832-6997 (Toll Free)

Provides adaptive cycling opportunities across the country to help wounded warriors restore their physical and emotional well-being. Find information on upcoming rides around the country and how to get involved. Wounded Warrior Project provides equipment and support to participating injured service members at no cost to the warrior.

### **Team Red, White and Blue (RWB)**

[www.teamrwb.org](http://www.teamrwb.org)

#### **Team RWB Washington DC**

Chu Pak, Chapter Contact

Email: [chu.pak@teamrwb.org](mailto:chu.pak@teamrwb.org)

<https://www.teamrwb.org/chapter/team-rwb-washington-dc/>

#### **Team RWB Frederick**

Kevin McGlynn, Chapter Contact

Email: [kevin.mcglynn@teamrwb.org](mailto:kevin.mcglynn@teamrwb.org)

<https://www.teamrwb.org/chapter/team-rwb-frederick-md/>

Connect America's veterans to their communities through physical and social activity. Chapters host regular fitness activities, social gatherings and community service events, and facilitate building strong local connections with members and organizations within the community. New mobile application gives Veterans real-time access to local events like running, hiking, cycling, yoga, functional fitness, rock climbing, rucking, mountain biking and much more.

### **Team River Runner**

5007 Stone Road

Rockville, MD 20853

Email: [info@teamriverrunner.org](mailto:info@teamriverrunner.org)

[www.teamriverrunner.org](http://www.teamriverrunner.org)

301-534-4877 (V)

Non-profit that encourages "health and healing" for wounded servicemembers, veterans and their families through paddling programs across the country. Offer a wide variety of environments, from flatwater paddling to guided water adventures. Can accommodate almost any disability with adaptive boats and gear. Outtasight program works with blind and visually impaired Veterans to teach them paddle sports.

### **VA Adaptive Sports Program – Veterans Health Administration**

Leif Nelson, Acting Director

Email: [Sports4Vets@va.gov](mailto:Sports4Vets@va.gov)

[www.va.gov/adaptivesports](http://www.va.gov/adaptivesports)

202-632-7133 (V)

Motivate, encourage and sustain participation and competition in adaptive sports among disabled Veterans and members of the Armed Forces through partnerships with VA clinical personnel as well as national and community-based adaptive sports programs. The [Sports Club Finder](#) connects you with community-based programs, including Paralympic Sports Clubs that have been developed to provide sports programming and physical activity opportunities for disabled Veterans along with youth and adults with disabilities, regardless of skill. All programs and activities at these organizations are based in the community and are run by the local organization.

### **Veterans Expeditions**

Email: [info@vetexpeditions.com](mailto:info@vetexpeditions.com)

[www.vetexpeditions.com](http://www.vetexpeditions.com)

719-792-2055 (V)

Veteran-led, 501(c)(3) chartered non-profit organization whose mission is to empower veterans to overcome challenges associated with military service through outdoor training and leadership. Create an outdoor community that builds trust, comradeship, and support networks among veterans during trips and in their home communities. Create opportunities for employment in the outdoor industry and related fields. Improve the veteran's quality of life.

## Warrior Expeditions

Sean Gobin, Founder and Executive Director

Email: [info@warriorhike.org](mailto:info@warriorhike.org)

<https://warriorexpeditions.org>

Walk Off The War program is designed to support veterans transitioning from their military service by thru-hiking America's National Scenic Trails. Veterans participating in the "Walk Off The War" Program receive various forms of support during and after their thru-hike. First, veterans receive the necessary equipment and supplies required to complete a thru-hike of a National Scenic Trail. Next, Warrior Hike coordinates trail town support with the numerous veteran organizations and local communities that are located along the National Scenic Trails. Trail town support includes transportation, food, and lodging in addition to providing the opportunity to socialize with veterans from past wars and local community groups. Lastly, Warrior Hike assists veterans with future employment opportunities offered by the numerous supporters of the "Walk Off The War" Program and by partnered veteran job placement companies and veteran hiring services. Any veteran who has served in a combat zone and who has been honorably discharged is eligible to submit an application to Warrior Expeditions.

## Wounded Warrior Tennis

Dr. Karl Lee, NSCA-CPT, ITPA-Certified Tennis Performance Specialist,

301-366-1351 (V)

Tennis Instructor USPTA

Email: [karl.lee@verizon.net](mailto:karl.lee@verizon.net)

<https://iambearlee.wixsite.com/website-2www>

[www.facebook.com/TennisVeterans/](http://www.facebook.com/TennisVeterans/)

Non-profit organization that trains military Veterans in the game of tennis so they may better reintegrate into public life. Offer, at no cost to the participants, coaching, court time, balls, training equipment, and racquets for use. Teach Mondays from 12pm to 2pm at the Quince Orchard Swim and Tennis Club at 16601 Roundabout Drive, Gaithersburg, MD 20878, and in the Kentlands, 485 Tschiffly Square Road, Gaithersburg, MD 20878.