

GETTING INJURED VETERANS AND FIRST RESPONDERS  
BACK INTO THE GAME OF LIFE THROUGH SPORTS



## WHAT IS OPERATION REBOUND?

CAF's Operation Rebound® program strengthens the mental and physical well-being of veterans, military personnel, and first responders with permanent physical injuries by providing them opportunities to use sports and fitness to reintegrate into our communities and by empowering them through sports.

Through Operation Rebound-specific grant requests and sport clinics, CAF is there to support our service members from Frontline to Finish Line.

- Open to active duty, veterans of all eras, and first responders.
- Individual grants fund adaptive sports equipment, training, and competition expenses across all 50 states and over 100 different sports.
- Grantees can participate in any adaptive sport or recreational activity at the time and place of their choosing.
- Adaptive sport clinics provide opportunities to learn, push the limits, and connect with a powerful and supportive community.
- Focus on integrating athletes into sporting activities that include athletes with and without physical disabilities.



## THE NEED

A large number of service members and first responders are injured in the line of duty. Many return home with severe injuries – loss of multiple limbs, paralysis, and brain injuries. Operation Rebound supports our troops by providing grants for things the VA does not fund, in addition to supporting first responders who do not have access to VA services.

- Most Operation Rebound beneficiaries are low-income earners, living on Social Security or earning under \$25k annually.
- Adaptive equipment, travel, and training can cost thousands of dollars, making sports participation untenable without support.
- After 9/11, the program was expanded to include first responders who risk their lives on a daily basis.
- \$2.5 billion of VA medical costs are directly attributable to treating preventable ailments associated with weight and obesity.
- Veterans who suffered major service-related injuries are 2X more likely than their comrades to have difficulty readjusting to civilian life, and 3X more likely to suffer from post-traumatic stress.

## THE IMPACT

Service members and first responders are trained in resiliency, discipline, and teamwork, making adaptive sports an ideal form of rehabilitation. Operation Rebound's tailored support allows individuals to determine their own course towards healing, promoting independence and self-reliance in other aspects of their lives.

More long-term impacts of Operation Rebound services include:

- PTSD symptom reduction
- Improved health and lowered risk of chronic diseases associated with obesity
- Decreased use of medication and mitigated healthcare costs
- Increased social and emotional well-being in community reintegration
- Focus on ability and renewed sense of inner strength
- Increased potential for employment

## WHY IT MATTERS



“Operation Rebound changed me and saved my life. Adapting to life as an amputee was horrific for me, and at the most pivotal moment, CAF stepped in to show me what I was capable of doing.”

- Chele Teabout, Grant Recipient, Former Corrections Officer



“The opportunities afforded to me as a challenged athlete through Operation Rebound have allowed me to compete in events that I never thought possible before. This program taught me that there are no limits to the goals I set for myself.”

- Sean Simonson, Grant Recipient, Emergency Preparedness Director (Fire Department), Former Firefighter

## FY 2018 + 2019 STATS

**\$468,000**  
Grant Funding For  
Military Support

**334**  
Grantees

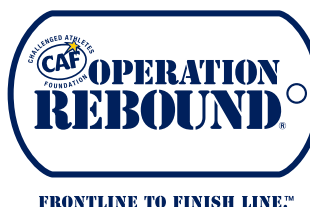
**37%**  
New Grantees

**18**  
Female Grantees

## PROGRAM GROWTH

Since 2004, Operation Rebound has empowered over 2,400 injured troops and first responders to excel in life through sports. The program experiences a 30% average grant request growth rate each year; in the next three years, Operation Rebound has committed to empowering more than 1,500 injured troops and first responders through sports and a healthy lifestyle.

To meet CAF's growing demand and provide each athlete with impactful support, we need your help to expand the program budget. You can make a significant difference in the lives of injured veterans, military personnel, and first responders by donating to Operation Rebound. Join us today!



[challengedathletes.org](http://challengedathletes.org)  
501 (c) (3) Tax ID #33-0739596