

Squaw-Alpine to host veterans for adaptive ski event

As part of the third annual Military to the Mountains program, Squaw Valley Alpine Meadows will welcome 22 injured military veterans to stay and ski March 11-17.

The Military to the Mountains program was created by the High Fives Foundation and is a collective effort between High Fives Foundation, Adaptive Training Foundation, Reno, Achieve Tahoe and Squaw Valley Alpine Meadows.

The Military to the Mountain program is organized by the High Fives Foundation whose mission is to provide resources and inspiration to outdoor sports athletes who suffer life-altering injuries. Private contributions, corporate sponsors and funds raised through the sale of the Squaw Valley Alpine Meadows active military pass (raised \$174,000 in 2017) make the program financial possible.

Prior to arriving to the slopes, 22 injured veterans participate in nine-week program hosted by High Fives Foundation and Adaptive Training Foundation, with the goal of readying their bodies for adaptive skiing lessons. Fifteen athletes train at the Dallas-based Adaptive Training Foundation, founded and operated by retired NFL linebacker, David Vobora. The mission of the Adaptive Training Foundation is to empower the human athlete, restore hope through movement, and redefine the limits of individuals with disabilities. Their role in this effort is to train military veterans who have been severely injured to be physically ready for adaptive skiing lessons. The remaining seven athletes split their nine-week training regimen between the city of Reno, Parks, Recreation and Community Services Department and High Fives Foundation, with the same goal of readying their

bodies for adaptive skiing lessons.

Following the nine-week training, High Fives and Adaptive Training Foundation bring the 15 Texas athletes to Reno on flights hosted by American Airlines to meet up with the seven local athletes. All 22 athletes will then stay in the Village at Squaw Valley and ski at Squaw Valley and Alpine Meadows with Achieve Tahoe adaptive ski instructors.