



AMVETS **Hawaii**

Adaptive Sports & Fitness Program

Quarter 4 Newsletter | July – September 2026

VA Adaptive Sports Grant Program | **FAIN: SPORTS-25-025**



1,032

total activity
check-ins

▲ 24% vs Q3



~190

unique participants
checked in



380

check-ins in July

NEW RECORD



297

fitness assessments
delivered



76

adaptive sports
sessions · 228 hours



Quarter 4 at a Glance

In Quarter 4 (July – September 2026), AMVETS Hawaii closed out the grant year with its **strongest quarter yet**: 76 sessions across eight adaptive sports, including Saturday **CrossFit and strength**.

Veterans logged **1,032 activity check-ins** — up 24% over last **quarter** — and July set a new program record with 380. Coaches delivered **297 fitness assessments**, trained 134 Veterans on assistive technology, and provided 159 transportation and accessibility supports.



What We Delivered



Adaptive Fitness & Sports Readiness

1,032 check-ins · 76 sessions · 228 hours



Fitness Assessment & Goal Setting

297 assessments · 109 July · 108 August · 80 September



Assistive Technology Training

134 Veterans trained this quarter



Transportation & Accessibility Support

159 Veterans supported to reach sessions



Adaptive Sports & Fitness ohana · Ewa Beach



Adaptive athletes



Yoga & mobility



Power walking

“The AMVETS Adaptive Sports & Fitness Program in Ewa Beach, HI enables me to train competitively while meeting me where I am at.

— Garrett Kuwada · U.S. Veteran, Adaptive Athlete



Program Highlights, Outcomes & Grant-Year Close

Quarter 4 | July – September 2026

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Month-by-Month Snapshot

July 2026 **RECORD**

380 activity check-ins

27 sessions, including 4 Saturday CrossFit & strength

109 fitness assessments · 47 assistive tech trainings

70 transportation & accessibility supports

August 2026

349 activity check-ins

25 sessions, including 5 Saturday sessions

108 fitness assessments · 63 assistive tech trainings

62 transportation & accessibility supports

September 2026

303 activity check-ins

24 sessions, including 4 Saturday sessions

80 fitness assessments · 24 assistive tech trainings

Grant year closed Sept 30 with all deliverables complete



Q4 Engagement by Activity

Adaptive Fitness & Sports Readiness

1,032

Fitness Assessments

297

Transportation & Accessibility

159

Assistive Technology Training

134

Check-ins and Veterans served, July – September 2026



Outcomes & Impact

Participation up 24% quarter-over-quarter — 1,032 check-ins vs. 829 in Q3, from about 190 Veterans.

New single-month record — July's 380 check-ins topped June's previous record of 322.

Annual goals exceeded — 2,576 session attendances (goal 2,565); assistive tech training at 154% of goal.

Award fully delivered — \$452,600 expended at 4.31% admin; Q4 and final reports filed Oct 1.



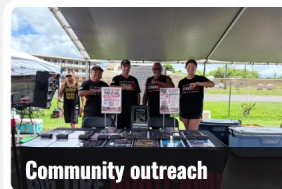
Rock wall climbing



Field hockey



Adaptive fitness



Community outreach



Veteran outreach



Looking Ahead

The SPORTS-25-025 grant year closed September 30, 2026 with every deliverable complete. AMVETS Hawaii remains committed to **adaptive fitness and sports readiness**, fitness assessments, and **transportation & accessibility support** for Veterans across Oahu.

AMVETS Hawaii remains committed to improving independence, well-being, and quality of life for Veterans with disabilities across Hawaii.

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