

VETERANS & ATHLETES UNITED

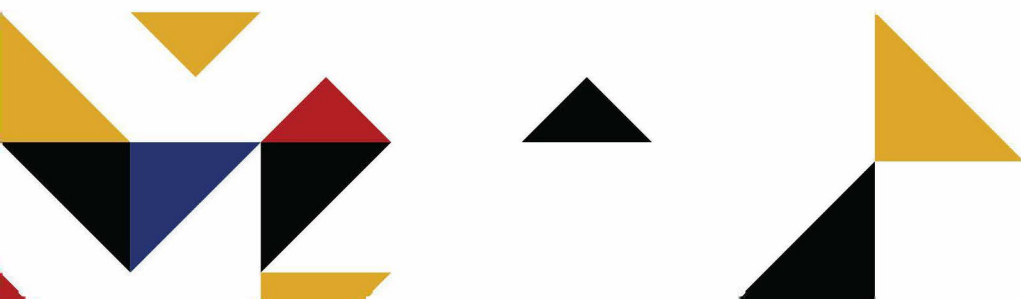
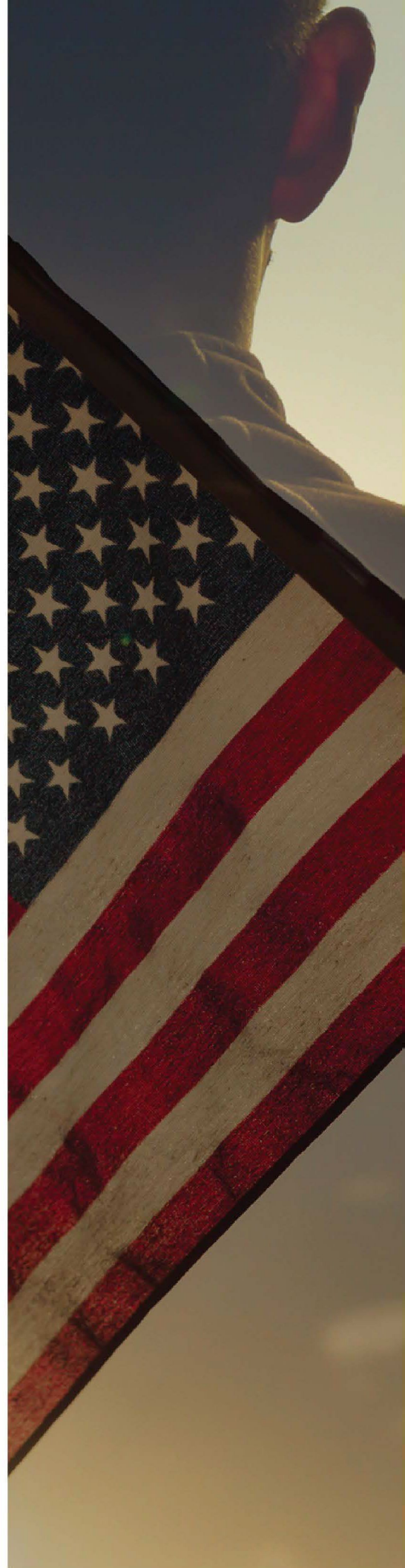
Sponsorship Opportunities



About Us

VAU is an all-volunteer 501c3 non-profit run by veterans. We cover our less than 5% overhead costs through board donations to maximize every donated dollar towards our programs and those we serve. Founded in 2013 with a mission to empower wounded, injured and ill veterans to fully live their lives and honor our fallen military heroes.

When a veteran is first wounded, injured or ill, they go through a lengthy process of healing which is unique for every individual. We at VAU personally understand this all too well. We have found that through recreation, athletics and wellness retreats this recovery process is greatly improved. By participating in a sport or activity you have been told you may never do again - or staying at a retreat with others who are going through a similar situation - you can learn and regain hope. These experiences are what we at VAU are dedicated to providing for veterans with disabilities of all wars.



Our Leaders

Founder James Howard

James Howard (CPT, ret) medically retired as an Army Captain after numerous combat injuries and a stateside injury that left him a quadriplegic. He considers his injury "a blessing by misfortune" which led him to start VAU and another nonprofit REACHcycles to support veterans and children with disabilities.

Board of Directors

VAU is run by a diverse and passionate group of veterans and local business leaders committed to supporting service members and their families. It has been our honor to support over 6000 since the beginning of VAU.



James Howard



Kelli Petersen



Clay Grogan



Franklin Bell



Sedwick Price



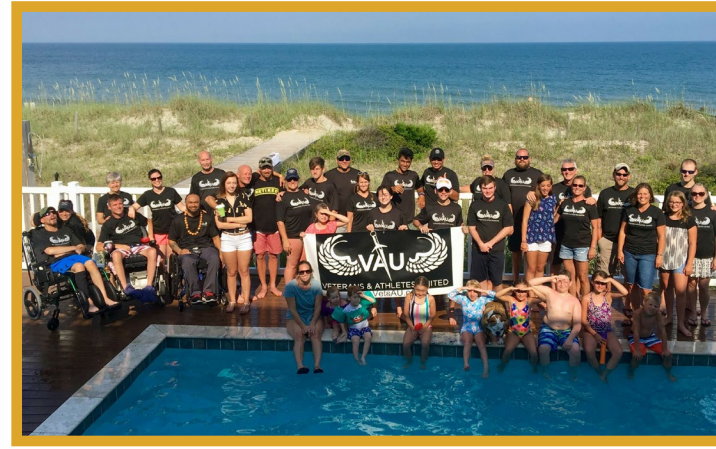
Tom Ashmore

What We Do

Accessible Retreats

VAU offers accessible wellness retreats throughout the Mid-Atlantic region from the beach to the mountains-bringing together vets, their families, and caregivers for a much-needed respite from their day-to-day challenges and struggles.

Retreats are no cost to the veteran which includes lodging, travel, and activities.



Adaptive Sports & Recreation

We provide life-changing opportunities to veterans with disabilities through our internal programs and a series of service partnerships. VAU presents veterans with athletic and recreational challenges to empower them to achieve athletic goals beyond their disabilities.

We support veterans to participate in numerous nationwide adaptive sporting events, providing grants for equipment as well as travel support. Allowing them to continue learning from others and improving mental and physical strengths. We also hold hunting, skydiving, and fishing events throughout the year.

Fallen Heroes Memorial

The 2nd part of our mission is to honor our fallen heroes from the War on Terror as well as their gold star families. We completed the 1st Fallen Heroes Memorial in 2018, which is an American Flag designed out of over 7000 dog tags. It has traveled to 85+ locations nationwide to bring awareness of these heroes, educate future generations and provide a place to heal.

We recently completed the 2nd memorial flag that travels to more locations in central and western regions of the US.



Sponsorship Opportunities

Here are some ways you can support VAU, the veterans we serve and their families

Adaptive Recreation & Sporting Grants

\$5,000 to \$12,000 Funds will sponsor a group retreat to our Carolina beach or Boone, NC fully accessible properties. Is supporting in all inclusive experience including activities and travel for 6 families.

\$3,000 Sponsors a single family retreat to any of our 25 properties throughout the mid Atlantic.

\$800 Meal for Up to 50 veterans at a Richmond retreat for our monthly BBQ/Fishing/massage therapy gatherings.

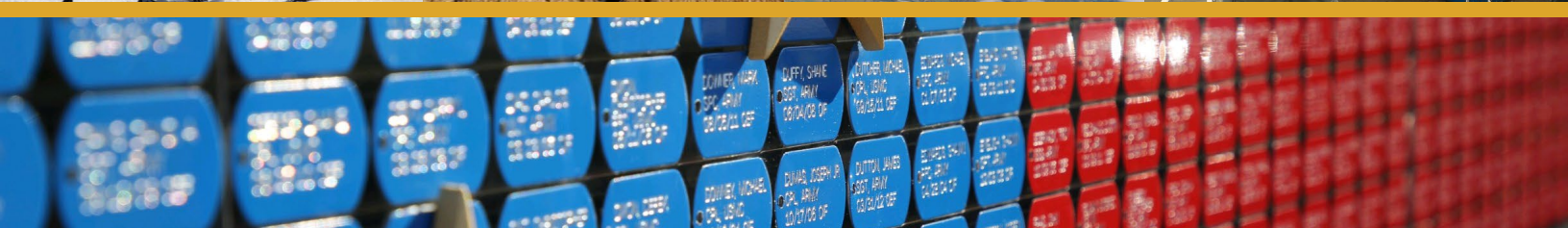


Here are some ways you can support VAU, the veterans we serve and their families

\$1,500 Provides a sports grant for a veterans equipment (bike, archery bow, air rifle, etc.) or travel (flight or lodging) to participate in wheelchair games, winter sports clinic, warrior games and many other adaptive sporting events.

\$250 Covers a skydive for one veteran to include pictures and video with a trained tandem skydive instructor.

A collage of five images showing veterans participating in various activities. From left to right: a man in a red helmet and black ski gear with a yellow bib number 179 is skiing down a snowy slope; a group of seven men in various outdoor gear are posing behind a black banner that reads 'GVAU VETERANS & ATHLETES UNITED www.vet.org'; a man in a red shirt and black helmet is skydiving over a patchwork landscape; a woman in a black t-shirt with the GVAU logo is smiling while holding a large catfish on a boat; and a man in a black t-shirt with the GVAU logo is also on the boat, holding a fishing rod.



\$250 Covers quality engravings for 40 dog tags to add to our memorial flag as well as continued maintenance.

Contact Us



Your tax-deductible donation makes a statement to the community
and nation that we support our veterans and their families.
On behalf VAU and all those we serve, thank you!

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