



CATCH A RISING STAR

Mentorship • Mobility • Motivation

DEAR PROGRAM PARTICIPANT:

Thank you for requesting information about the Challenged Athletes Foundation's (CAF) *Catch a Rising Star* program. It is our goal to provide you with a supportive, positive and active environment that will help you in your pursuit of physical fitness and sports. It is our mission to provide you the opportunities and support you need to reach your goals.

Program Goals:

- To provide a fitness mentorship program for individuals with physical challenges wanting to become more active through physical activity.
- To create a fun, interactive, non-threatening environment that allows aspiring challenged athletes a chance to set and reach sports goals and interact with role model athletes that have similar physical challenges.
- Create a community where challenged athletes can connect, share information and get emotional support from other more experienced challenged athletes and adaptive specialists.

Program Description:

Catch a Rising Star provides access to resources and clinics to people of all ages, athletic levels, and almost all physical challenges. Past CAF grant recipients and ambassadors of sport serve as the mentors and role models for the next wave of challenged athletes.

Eligibility:

Catch a Rising Star is for all physical challenged people who desire a balanced life of work, family, friends and fitness. Whether you desire to learn to ride a bike, handcycle, rock climb, swim, run, engage in winter sports, compete in a triathlon, or just remain fit, this program will provide you the opportunities, knowledge and confidence you need to pursue an athletic life.

Challenged athletes may also sign up for our eNewsletter to receive bi-monthly information regarding CRS and more. You may sign up by going to the following link:

<http://echo.bluehornet.com/phase2/survey1/survey.htm?CID=zuenax>

CAF currently conducts clinics in California, New York, Chicago, Texas, Virginia and Florida with the intent of expanding the program every year.

If you have any further questions, please contact Jill Prichard at 858-526-6567 or jill@challengedathletes.org



CATCH A RISING STAR

Athlete Information

(please print clearly)

First Name: _____

Last Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Phone: () _____ Date of Birth: _____ Age: _____

Do you have access to a computer and the Internet? Yes No

E-Mail: _____

Have you ever served in the military, law enforcement or fire protection? _____

If under 25, does/did a parent serve in the military, law enforcement or fire protection? _____

Disability Information

Your physical disability? _____ Date of disability _____

How did you acquire your physical disability? _____

Do you have any secondary disabilities? Yes No

If yes, please list _____

What adaptive sports equipment do you currently use?



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Sport Information

What level of fitness do you consider yourself to be in currently? (*circle one*)

Beginner Intermediate Advanced Elite

What, if any, fitness related activities did you participate in before your disability?

What, if any, fitness related activities have you participated in since your disability?

We want you to get the most out of your experience in the *Catch a Rising Star* program. Please help us know what you wish to gain from this program:

- Learn a specific Sport Mentorship Camaraderie
- Explore adaptive fitness options Learn about adaptive equipment
- Clinic and Festival information and participation

Other _____

Please check your interest(s) from the list of possible Clinics that you would attend if offered in your area:

- Running
- Triathlons
- Swimming
- Adventure Sports (rock climbing, skateboarding)
- Winter Sports
- Water Sports
- Wheelchair Sports (basketball, rugby, football, handcycling etc.)
- Cycling
- Multi-Sport Festivals

Other _____



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Goals

What are your fitness goals you wish to pursue? *(Be very specific)*

Why is this your goal? *(Again, be very specific)* _____

Please send/fax your completed application to:
Challenged Athletes Foundation
Attn: CATCH A RISING STAR
PO Box 910769
San Diego, CA 92121
Tel 858.866.0959/Fax 858.866.0958
www.challengedathletes.org

If you have any questions regarding the *Catch a Rising Star* Program
 Please contact Jill Prichard at: jill@challengedathletes.org