



Jonathon swimming laps

Catch a Rising Star Clinic - Spring Update

The Challenged Athletes Foundation's (CAF) Catch a Rising Star (CRS) spring clinics continue with great success. From first time swimmers to seasoned pros, the CRS swim clinic held at the Jewish Community Center (JCC) in La Jolla, CA on April 19th had a little something for everyone. CAF also held a running and mobility clinic at the Hanger Multi-Sport Festival on May 17 in Downey, CA that included over 20 participants and an all-star coaching staff.

Renowned swim coach, Alan Voisard, lead 15 participants split between four 45 minute sessions during the pool clinic at the JCC. Highlights included first time swimmer Jonathon, an above-the-knee amputee who swam full laps by the end of his session. All the while seven year-olds Cameron and Cody, both above-the-knee amputees, had a blast during their swim with 2004 and 2008 Paralympic Gold Medalist (200IM) Rudy Garcia-Tolson.

The CRS running and mobility clinic at the Hanger Multi-Sport Festival was a fun afternoon for all. There were over 20 participants, eight of which had never attended a similar clinic before. Balance mobility techniques, learning confidence in your prosthetic and agility drills were lead by an all-star coaching staff provided by Ossur. Coaches and mentors in attendance were Sarah Reinertsen, Scout Bassett, Jeff Skiba, John Siciliano and Jami Goldman-Marseilles. It closed with a friendly little competition in the form of a relay race between all of the participants and coaches, with Team Skiba taking the win!

Mark your calendar for the next three clinics or [click here](#) to view the entire 2009 clinic schedule (see below).

June 4-6: Open water swim clinic in Miami, FL

June 13: Accenture Multi-Sport Festival in New York, NY

June 26: Wheelchair Triathlon Training Clinic in Lubbock, TX