

Catch a Rising Star Clinics in Full Swing

Two-down and plenty to go... On February 22, CAF held its second-ever Catch a Rising Star (CRS) Rock Climbing clinic at Solid Rock Gym in Poway, CA. Twenty-three challenged athletes and seven volunteers enjoyed a morning of climbing, camaraderie and face-to-face mentorship at one of our most popular events of the year.

Last year, newly injured athlete, Mark Browne attended the clinic as his first introduction into sports and to CAF. CAF helped Mark set and reach his sports and fitness goals through additional clinics and mentorship through our CRS program. This year, Mark returned the favor by acting as a mentor to 15-year-old challenged athlete Robert Ram of Rancho Santa Margarita, who suffers from a similar disability as Mark. They met for the first time after a month of emails and phone calls – thus, completing the circle for Mark of becoming a mentor himself.



On March 15, CAF's held its other very popular clinic, the CRS Running and Mobility Clinic for leg amputees at the La Jolla Country Day School. More than 20 participants, including challenged athletes, physical therapists and prosthetists enjoyed a morning of mobility drills, running instruction, camaraderie and face-to-face mentorship at this informative and effective clinic.

A highlight of the event was the opportunity for a double-above-the-knee amputee, 7-year-old Cameron Lutges and his family, to meet and train with Rudy Garcia-Tolson. Not only did Rudy and Cameron build an instant connection, but Rudy's Mom Sandy was able to educate the Lutges family on the technology available to help Cameron reach his athletic goals.

The next CRS clinic is just around the corner... Mark your calendar for the Swim Clinic on April 19, hosted by the Jewish Community Center in La Jolla. Download the event flyer here: <http://www.challengedathletes.org/pdfs/SwimFlyer.pdf>. Click here to view the entire 2009 Clinic Schedule: <http://www.challengedathletes.org/pdfs/CatchaRisingStar2009Calendar.pdf>.