



## Operation Rebound Online Training Grant Request

This application is to receive 4 months of personalized online coaching in the disciplines of swimming, biking & running.  
**A completed Operation Rebound Application must be submitted along with this form**

The Challenged Athletes Foundation has partnered with World Class Challenged Athlete, Paul Martin, at Amplitude Multisport to offer select Operation Rebound participants the opportunity to train with Paul's online assistance. Please answer just a few more questions on this supplemental application only if you are interested in applying for this training opportunity. CAF is committed to helping you reach your athletic goals – whether it's finishing your local 5K, your first triathlon or taking the first steps towards Paralympic gold. Online training applicants must first be members of our Operation Rebound Program. Before submitting this "interest" application, please fill out the more extensive Operation Rebound application in order to determine final eligibility requirements.

What makes you a good candidate for this specific (Online Coaching) program? \_\_\_\_\_

---

---

---

Do you have access to email? \_\_\_\_\_

How will this specific online coaching program help you with your training goals? \_\_\_\_\_

---

---

---

Please provide a short narrative on anything else that might help us evaluate your need for this online Coaching opportunity. \_\_\_\_\_

---

---

---

---

---