



OPERATION REBOUND

DEAR PROGRAM PARTICIPANT:

Thank you for requesting information about the Challenged Athletes Foundation's (CAF) Operation Rebound 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.

For the past 13 years the Challenged Athletes Foundation has provided stipends to athletes with physical challenges to help fund the adaptive equipment needed to pursue sports – such as prosthetic feet, racing wheelchairs, handcycles, training and more. CAF is here to support your sports endeavors. Through Operation rebound, CAF is taking the next step in helping you pursue your goals in sports and fitness through a program based on mentoring and expert sports instruction.

WHAT IS THE Operation Rebound PROGRAM?

Operation Rebound is a program of the Challenged Athletes Foundation, designed to provide post rehabilitation support and mentorship to American service members and veterans who have suffered a traumatic injury resulting in an amputation or loss of use of limb(s). This mentorship program will provide the next step in recovery by giving permanently disabled service members a starting block from which to return to an active and physically fit life.

Operation Rebound provides access to resources for injured service members and veterans of all ages, athletic levels, and almost all physical challenges. Past CAF grant recipients and sports "ambassadors" serve as mentors and role models for you, the next wave of challenged athletes.

Operation Rebound offers participating military service members and veterans the following benefits:

- Opportunities to receive personalized online coaching in the disciplines of swimming, biking and running from an accredited coach;
- Access to an on-line forum and message board where our challenged athletes can connect and share information on training techniques, adaptive equipment and technology, as well interact with mentors;
- Opportunities to receive stipends for extra equipment, training, or expenses for competitions
- Opportunities for participation in CAF's premier event – the San Diego Triathlon Challenge.

If you'd like to be a part of Operation Rebound, start by filling-out the attached application.





ATHLETE APPLICATION

General Information

(PLEASE PRINT)

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: _____ Male Female

What branch of the military did/do you serve?

USMC USCG NAVY ARMY USAF USNG

RANK? _____ Are you currently active duty? _____

If NO, do you have plans to return to active duty? _____

If YES, are you returning with any restrictions? _____



Disability Information

What is your physical disability? (please check all that apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> Below Elbow (BE) Amputee | <input type="checkbox"/> Below Knee (BK) Amputee | <input type="checkbox"/> Paraplegic |
| <input type="checkbox"/> Bilateral BE Amputee | <input type="checkbox"/> Bilateral BK Amputee | <input type="checkbox"/> Quadriplegic |
| <input type="checkbox"/> Above Elbow (AE) Amputee | <input type="checkbox"/> Above Knee (AK) Amputee | <input type="checkbox"/> Blind/Visual Impairment |
| <input type="checkbox"/> Bilateral AE Amputee | <input type="checkbox"/> Bilateral AK Amputee | <input type="checkbox"/> Traumatic Brain Injury |

List specific physical disability (optional) _____
(i.e.: right below knee amputee, T10 Paraplegic)

Date disability occurred? _____

How did you acquire your physical disability? (Please check one):

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> I.E.D./Landmine | <input type="checkbox"/> Enemy Fire | <input type="checkbox"/> Vehicle Accident |
| <input type="checkbox"/> Other (describe) _____ | | |
| _____ | | |
| _____ | | |

Do you have any secondary disabilities? Yes No

If yes, please list _____

If known, what adaptive equipment, limitations, or special needs might you use/need?



Sport Information

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

Beginner

Intermediate

Advanced

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 Operation Rebound program. Please help us know what area(s) you wish to focus on the most:

- | | |
|---|--|
| <input type="checkbox"/> Fitness | <input type="checkbox"/> Learn to Jog/Run |
| <input type="checkbox"/> Learn to Swim | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Triathlon | <input type="checkbox"/> Adventure Sports (rock climbing, skateboarding) |
| <input type="checkbox"/> Surf/Kayak | <input type="checkbox"/> Hike/Off Road Hand Cycle |
| <input type="checkbox"/> Water Ski/Sit-Ski | <input type="checkbox"/> Wheelchair Sports (basketball, rugby, soccer) |
| <input type="checkbox"/> Weight Training/Core Balance | |

Other _____



Goals

What fitness goals do you wish to pursue through Operation Rebound?

(Be very specific) _____

Why is this, your goal? *(Be even more specific)* _____

How will Operation Rebound help you to reach your goals? *(Again, be very specific)* _____

Please send your completed application to:

Challenged Athletes Foundation

Attn: Operation Rebound

PO Box 910769, San Diego CA 92121

Tel. (858) 526-6564 Fax. (858) 866-0958

If you have any questions regarding the Operation Rebound Application/Program

Please contact Nico Marcolongo at: nico@challengedathletes.org