



## HIGH SCHOOL ADAPTIVE SPORTS

PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

# PRACTICE TRACKING AND CHALLENGE SUBMISSION

## 2021 HIGH SCHOOL ADAPTIVE SPORTS PROGRAM

### PARAMETERS / DETAILS

- Submissions are due every **Sunday at 7PM EST / 10PM PST**.
- Each weekly challenge completed will earn you one raffle ticket for entry into an awesome prize pool that will be drawn at the end of the six-week program.
- In order to get credit for you challenge, you must complete the form for the respective week and discipline (videos are optional).
- You may upload 1-5 videos. Please limit your submissions to five minutes long or less for each challenge (please try to condense into shorter / fewer videos if possible!).
- Please remember to wear a CAF shirt and post practices and challenges on social media by tagging @cafoundation and using the hashtag #CAFHighSchoolSports.

### NOTEABLE INFORMATION

- If you have signed up for multiple disciplines, you are only eligible to receive one raffle ticket per week, but we still encourage you complete and record the challenges for all disciplines you are registered for!
- Some weekly challenges cannot be measured in text – for example week one wheelchair racing challenge is transferring from everyday chair to racing chair, which is not measurable. In this case, the form will ask you if you have completed your challenge, check “yes” or “no” based off of your participation.

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PROGRAM RESPONSE FORM  
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