



JOIN CHALLENGED ATHLETES FOUNDATION FOR AN ADAPTIVE TRACK & FIELD PROGRAM

- **Who:** High School and Middle School students with a physical disability in grades 6 – 12
- **What:** CAF Pre-Season High School Para Track & Field Program
- **When:** Sunday mornings from January 13th – February 17th. 10 a.m. – 12 p.m.
- **Where:** Clairemont High School - 4150 Ute Dr., San Diego, CA 92117

Did you know?

Students with a physical disability can compete on their high school Track and Field team. The California Interscholastic Federation (CIF) offers para-track and field events at the State Championships in May and students can earn points for their school by competing at the State meet if they post a qualifying standard during the regular season.

Join us:

Challenged Athletes Foundation (CAF) is conducting a 6-week Track & Field pre-season program for students in San Diego to help you get ready for the 2019 season!

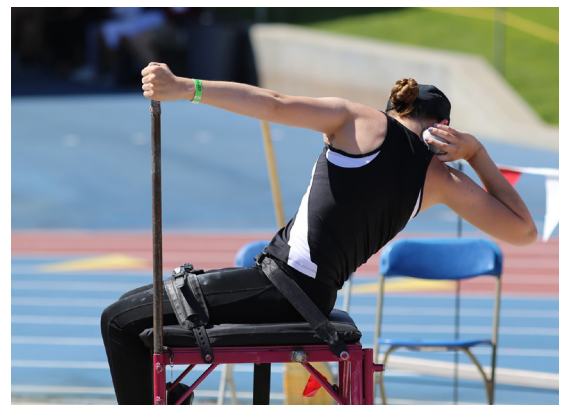
- Open to students of all experience levels.
- Get introduced to track & field.
- Gain Basic skills.
- Improve your technique to help improve qualifying standards.

The program will be coached by Paralympians, National Team members, and coaches from SDSU Adapted Athletics. Athletes will learn skills to compete in the following track & field disciplines:

- Ambulatory and Seated Shot Put
- Wheelchair Racing – 100m, 200m, and 400m distances
- Ambulatory Racing – 100m, 200m, and 400m distances

Athletes may bring their own racing wheelchair or throwing chair for practices. If a student does not have their own equipment, CAF will provide equipment needed to participate in the program. Don't miss this opportunity to get ready for the 2019 Track & Field season! You can put on your high school's uniform and be a part of the team.

Learn more at <http://support.challengedathletes.org/trackandfield>



For more information, please contact Patrick Lawrence – patrick@challengedathletes.org