



Race 4 Chase Westwood YMCA

The Race 4 Chase program is in our 4th year here at Camp Westwood. The program was designed by the CMAK (Chase Michael Anthony Kowalski) Foundation in an effort to turn tragedy into triumph. Chase Kowalski's life was taken too soon on December 14th 2012 in the Sandy Hook Elementary School tragedy. In this specific Race 4 Chase programs participants take part in a 6 week program learning to improve swim, bike and running activities culminating in a triathlon at the end of the 6 weeks. This 6 week program is free of charge with hours from 8:30am-12pm. The program is made free of charge in hopes to expose as many children as possible to the sport of triathlon. With this in mind The Westwood YMCA believes we can best serve this mission by limiting the number of alumni participants. The program starts July 6th concluding with the race on August 16th.

In this program participants will receive daily coaching in all three disciplines (swimming, biking and running) Focusing on healthy lifestyles and eating habits participants will gain a better understanding of taking care of their mind and body. We have equipment (bikes, bike helmets etc.) available to who may not have their own.

There is an option for participants stay at camp after the 12pm portion of training has ended. For \$95.00 per week participants can stay at camp until 4:15pm taking part in a traditional camp program (field games, crafts, teambuilding and recreational swim.) Extended camp options in the morning and afternoon are available for additional costs. The Race 4 Chase program is not an alternative to traditional or specialty camp options. Families will be notified by May 1st of their status in being admitted to the program.

In an effort to serve as many participants and families in our community as possible we are introducing these standards to our program.

- Preference will be given to first time participants
- Commitment to 6 weeks of the program
- Personal commitment to be challenged physically 5 days per week
- Participants must be able to participate in the final triathlon on Sunday August 16th.
- Identify and display the core values of the YMCA and CMAK program.
- We will have 25 participants- 10 alumni spaces and 15 new participants

Please fill out the second page with the full summer camp registration to submit to the main office. Applications can be dropped off to the 2093 Harkney Hill Road office in Coventry or emailed to lstyles@ymcapawt.org

Participant Section:

Childs Name _____ Birth Date ___/___/___ Sex (M/F)
Address _____ City _____ Zip _____
Parents Name _____ Cell phone # _____

Email _____ Home phone # _____

Honestly respond to the following questions so your child's needs can be fairly evaluated.

Please describe your child's activity level and frequency:

What is your child's swimming ability (please check)

- _____ Not sure haven't seen them swim
_____ Beginner (Doggie paddles, or swims comfortable for 15 yards)
_____ Intermediate (swims free style 1/2 the pool length, face in water)
_____ Advanced (swims free style full length of pool, breathing on both sides properly)

What is your child's biking ability (please check) _

- _____ Has never ridden a bike before
_____ Beginner (training wheels/needs assistance)
_____ Intermediate (can ride independently)
_____ Advanced (has been riding independently for 1+ years)

How would you describe your child's overall health?

What are your child's favorite activities?

How will your child benefit from participating in this program?

Can attend all 6 weeks: YES

NO

Note: _____