



Race 4 Chase Westwood YMCA

The Race 4 Chase program is in our 5th 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. Race 4 Chase participants take part in a 6-week program where they will swim, bike and run, culminating in a triathlon. The program is free of charge with hours from 8:30am-12pm. The mission of CMAK Foundation is to expose as many children as possible to the sport of triathlon. The Westwood Y will work diligently to accommodate past participants, while honoring the mission of the Foundation.

Participants will receive daily coaching in all three disciplines (swimming, biking and running), as well as healthy living and eating habits. We have equipment (bikes, bike helmets etc.) available for those 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 also available for an additional cost. The Race 4 Chase program is not an alternative to traditional or specialty camp. Please trust that we will do our absolute best, despite limited spots, to welcome as many participants as possible.

Alumni registrations are due back by Wednesday, March 24th.

In our efforts to continue the excellence of the Race 4 Chase tradition, all participants must adhere to the following:

- A full commitment to the 6-week program
 - Starts Tuesday, July 5th- Friday, August 13th
- Participants must be able to participate in the final triathlon date: Sunday, August 15th in Fort Adams, Newport RI.
- Personal commitment to be challenged physically 5 days per week
- Identify and display the core values of the YMCA and CMAK program.
- We will have 30 participants- 15 alumni spaces, 15 new participants
- Must be open to having an absolute blast, and creating lifetime memories.

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

Participant Section:

| | | | |
|---------------|------------|--------|------|
| Child's Name | DOB | Female | Male |
| Address | City | State | Zip |
| Parent's 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?