



The Challenged Athletes Foundation® presents the Craig Hospital Camp Discovery



Who:

Women from 20-years-old and up who have been affected by an injury or disease of the spinal cord (spinal cord injury, multiple sclerosis, polio, amyotrophic lateral sclerosis, spina bifida or other diseases), requiring the use of a wheelchair. The only prerequisites are an open mind, willingness to try new activities and desire to achieve. Participants should be in good physical condition and be able to participate in most activities.

What:

Camp Discovery helps women who have disorders of the spinal cord redefine themselves to live strong, productive and happy lives by:

- ❖ Building self-esteem
- ❖ Inspiring a positive body image
- ❖ Creating a personal network and support system
- ❖ Encouraging physical fitness



Camp Director

In one instant, on September 17, 2000, Tricia Downing went from competitive cyclist to a paraplegic and full-time wheelchair user. Her life was changed forever, but Tricia's

competitive spirit and zest for life continued on. Through her experiences in both rehab and racing, Tricia has overcome adversity and learned what it takes to perform at the top of her game. Now as a world-class physically challenged triathlete, Tricia travels the globe racing and sharing her message of strength and perseverance. Redefining Able.

As an Iron distance triathlon (2.4-mile swim, 112-mile bike, 26.2-mile run) finisher, Tricia knows that life is an endurance sport.

As a result, Tricia and CAF have created Camp Discovery to help other women, affected by injury or disease, to reinvent themselves and find joy following a new path. Camp Discovery is your opportunity to spend time developing your mind, body and spirit connection, so that you too can Redefine Able.



Why:

Camp Discovery is the place where you leave your limits behind and discover a new freedom. Our activities are designed to reach your mind, body and spirit, helping you tap into an inner peacefulness and place of confidence, security and self-acceptance. This two-and-a-half day, all women's camp is designed to teach both mental and physical fitness, while creating lasting friendships with women who have had similar experiences and obstacles. It is your safe haven to have fun and be supported by others who understand your journey.

*Open your mind to new possibilities. Grow. Achieve.
Support and be supported.*

Camp Discovery is all about you and your next adventure.

Where:

Housing for Camp Discovery will be at a unique boutique hotel, The Curtis (www.thecurtis.com) in downtown Denver.

When:

July 15-18, 2010—Travel plans should be made so that participants arrive by 4 p.m. on Thursday, July 15 and depart by noon on Sunday, July 18.

Cost:

\$300, includes meals, program fees, and t-shirt. Housing provided by CAF.





Camp Discovery Registration Form

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell phone: _____

Email: _____ T-shirt size _____

Emergency contact: _____ Phone number: _____

Briefly describe disability: _____

Are there any medical considerations or restrictions we should know about in reference to fitness activities? (spinal fusions, rods, shunts, limited mobility or weakness in arms, other limitations):

Mobility: Uses manual wheelchair Uses power wheelchair

Self Care: All participants must be able to address personal care (toileting, bathing, eating, transfers and medications). You may have an aide accompany you. Aides must pay own hotel expenses if staying in a separate room from the participant, as well as meal costs. Please contact Camp Director if you will have someone accompanying you to camp. **SHOWER BENCHES WILL BE PROVIDED. ELEVATED COMMODE SEATS WILL NOT BE PROVIDED.** The hotel has limited roll-in showers and will be assigned **in order of registration receipt**. If you do not need a roll-in shower, please do not request one. Rooms without roll-in showers will have tubs with bath benches and shower hoses.

Camper must have roll-in shower Camper can make transfer from chair to shower bench within bathtub

I will have an aide/assistant/guest with me I will attend camp on my own

Physician: _____ Phone number: _____

Insurance Provider: _____ Policy #: _____

Food allergies/dietary restrictions: _____

Swim ability: non-swimmer beginner intermediate advanced

Cost = \$300 (Make checks payable to: Redefining Able, Inc.) Mail registration forms to: Tricia Downing, Redefining Able, Inc., 761 S. Emporia Street, Denver, CO 80247

Camp Activities (Please rank the camp activities in the order of your preference (we will do our best to get you in your 1st choice activities, but your requests will be processed **in the order of registration**).

FRIDAY ACTIVITIES (Rank 1-2) _____ Tour of accessible home and horseback riding _____ Swimming

SATURDAY ACTIVITIES (Rank 1-2) _____ Handcycling _____ Tennis