

# //DARE2TRI **CAMP**

**ACTIVITY BOOK**

In partnership with:

**MOVE  
UNITED**

# TABLE OF CONTENTS

<b>Camp Kickoff Activities (April 5-9)</b> .....	<b>3</b>
Beach Ball Bump .....	3
Jumping Jacks/Arm Jacks Challenge .....	4
Simon Says.....	4
Adaptive Sports Gallery .....	6
Fitness Word Search.....	10
<b>Paralympic Week Activities (April 12-16)</b> .....	<b>11</b>
Sitting/Standing Paddle Ball .....	11
Beach Ball Volleyball.....	12
Wheelchair Basketball.....	13
Paralympic Sports.....	14
Coloring Activity.....	15
<b>Paratriathlon Week Activities (April 19-23)</b> .....	<b>16</b>
Swim-Bike-Run Practice .....	16
Types of Cycles .....	18
Crossword Puzzle.....	20
Design Your Own Medal .....	22
Coloring Activity.....	23
Design Your Triathlon Suit .....	24
Team USA Para Athletes.....	25
<b>Carnival Week Activities (April 26-30)</b> .....	<b>32</b>
Hallway Bowling .....	32
Ring Toss .....	33
Baseball Pitching.....	34
Coloring Activity.....	35

# CAMP KICKOFF

## APRIL 5-9

Welcome to camp! This week's activities include Beach Ball Bump, a Jumping Jacks/Arm Jacks Challenge, and Simon Says. Practice these challenges throughout the week and track your progress using the charts in this book.

---

### BEACH BALL BUMP

The challenge: Keep the beach ball in the air for as long as possible!

- Bump the ball into the air continuously and see how many bumps in a row you can get without hitting the ground.
- Record your highest number of consecutive bumps below.

	Tuesday	Wednesday
Number of Bumps		

COLOR ME!



# TYPES OF CYCLES

---

## UPRIGHT ROAD BIKE

This bike is designed for traveling on the road or any paved surface. You will find people riding these as racing bikes or everyday bicycles.



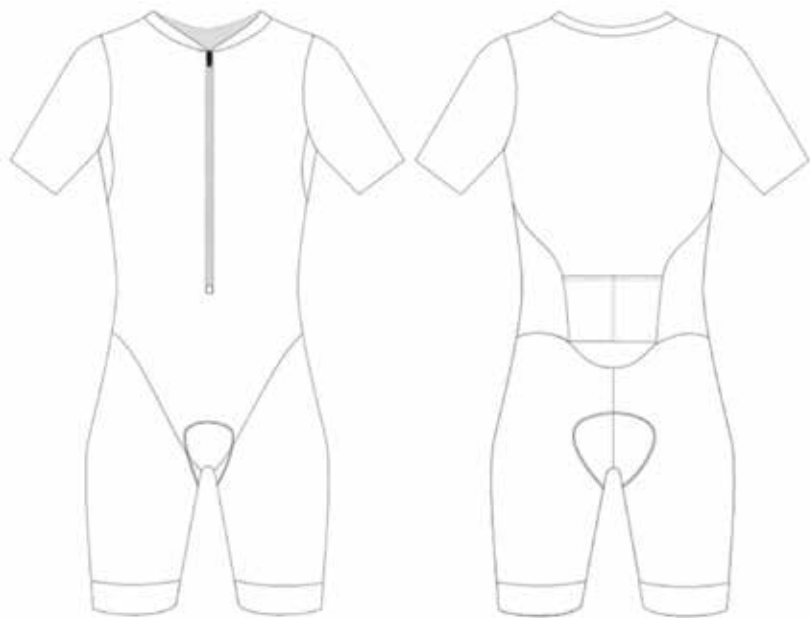
## TANDEM BIKE

This bike is designed for athletes with a visual impairment. The pilot sits in front and steers the bike as the athlete with the visual impairment sits behind the guide.

Both pedal at the same time to produce momentum. You will see people riding these as racing bikes or everyday bikes.



# DESIGN YOUR TRIATHLON SUIT



# TEAM USA PARA ATHLETES

---

## KENDALL GRETSCH

**Sports:** Nordic Skiing & Paratriathlon

### **Career Highlights**

- 2x Paralympic gold medalist (Nordic Skiing)
- Three-time ITU Paratriathlon World Champion (2014, 2015, 2016)
- 2014 USA Triathlon Paratriathlete of the Year



Kendall, who was born with spina bifida, grew up swimming and competed on her high school's swim team. Kendall currently competes in cross country skiing and biathlon during the winter and paratriathlon in the summer. She made her Paralympic debut as a winter-sport athlete, winning two gold medals in Nordic skiing at the PyeongChang 2018 Paralympic Winter Games.

She became involved in triathlon after her sophomore year of college, after she was encouraged to join a local paratriathlon club, Dare2tri, while at a swim practice. In 2014, Gretsches was named the USA Triathlon Female Paratriathlete of the Year, and in 2015 she was nominated for an ESPY for Best Female Athlete with a Disability.



## **CONTACT THE COACHES**

Coach Dan: [dan@dare2tri.org](mailto:dan@dare2tri.org)

Coach Shawna: [shawna@dare2tri.org](mailto:shawna@dare2tri.org)

Coach Ryan: [ryan@dare2tri.org](mailto:ryan@dare2tri.org)

## **VISIT OUR WEBSITE**

[www.dare2tri.org](http://www.dare2tri.org)

## **FOLLOW DARE2TRI**

