

Capital City Marathon Association 2016 Grant Award

Dec. 10, 2015

The Capital City Marathon Foundation awarded its first grant to the Bears and Wolves Swim Camp, an opportunity sponsored by the Black Hills High School Booster Club and staffed by swim coaches and girls swim team members from Olympia High School and Black Hills High School.

The \$1,800 grant will provide increased pool hours and reduced participation fees, expanding access to the swim camp for high school girls, as well as camp opportunities for middle school girls in each high school service area. Elements of nutrition and physical well-being will be presented during the camp by licensed athletic trainers, local orthopedists and life coaches.

The swim camp is a cooperative effort involving the North Thurston High School Swimming Pool, Lacey Parks and Recreation, Olympia and Black Hills girls swim teams, and the Black Hills High School Booster Club.

For 35 years, the Capital City Marathon Association (CCMA) has put on what is now the longest-running marathon in the South Sound. In 2011, the CCMA established a foundation through the Community Foundation of South Puget Sound to award grants to Thurston County groups that promote healthy lifestyles through exercise and nutrition. We hope the Bears and Wolves Swim Camp is the first of many worthwhile community projects the Capital City Marathon Foundation Fund can assist.