



2014 Gold Star Teen Adventure 50KM Freedom Swim To Support Gold Star Teen Adventures

The 2014 Gold Star Teen Adventure Freedom swim will take place on Nov 10 – 11, 2013 at Founders Park in Islamorada, FL MM 87 bayside. A total of 8 relay swimmers consisting of military active and retired service members and one military spouse will swim a total of at least 50 KM in 24 hours.

The event will help raise funds to support the Gold Star Teen Adventures camps for 2014. Gold Star Teen Adventures is a foundation that provides healing, mentorship, character development and opportunities to children of special operations Service Members who lost their lives in the line of duty.

Gold Star Teen Adventure's history started in Iraq in 2007 when Kent Solheim, the founder and executive director of Gold Star Teen Adventures, was severely wounded. Through his road to recovery, Kent experienced emotional healing through his interaction with other Wounded Warriors. He also knew that had he not made it home, he would have wanted for his children to know the caliber of men he had worked with, and wanted them to have the opportunity to be a part of unique and enriching experiences. It was based on these premises that Gold Star Teen Adventures was formed.

The program is for family members of fallen U. S. military special operations service members, consisting of Army Special Forces (Green Berets), Army Rangers (75th Ranger Regiment), the 160th Special Operations Aviation Regiment, 95th Civil Affairs Brigade, 4th MISOC, Navy Small Boat Teams, Navy SEALs, Air Force Combat Controllers, Air Force rotary and fixed wing squadrons, and Marine Corps special operations personnel.

Gold Star Teen Adventures 2014 Camps

Trident Dive Club Adventure SCUBA Camp

Adventure SCUBA 2014 is an opportunity for Special Operations Gold Star Families to earn their PADI Open Water Dive Certification in the beautiful blue waters of Tavernier, Florida Keys. Families will spend five days SCUBA

diving, swimming with dolphins, and other water activities that will surely be one of the highlights of participants' summer.

Trident Dive Club Adventure SCUBA Alumni Bonaire 2014

Trident Dive Club Adventure SCUBA Alumni Bonaire 2014 is for our alumni divers to earn their PADI Advanced Open Water Certification in the SCUBA diving mecca of Bonaire. Bonaire boasts some of the finest diving in the world with shore diving, beautiful reefs, and abundant fish life. Divers will experience the wonders of night diving; wreck diving, and shore diving.

Adventure Outdoors Camp 2014

Adventure Outdoors 2014 is a unique outdoor and leadership experience for Special Operations Gold Star High School Juniors and seniors. The purpose of the camp is to help prepare teens for the transition to college and career by equipping them with leadership training and character development opportunities. Special Forces Instructors will train teens on basic survival and mountaineering skills. Throughout training, teens will be faced with challenges that they will solve and complete as a team. At the completion of training, teens will test their survival skills in the Appalachian Mountains and will experience world-class white water rafting in the beauty of North Carolina.

Adventure Sailing Camp 2014

Adventure Sailing promises to be an exciting week of learning how to sail and enhance leadership and teamwork skills. This camp is for Special Operations Gold Star High School Juniors and seniors. Like our Outdoor Adventure Camp, the purpose of the camp is to help prepare teens for the transition to college and career by equipping them with leadership training and character development opportunities. Teens will spend the first days of the camp learning how to sail on smaller watercraft through hands on training and classes. Upon completion of training, teens will set sail as a team for a multi-day sailing adventure along the Texas coastline

For more information, sponsorship or to donate please visit our website <http://gstadventures.org> or contact Kent Solheim at kgsolheim@gstadventures.org