

## **JOHN CHALLIS COURAGE FOR LIFE PROGRAM SPORTING EXPERIENCE PROGRAM**

The John Challis Courage for Life Foundation was established in May 2008 to provide sporting opportunities for student athletes with life-threatening illnesses. At the age of 16, John Challis was diagnosed with [Hepatocellular Carcinoma \(HCC\)](#), an adult form of liver cancer. He was diagnosed at Stage 4 of this cancer (which had already spread to his lungs) and survived an amazing 26 months of life after aggressive chemotherapy treatments.

John's outlook on life was one of true inspiration. He stated that God had given him this disease because he was strong enough to handle it and felt that he could help others by spreading his message of courage.

One of John's quotes that he said repeatedly was:

***It's not how many breaths you take, it is what you do with each breath you do take.***

John did plenty with each of his daily breaths especially when he was sick. He had wonderful sporting opportunities presented to him during his fight with cancer, and he made it known that he wanted to provide the same experiences for other teenage athletes with life threatening illnesses involved in school sponsored interscholastic sports; thus, the formation of this foundation!

When John was asked in June 2008 how he would like to be remembered, he paused...and then said, "Maybe some guys sitting around....and someone says, 'Remember John Challis? ...he was someone who tried his best no matter what he was doing.'" And that is John's message—"just for people to always do their best, no matter what they're doing or how stupid it might seem. And to remember no matter what, there will always be a reward no matter how small it is."

John was a determined, positive and happy young man who inspired many lives. Please help us continue this inspiration by visiting our website often for more information concerning our foundation.

**The primary mission of the John Challis Courage for Life Foundation is to provide "Life Encouraging Sporting Experiences" for high school athletes with life threatening illnesses. The John Challis Courage for Life Foundation Board is looking to identify potential recipients of their sporting experience program. For additional information and an application, refer to their website ([www.courageforlifefoundation.org](http://www.courageforlifefoundation.org)).**