



THROUGH  
U.S. PARALYMPICS,  
WE'RE MAKING  
THE IMPOSSIBLE...  
**POSSIBLE.**



## DEFY THE IMPOSSIBLE

**Don't tell us we can't.**

Because we don't focus on our limitations. We focus on our possibilities.

We're 21 million strong. But less than 10% of us participate in regular physical activity. That's where U.S. Paralympics comes in. Through sports, U.S. Paralympics shows us the power of what's possible.

Not everyone in this program will become a Paralympic athlete. But U.S. Paralympics isn't just about "going for the gold." It's about living a healthy, active lifestyle.

At U.S. Paralympics, it's not just about elite performance. It's about using sports to inspire possibilities. Because once a person with a disability believes he or she can play volleyball, or swim, or run, it's a small step to believing they can do everyday things as well—the things they may have once seen as impossible.

### CONNECTING WITH COMMUNITIES

U.S. Paralympics connects communities and organizations that provide sports and recreation opportunities for people with physical and visual disabilities, with an emphasis on youth, injured service members and veterans. It's about putting people and resources together – all across America. **The goal: expand Paralympic programs into 250 cities across the U.S.**

### PREPARING ATHLETES

We work with Paralympic athletes—giving them the training, support, and preparation they need to compete in the Paralympic Games, the second largest sporting event in the world, after the Olympic Games. We sponsor camps and competitions, all designed to prepare them for their moment on the world stage.

### PARTNERING WITH SERVICE MEMBERS & VETERANS

The U.S. Olympic Committee's Paralympic Military & Veteran programs use sports to enhance the reconditioning of injured service members and veterans. While still on active duty, military men and women can access Paralympic sport programs at medical treatment facilities and Warrior Transition Units at different installations across the country. U.S. Paralympics provides the training and expertise needed to implement activities that can be adapted for wounded, ill and injured service members.

Upon leaving the military and returning home, U.S. Paralympics works to connect veterans to ongoing programs in their communities so they can continue to lead healthy, active lives along with their family members and friends.

### MENTORING

U.S. Paralympics athletes show the world the power of what's possible. Our Paralympic Ambassadors serve as role models and mentors to youth, veterans with physical and visual disabilities, injured servicemen and women and others in communities across the country. These athletes are inspiring all Americans with their stories of perseverance and creating global awareness for the importance of health and wellness for people with physical and visual disabilities.



U.S. Paralympics, a division of the U.S. Olympic Committee

1 Olympic Plaza  
Colorado Springs, CO  
80909-5760

[USPARALYMPICS.ORG](http://USPARALYMPICS.ORG)

USO776A—Q10000





## U.S. PARALYMPICS

Defy the impossible

To learn more log on to [USPARALYMPICS.ORG](http://USPARALYMPICS.ORG).

Research proves daily physical activity:

- Raises self-esteem
- Helps develop peer relationships
- Increases achievement
- Enhances overall health
- Improves quality of life

Most people with physical and visual disabilities don't have the chance to participate in regular sports activities. U.S. Paralympics is working hard to expand these opportunities across the country.

U.S. Paralympics is a division of the U.S. Olympic Committee. Partnering with community organizations, medical facilities and government agencies, we use sport to empower people living with physical and visual disabilities.

Get involved:

- Visit [USParalympics.org/FindAClub](http://USParalympics.org/FindAClub) to connect to Paralympic sports programs in your community
- Learn about ongoing sports and recreation opportunities for active service members and veterans
- Donate to help our athletes reach their dreams

## JESSICA LONG

U.S. Paralympian – swimming

Jessica was born in Serbia and adopted from a Russian orphanage at 13 months. Because of lower leg anomalies, her legs were amputated at 18 months. She soon learned to walk with prosthetics, and she has been unstoppable ever since.

It started simply - with the swimming pool in her grandparents' backyard. Jessica fell in love with the water and, before long, she joined a local club team and began competing against other kids her age. Then, Jessica discovered Paralympic swimming.

When she was just 12 years old, Jessica became the youngest athlete to qualify for and compete in the 2004 Paralympic Games in Athens, Greece. Since making her international swimming debut, Jessica has amassed a vast collection of medals and world records and is widely recognized as one of the world's top Paralympic swimmers.



**“SPORTS JUST BRING OUT THE POSITIVE IN YOU; I NEVER DWELL ON WHAT I DON'T HAVE.”**



## JUSTIN WIDHALM

Paralympic hopeful

In 2006, Justin was leading his Army sniper team on a mission in Iraq when he fell 25 feet from a Blackhawk helicopter and suffered a broken back and broken knees.

Justin was awarded a Bronze Star and Purple Heart for his bravery and service. But, back at home and enduring hours of painful rehabilitation, Justin was unsure of how his injuries would impact his future career plans and his ability to be a husband and father. In the depths of a deep depression, Justin attempted to take his life. Then, he rediscovered sports.

Throughout his rehabilitation, and now as a veteran living back in his community, the confidence and strength Justin found in sport helped him reconnect with his family, pursue career opportunities and find the joy in life.

MENTORING  
ATHLETES

PROMOTING  
HEALTH & WELLNESS

SUPPORTING  
SERVICE MEMBERS  
& VETERANS

INSPIRING  
YOUTH

WINNING  
INTERNATIONALLY



Connect with a program in your community at  
[USParalympics.org/FindAClub](http://USParalympics.org/FindAClub)

## PARALYMPIC SPORTS BY DISABILITY GROUP

SUMMER SPORTS	Amputee/ Les Autres	Blind/ Visually Impaired	Spinal Cord Injury	Traumatic Brain Injury/Cerebral Palsy/Stroke	Intellectual Impairment
Archery	★		★	★	
Boccia				★	
Canoe	★		★	★	
Cycling	★	★	★	★	
Equestrian	★	★	★	★	
Goalball		★			
Judo		★			
Powerlifting	★		★	★	
Rowing	★	★	★	★	
Sailing	★	★	★	★	
Shooting	★		★	★	
Sitting Volleyball	★				
Soccer				★	
Swimming	★	★	★	★	★
Table Tennis	★		★	★	★
Track & Field	★	★	★	★	★
Triathlon	★	★	★	★	
Wheelchair Basketball	★		★		
Wheelchair Rugby			★		
Wheelchair Fencing	★		★	★	
Wheelchair Tennis	★		★		
WINTER SPORTS					
Alpine Skiing	★	★	★	★	
Biathlon	★	★	★	★	
Nordic Skiing	★	★	★	★	
Sled Hockey	★		★	★	
Wheelchair Curling	★		★	★	