

# Disabilities and Inclusion in Sports

International Day of Persons With Disabilities (IDPD)

2019

# Backstory

- I've been playing soccer since I was four
- I am now 14 years old
- I'm in ninth grade
- I've been faced with many challenges and doubts
- I've always wanted to help others and share my story
- I've been getting out and sharing my story since 4<sup>th</sup> grade
- I was gifted a bionic arm by Limbitless Solutions and ever since I've been more confident in myself and all that I do for others
- My self-worth has always been moderate but when I step on the field I feel like I'm unstoppable

# Importance of Sports

- It gives you the opportunity for physical improvement
- Stronger Relationships
- Pursuit of Personal Excellence
- Overcome Adversity
- Discipline
- Collaboration and Cooperation
- Develop crucial life skills
  - Teamwork
  - Learning to handle others
  - Leadership, not being afraid to step up and take charge
  - Confidence