

high school P.E. class was told to sit on the sidelines and cheer the others on. After getting involved in scuba-diving, this “shy” student has ventured out of her comfort zone, and has gone on to get involved in more activities. In addition to diving, she is the lead volunteer at her local hospital for the past five years.

WHAT ARE THE PARALLELS BETWEEN ARCHERY AND SCUBA IF ANY?

The parallels between adapted archery and adapted scuba, better yet archery and scuba, is that with some adaptations or modifications, almost anyone can participate in either sport. And this goes for most sports in general. With a little tinkering here or there, every sport can be made accessible to anyone with a disability. Diveheart has trained a young lady with no arms to be a scuba diver. One of the best Paralympian archers that I know also has no arms and shoots his bow using his feet. If there is a will, there is a way! As I previously stated I grew up playing able-bodied sports. I did not use or did not need any adaptations. .until I took up archery. And with one small adaptation, a mouth tab attached to my bow string, I am now shooting with my contemporaries. I only wish that I would have done this sooner. I am currently shooting with some of the best adapted archery shooters in the world. My goal was to compete in the 2020 Paralympic Games in Tokyo, Japan next year, but as I said, I’m shooting with some of the best archers in the world. I have learned that there is still more work to be done. My goal as a Diveheart Board Member and volunteer, my goal as a person with a disability, is to educate others and let them know that they don’t have to sit on the sidelines and cheer others on, that with some slight modifications that they too can participate in scuba diving, or any activity that they choose. ■



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