

## Inclusion Four Transcript

Sports has really just been wonderful, it's what makes me who I am, it keeps me healthy, I am active, I swim or workout every day, I play a lot of sports and activities. I really think that the skills that I develop from being an athlete have served me really well in living with a disability and allowing me to succeed in life in the manner that I have and when I started the Northeast Disabled Athletic Association, one of chief reasons that I started it for was to provide students and kids and Vermonters with disabilities access to team sports and recreational competitive sports so that they can develop those skills, they could be active because I could see it as such an integral part to being human, to being healthy, to make healthy choices and to live well. It has benefited me and I just want to share those benefits with others.