

# 2006 Paralympic Ambassador Team

## Todd NICHOLSON



|                             |                                     |
|-----------------------------|-------------------------------------|
| <b>Sport:</b>               | Sledge Hockey                       |
| <b>Date of Birth:</b>       | January 28, 1969                    |
| <b>Residence:</b>           | Ottawa, ON                          |
| <b>Disability:</b>          | Paraplegic                          |
| <b>Profession:</b>          | Federal Government, Human Resources |
| <b>National Team Since:</b> | 1991                                |

### Todd's Story

Todd's life changed on his way home from the high school Prom in 1987. "I lost control of my car in the snow and hit a tree stump in the ditch. That day changed my life forever. I was going to be a carpenter before my accident happened. It was the start of a new day for the rest of my life. Since then I have done many different things in sport and my personal life. I choose to get up and live my life to the fullest every single day."

Todd was at the Royal Ottawa Rehab center in Ottawa for five months after his accident, learning how to be independent and how to cope with the changes in his life. One night the wheelchair basketball team "The Ottawa Royals" were practicing in the gym. "Once I saw them I was hooked. Ever since that day I have never been afraid to try anything once and I have been involved in sports to the highest level possible ever since."

Although hockey is number one for him, that's not all he does. Todd has been fortunate enough to be named one of the top six sledge hockey players in the world on more than one occasion. He plays a sport that involves a team and the best players in the world can't do it on their own - they only get there with the support of who is around them. "But with the duathlon, triathlon and marathons it's only you and you alone who can decide the outcome of your events, that's what I like about the different sports."

The most significant achievement for me was to believe in what my family and friends have always told me and that is to 'Never Give Up'. And I never have, to this day my dreams are coming true everyday. Sport has always been a part of my life ever since I was old enough to remember and they always will be in one way or another: coaching, playing and giving back to other the opportunities that I have been able to do.

Todd will always live by the motto, 'never give up on your dreams'.