

ENDNOTES

Preface

1. Van der Slot, W.M., Nieuwenhuijsen, C., van den Berg-Emons, R.J., et al. (2010). Participation and health-related quality of life in adults with spastic bilateral cerebral palsy and the role of self-efficacy. *J Rehabil Med* 42(6): 528–535.
2. <https://www.cp-achieve.org.au/>
3. <https://www.usatoday.com/story/sports/olympics/2016/09/09/brazils-daniel-dias-the-michael-phelps-of-the-paralympics/90123356/>

Introduction

1. See Banks, J., Maitre, B., McCoy, S., & Watson, D. (2016). Parental Educational Expectations of Children with Disabilities, <https://www.esri.ie/system/files/media/file-uploads/2016-05/RS50.pdf>, and Organisation for Economic Co-operation and Development (2005) Students with Disabilities, Learning Difficulties and Disadvantages, Statistics and Indicators, OECD.
2. <https://www.who.int/publications/i/item/9789241564182>
3. Graham, H.K., Rosenbaum, P., Paneth, N., et al. (2016). Cerebral palsy. *Nat Rev Dis Primers* 2: 1–24.
4. See Kinsella, E., Richie, T., & Igou, E. (2017). Attributes and applications of heroes: A brief history of lay and academic perspectives. In S. Allison, G. Goethals, & R. Kramer (Eds), *Handbook of heroism and heroic leadership*. Routledge, 19–25, and Kinsella, E., Richie, T., & Igou, E. (2015). Lay perspectives on the social and psychological functions of heroes. *Front psychol* 6(130).

Lex Gillette

1. Adapted from Gillette, L. (2020). *Fly*. Unite Publishing.
2. <https://aira.io/how-it-works>

Jan Brunstrom-Hernandez

1. Brunstrom-Hernandez, J. (2015). *Meant to Live*. <https://vimeo.com/142187305>

Daniel Dias

1. <https://danieldias.esp.br/daniel-dias/>
2. <https://www.usatoday.com/story/sports/olympics/2016/09/09/brazils-daniel-dias-the-michael-phelps-of-the-paralympics/90123356/>

Judy Heumann

1. Heumann, J., & Joiner K. (2020). *Being Heumann: An Unrepentant Memoir of a Disability Rights Activist*. Beacon Press, 10.
2. *Being Heumann*, 27.
3. *Being Heumann*, 42.
4. *Being Heumann*, 57.
5. https://www.fordfoundation.org/media/4276/judyheumann_report_2019_final.pdf
6. *Being Heumann*, 3.

Jessica Long

1. Adapted from Long, J. (2018). *Unsinkable*. HMH Books.
2. *Unsinkable*, 27.
3. Olympians and Paralympians were previously required to be amateur athletes and were not permitted to receive compensation or enter into sponsorship agreements. In 1978, the Ted Stevens Olympic and Amateur Sports Act gave Olympic athletes the right to earn money through sponsorship or direct payment.
4. Wharton, D. (2018, September 21). U.S. Olympic leaders vote to give equal pay to Paralympic athletes. *Los Angeles Times*. <https://www.latimes.com/sports/olympics/la-sp-usoc-paralympics-20180921-story.html>
5. Penny, B. (2019, December 13). U.S. Olympic Committee significantly increases payments to athletes for Olympic/Paralympic, world medals, Team USA. <https://www.teamusa.org/News/2016/December/13/US-Olympic-Committee-Significantly-Increases-Payments-To-Athletes-For-Olympic-World-Medals>
6. <https://www.paralympic.org/classification>

7. <https://www.paralympic.org/swimming/classification>
8. <https://www.paralympic.org/ailbhe-kelly>
9. OlympicTalk (2021, February 7). Jessica Long, swimmer in 2021 Super Bowl commercial, has incredible personal story. NBC Sports. <https://olympics.nbcsports.com/2021/02/07/jessica-long-super-bowl-commercial-swimmer-paralympics/>

Ila Eckhoff

1. Newsday <https://www.newsday.com/sports/high-school/high-school-athletes-thank-their-moms-on-mother-s-day-1.7985486>
2. New York City Mayor's Office for People with Disabilities. (2016). *NYC at work—Ila Eckhoff* [Video]. <https://www.facebook.com/watch/?v=1466732466688483>
3. Eckhoff, I. (2017). OptionB.Org. <https://optionb.org/stories/grateful-sklz116px>
4. Eckhoff, I. (2019, October 25). Employment matters for New Yorkers with disabilities: the right talent, right now. *Oswego County News Now*. http://www.oswegocountynewsnow.com/opinion/employment-matters-for-new-yorkers-with-disabilities-the-right-talent-right-now/article_7031181a-f66d-11e9-aa32-f7cb2b90a84e.html
5. Ila sits on the board of directors of both the Cerebral Palsy Foundation and RespectAbility.
6. RespectAbility. (2019). [Video]. <https://www.respectability.org/2019/09/success-stories-of-self-advocates-being-real-with-yourself-and-advocating-for-yourself-unapologetically/>

Chantal Petitclerc

1. https://sencanada.ca/en/content/sen/chamber/432/debates/028db_2021-02-16-e#55
2. Bryden, J. (2021, February 16). *Petitclerc recounts her own experience with disability in final MAID bill debate*. CBC. <https://www.cbc.ca/news/politics/senate-final-debate-maid-bill-1.5916429>
3. Felicien had an outstanding season and was one of Canada's top medal hopes, but in the 100 meter final she had a fall at the first hurdle and did not complete the race.
4. Even though Chantal turned down the award, Athletics Canada awarded it to her anyway. <https://www.cbc.ca/sports/petitclerc-refuses-athletics-canada-award-1.505987>

5. CBC News. (2016, March 19). [YouTube]. <https://www.youtube.com/watch?v=OCilwSoO8ww>
6. Petitclerc, C. (2017, November 3). A love letter to Canada. *West Jet Magazine*. <https://www.westjetmagazine.com/story/article/love-letter-canada-senator-chantal-petitclerc>

Jerron Herman

1. Great Big Story (2017, May 3). [YouTube]. Dancing Professionally With Cerebral Palsy. https://www.youtube.com/watch?v=IRMpE6gxf1o&feature=emb_logo
2. Burke, S. (2015, April 17). Review: Heidi Latsky Dance at Montclair State University. *The New York Times*. <https://www.nytimes.com/2015/04/18/arts/dance/review-heidi-latsky-dance-at-montclair-state-university.html?searchResultPosition=1>
3. Dance.com (2017, April 3). [YouTube]. Dancing Through Disability: How A Dancer With Cerebral Palsy Made His Dream A Reality 2017. https://www.youtube.com/watch?v=WbA_XYPZAPA&feature=emb_title
4. GBH News (2016, July 7). [Video]. 'On Display': Dancing With Cerebral Palsy. <https://www.wgbh.org/news/2016/07/07/arts/display-dancing-cerebral-palsy>
5. Jerron, H. (2019, January 10). Dance as art and therapy in cerebral palsy. *Developmental medicine and child neurology*. <https://pubmed.ncbi.nlm.nih.gov/30632135/>
6. <https://www.tkc.edu/stories/2017-alumni-awards/>
7. <https://jerronherman.com>

Ellie Cole

1. <https://www.paralympic.org/feature/ellie-cole-s-out-body-experience-watching-rising-phoenix>
2. Bonhôte, I., & Ettegui, P. (Directors). (2020). *Rising Phoenix*. Netflix.
3. *Women's Health*. (2017, December 28). The Secret Life of Ellie Cole. <https://www.womenshealth.com.au/the-secret-life-of-ellie-cole>
4. "Butterfly effect" refers to a sensitive dependence on initial conditions, where a small change leads to large differences at a later state.
5. de Hosson, R. (2020, April 1). How Groundbreaking Tech Made Ellie Cole's Dream Come True. *Women's Health*. <https://www.womenshealth.com.au/ellie-cole-tokyo-dream-paralympics>

6. <https://thewomensgame.com/news/ellie-cole-were-no-different-490508>

Jim Abbott

1. Abbott, J. & Brown, T. (2012). *Imperfect: An Improbable Life*. Ballantine Books, 261–2.
2. *Imperfect*, 262.
3. *Imperfect*, 64–5.
4. *Imperfect*, 92.

Tom Shakespeare

1. https://farmerofthoughts.co.uk/collected_pieces/dating-dilemmas/
2. farmerofthoughts.co.uk
3. Tom's grandfather, Sir Geoffrey Shakespeare was made a baronet following his service as a Member of Parliament in the United Kingdom, and in various senior government roles.
4. https://farmerofthoughts.co.uk/collected_pieces/plays-graves-and-automobiles/
5. https://farmerofthoughts.co.uk/collected_pieces/pass-it-on/
6. <https://farmerofthoughts.co.uk/speech-university-sunderland-honorary-degree-ceremony/>
7. https://farmerofthoughts.co.uk/collected_pieces/difficult-choices/

Patrick Flanagan

8. Acceptance to university in Ireland can be highly competitive, determined by the “points race,” which refers to the number of points from the student’s performance in the final state examination at secondary school, and the relative demand for their course/university choice.

Haraldur Thorleifsson

1. Figma. (2020, October 7). [YouTube]. https://www.youtube.com/watch?v=WBB7A9kbH-k&feature=emb_logo
2. “Hustle culture” is an American term referring to young people who are constantly working. It implies people are spending as much time as possible working and earning a high degree of respect for their work ethic.
3. Thorleifsson, H. (2019, January 15). Five years, that’s not too long. Ueno. <https://loremipsum.ueno.co/five-years-thats-not-too-long-8af70f483bef>

4. Thorleifsson, H. [@iamharaldur].(2020, December 27). *I have been in design and tech for over 20 years* [Tweet]. Twitter. <https://twitter.com/iamharaldur/status/1343311852391030790?s=21>
5. Thorleifsson, H. [@iamharaldur].(2021, February 20). *Who are some of your favorite people with disabilities in product design leadership?* [Tweet]. <https://twitter.com/iamharaldur/status/1363171431622787075?s=20>
6. Thorleifsson, H. (2021, January 6). 24,895 hours later. Ueno. <https://loremipsum.ueno.co/24-895-hours-later-8286a1823dfd>

Cathryn Gray

1. Star94. *Your positive athlete: Meet Cathryn Gray* [Audio podcast episode]. Radio.com. <https://www.audacy.com/star94atlanta/blogs/jenn-friends/your-positive-athlete-meet-cathryn-gray>
2. Homecoming and prom court are American traditions. Prior to the annual homecoming reunion and prom dance, students vote to identify three to four leaders in their school year, named to the court.
3. Trading pins is a tradition at major international sporting events; the lapel-style pins are generally representative of the countries the athletes come from.
4. University of Michigan. (2021). Providing adaptive sports. <https://medicine.umich.edu/dept/family-medicine/programs/mdisability/providing-adaptive-sports>
5. University of Michigan. (2021). Adaptive sports scholar: Cathyrn Gray. <https://medicine.umich.edu/dept/family-medicine/adaptive-sports-scholar-cathryn-gray>
6. Promising athletes frequently are awarded scholarships to attend college in the United States, but the large majority go to athletes without disabilities.

Robin Barnett

1. British Embassy Dublin. (2019, December 3). *A message from Ambassador Robin Barnett on International Day of Persons with Disabilities* [Facebook video]. <https://www.facebook.com/BritishEmbassyDublin/videos/428114914807581>

2. Independent.ie (2020, June 18). 'I wouldn't admit my disability until I realised the good it could do for others.' <https://www.independent.ie/business/i-wouldnt-admit-my-disability-until-i-realised-the-good-it-could-do-for-others-39294346.html>
3. Independent.ie (2020, September 20). 'I will never forget the murder of Lyra McKee. It was a reminder that some never accepted peace.' <https://www.independent.ie/opinion/comment/i-will-never-forget-the-murder-of-lyra-mckee-it-was-a-reminder-that-some-never-accepted-peace-39545229.html>

Tanni Grey-Thompson

1. DBE, Dame Commander of the Most Excellent Order of the British Empire, is a title bestowed on notable citizens of the British Empire.
2. Grey-Thompson, T. (2020). *Seize the Day: The story of a heroine of our time*. Hodder and Stoughton, 14.
3. *Seize the Day*, 22.
4. *Seize the Day*, 12.
5. Wheelchair slalom is an event that sees participants navigating through a course with challenging obstacles.
6. Adapted from *Seize the Day*.
7. *Seize the Day*, 47.
8. A crossbench peer is a non-political, independent position in the House of Lords, the UK's Upper House of Parliament. The word "cross-benchers" is derived from the benches that cross the chamber and sit perpendicular to other benches where government and opposition party members sit.
9. Grey-Thompson, T. (2012). *Aim High*. Headline Accent, 8.

Justin Gallegos

1. Elevation0m (2018, October 6). [YouTube]. Justin Gallegos. <https://www.youtube.com/watch?v=x4KC0nUmY4Y>
2. uo sojC (2018, January 17). [YouTube]. Justin Gallegos: Stronger every minute. <https://www.youtube.com/watch?v=Mp5SPZyeyps>
3. Zoommagic (2018, October 6). Instagram. <https://www.instagram.com/p/BonKcgiACIN/>
4. Kipchoge, E. (2018, October 10). *Congratulations Justin, you earned it!* [Tweet]. Twitter. <https://twitter.com/eliudkipchoge/status/1050367768854482944?lang=en>

5. Kuzma, C. (2019, October 11). Keep striding forward: Pro runner with cerebral palsy makes marathon debut. *Runner's World*. <https://www.runnersworld.com/runners-stories/a29404197/justin-gallegos-marathon-debut-chicago/>
6. BBYO, formerly the B'nai B'rith Youth Organization, is a Jewish teen movement.
7. BBYO Insider (2019, February 25). [YouTube]. BBYO IC 2019 Plenary Speakers. https://www.youtube.com/watch?v=5pWF2--BdEU&feature=emb_logo
8. Zoommagic (2020). Instagram. <https://www.instagram.com/p/CGONry1gyDG/>
9. <https://www.linkedin.com/in/justin-gallegos-031135133/>
10. CPARF (2019, October 8). Nike's first professional athlete with cerebral palsy galvanized STEPtember campaign. <https://cparf.org/sstposts/StoryId1570493710938>
11. Collison, L. (2020). *Spastic Diplegia—Bilateral Cerebral Palsy*. Gillette Children's Press, 265.

Rachel Wobschall

1. Collison, L. (2020). *Spastic Diplegia—Bilateral Cerebral Palsy*. Gillette Children's Press, 266-8.
2. Novacheck, T.F., & Schwartz, M.H. (2020). *Improving Quality of Life for Individuals with Cerebral Palsy through Treatment of Gait Impairment: International Cerebral Palsy Function and Mobility Symposium*. Mac Keith Press.

Elizabeth Kolbe Hardcastle

1. Kolbe, C. (2019). *Struggling with Serendipity*. Eliezer Tristan Publishing, 145.
2. *Struggling with Serendipity*, 17-18.
3. *Struggling with Serendipity*, 15.
4. *Struggling with Serendipity*, 65.