

It's been good to be in a country that has been able to provide access for us pretty much everywhere.

This is very different than America because not everything is accessible whereas here everything is, especially the bathrooms have handicapped stalls, that has been incredible. There are curb cuts and ramps in every building.

During our Lev l'Lev trip, we had the opportunity to visit the Israel Sports Center for the Disabled. What an incredible place. Seeing the huge complex, that caters to athletes in rugby, basketball, tennis, table tennis, swimming, etc, the center stood out to me as being extremely inclusive, how it involves all types of disabled athletes.

In America we don't really have that, that was eye opening and I would love to see some of that progression in America.

It has been great to be part of Team USA, especially in my position as team captain of the Wheelchair Basketball Team. It is a huge honor and not something that I was expecting. Some of my favorite moments have been competing against Israeli athletes, both up and coming young kids and other star-wheelchair athletes in Israel. The competition has been both friendly and competitive. I appreciate seeing the other wheelchair basketball players outside of the USA.

The Games have been an amazing experience and I know the friendships I have made with both USA athletes and others from all over the country are something I will always cherish!