

# April Holmes

## November 2015 Calendar

April Holmes is a prime example of having a strong work ethic. After losing the full use of her left leg following a train accident in 2001, she began training for the Paralympic games after learning about them from her doctor while in the hospital. She had three goals in mind: to someday wear the USA uniform, break world records and win gold medals.

Since her athletic career began, April has broken International Paralympic Committee (IPC) World Records 14 times and American Records 18 times in 100-, 200- and 400-meter distances, as well as long-jump events. In her first Paralympic games in 2008, April won gold in the 100-meter race. She suited up for team USA once again for the 2012 Paralympics, where she won bronze in the 100-meter event.

Off the track, April runs the April Holmes Foundation, Inc., a nonprofit organization with the mission of assisting people with physical and learning disabilities acquire scholarships and medical equipment. As a result of this endeavor, she was named a member of the IPC's Top 10 Women in Paralympic Sports, NCAA 2015 Inspirational Athlete of the Year, and is a U.S. Paralympic and U.S. Anti-Doping ambassador.



April also enjoys being a motivational speaker. Some of her clients include Disney, The Jordan Brand and BMW. She has recently coauthored her first book entitled *The Winning Way*, fulfilling another dream of hers to become a published author. She now is working on a second book.