

## Taylor Chace

### Bio

8-10-22

I am a Graduate of the University of New Hampshire in 2011, earning a bachelor's degree in Sport Studies. Graduate of Endicott College 2017, Earning a Master's in Education and Athletic Administration. I am certified through the National Strength and Conditioning Association as a Strength and Conditioning Specialist. I am three-time Paralympic medalist competing for the United States Paralympic Sled Hockey team for twelve years. Previously, I worked as a sports performance coach for competitive athletes with physical impairments at Northeast Passage, a program based at the University of New Hampshire. I also have worked at Rehab Three Center for Athletes in Somersworth, NH and for Athletic Performance Center of Exeter Hospital, overseeing programming for their offsite center in Exeter, NH. I also worked as a part time Assistant Strength and Conditioning Coach at UNH for the varsity athletics department in 2017.

My life changed forever at age 16 when I suffered a spinal cord injury playing in a junior hockey game in Canada. Initially paralyzed from the waist down, after lengthy spine surgery and more than 2 years of inpatient and outpatient rehabilitation, I now walk without assistance despite mixed paralysis in my lower body. I attribute much of my success in rehabilitation to my former dedication to training for sports as a young teenager.

I believe that the most effective strength and conditioning programs are those that incorporate a proper balance of decreasing the risk for injury, sport specific skill practice, strength, plyometric and speed exercises. I strongly believe that developing healthy habits of exercise early in life can positively impact other areas for a lifetime.