



JACK KAVANAGH

Jack was a fearless and determined kid.

One Friday afternoon when he was in playschool, his teacher told him he could bring in his bike the following week.

'Cool' he thought, until he realised the other kids were bringing in their bikes without stabilisers.

So he begged his parents to teach him how to ride his bike, and over the weekend he spent every waking moment on his bike, falling off, getting back up over and over again until he nailed it.

On Monday morning, he proudly cycled around the yard without stabilisers.

Growing up, Jack absolutely loved windsurfing. It was his passion.

He was a trained lifeguard and spent hours in the water practising; however, one day, a split-second accident changed his life for ever.

Diving into an oncoming wave, Jack collided with a hidden sandbank and was instantly paralysed.

He had to dig deep to recover. He worked relentlessly to make his body work as well as it could. He even had to learn to breathe again, just like a baby, starting from scratch.

He applied that same determination and grit he had as a little boy to his recovery after his accident.