



Hi everyone,  
I am Abbie Breakwell, a 15 year old girl, athlete, wheelchair tennis player, school student, daughter, sister, cousin, friend, just a normal person.  
These are all ways that I would describe myself. Oh and yes I am disabled.  
I have two neurological disorders: Charcot Marie Tooth and a Spinal Syrxinx. Sounds fancy but just means the nerves in my body do not work properly and my muscles waste away and I have a problem with my spinal cord. Both of these cause lots pain and weakness so I use a wheelchair.

But don't sit feeling sorry for me as using a wheelchair has given me my freedom back. It allows me to go out with my friends, family, and most importantly to me it allows me to take part in sport for which I love and live for. My main sport is Wheelchair tennis, but I also do wheelchair basketball and wheelchair racing and Tetsudo which is a martial art. I have been doing wheelchair tennis for 2 and a half years and I have been selected for the Juniors Futures Program, I have already won gold in single and doubles representing England.

But my ambition is to represent Great Britain at World Team Cup, Wimbledon and the Paralympics one day. Being a junior athlete is brilliant, but can be tough at times when your body is tired or when it has been a hard tournament. However I get great advice from my coaches and all the Tennis Foundation advisers like the physio, nutritionists, and sport psychologist.

My training week is hectic as it has to fit around school and home work. In total I play tennis for 15 hours a week, basketball is 3 hours, wheelchair racing 1 hour and Tetsudo is 4 hours. On top of this I have a gym and strengthening program that I have to do several times a week. Thursday is my sport free day as I am a young leader at the local scouts.

Sport for me has given me such a great confidence boost and it has helped me to see that life even with a disability can be amazing and should not be seen as a negative. I hope to inspire others with disabilities to just go and have a go at sport, no matter what sport it is. As it can change your life, it did for me and it could for you