



Jeff R. Fabry

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Let's go for a ride down the dirt road! My name is Jeff Fabry and I am a Central California native. Most people think of California as the home to beaches and big cities, but I am the total opposite. Being raised on the family's cotton farm, my life style is dirt, dirt and more dirt. The value of hard work has been engrained in me from watching my father and uncles put long grueling days in to keep the farm and family surviving. Although the farm life is a thing of the past for me....it still molds my lifestyle today.

At the age of 15 a motorcycle accident left me with only a left arm and leg. This would have crushed most kids but it made me stronger. "Capability vs. Disability, it's your choice!" is my attitude toward life. This transition definitely had rocks in the road but I always drove right over them. I think the most difficult part of becoming disabled was not what I had to do, but letting others know that I can still be productive. Yes, this means people such as yourself need be more open minded and look at the "ability" of someone who you might think is "disabled"! You will be surprised, trust me!

With life you have to have outlets to help you relax and refocus. My outlet has always been the outdoors, hunting and fishing, which at times were actually an obsession but opened the door to this journey I am on now. ! ARCHERY! What??? How do you do this with one arm? Easy: tie a dog leash on the string to bite on. That is exactly what I do. Bite on the "mouth tab" with my right side molars, push the bow out with my left arm, aim, relax the jaw, and the arrow sails right into the bulls eye! Keep in mind that I can do this out to 100 yards!

To date I have competed in numerous National Tournaments against able bodied archers (winning the majority), 6 Para World Championships (medaling in 5) and 3 Paralympic Games. Winning the Gold at London 2012 is definitely a highlight, but what is a better feeling is giving back to my sport and our country. Teaming up with TEAM AmVets, Freedom Archers was born. We are giving our Vets an opportunity to try archery first hand thru clinics. Best part: ALL Vets are welcomed. Cool, right? What you need to understand is that the learning of a new sport is not the goal here. My goal is to get the Vet out to a new venue, create a new social platform and watch them grow as individuals. The new door in life is just a knob turn away....believe me, I have turned a few!

Hope you enjoyed the ride down the old dirt road; it probably wasn't as bumpy as you expected!