

# Athletes regaining independence via High Fives

The High Fives Foundation is awarding Truckee-area residents Taylor Fiddymment, Jason Abraham and Jeff Andrews grants totaling \$14,820 to aid in their respective recoveries.

Truckee resident Fiddymment was injured while riding a four-wheeler with friends in May 2011. Fiddymment's goals have remained the same since entering the world of spinal cord injury recovery – to be the best person she can be, and spread joy and positivity to others.

“My recovery goal is to be strong in body and mind,” said Fiddymment. “I want to make other people's down days better.”

Fiddymment received a grant for \$4,560 to be used toward massage and chiropractic work to pair with her personal training at the CR Johnson Healing Center – program service of the High Fives Foundation.

Alpine Meadows resident Jason Abraham was skiing at Squaw Valley on one of the only powder days of the year in April 2015. He decided he'd take a free ski run on Main Chute on the Palisades. Toward the bottom of Main Chute, he caught an edge and was propelled onto his back. The impact resulted in the burst fracture of his C6 vertebrae, causing temporary paralysis from the shoulders down.

“My recovery goal is to become as independent as possible through diet and exercise,” said Abraham. “But my ultimate goals are to be the best father and husband I can be, and to watch my son, Ebbett, have a blast out on the hill with friends.”

Abraham received \$2,200 in grant funding from the High Fives Foundation to be used toward massage at the CR Johnson Healing

Center along with a new custom fit wheelchair back.

Andrews of Truckee is receiving his sixth grant from the Foundation following a 2014 spinal cord injury sustained in a snowboarding accident at Sugar Bowl.

The \$8,060 will be used for two months of Neuro Kinetic Pilates at Body Wellness Hawaii in Maui. Andrews has previously worked with Alejandra Monsalve and the team at Body Wellness Hawaii and experienced tremendous gains from the Neuro Kinetic Pilates method.

The High Fives Foundation supports injured mountain sports athletes through grant funding to be used toward reaching their recovery goals.