



SOCHI 2014 CANADIAN PARALYMPIC TEAM

SLEDGE HOCKEY, DEFENCE

JAMES GEMMELL



DATE OF BIRTH	APRIL 26, 1980
AGE AT SOCHI 2014	33
BIRTHPLACE	100 MILE HOUSE, B.C.
HOMETOWN	QUESNEL, B.C.
RESIDENCE	VANCOUVER, B.C.
HEIGHT/WEIGHT	1.80 M/ 90 KG
DISABILITY TYPE	LEG AMPUTEE
COACHES	MIKE MONDIN, CURTIS HUNT
PERSONAL WEBSITE	n/a
TWITTER	@Gemms25_CAN
LANGUAGES	ENGLISH
PARALYMPIC HISTORY	NONE

James Gemmell was inspired to play sledge hockey after watching Canada win the gold medal at the 2006 Paralympic Winter Games in Italy. Soon afterwards, he joined the B.C. Eagles club in Surrey. By 2008, he was on the national team and became the first British Columbia-born player to represent Canada internationally in sledge hockey. He made the team at a National Sledge Hockey Selection Camp in Milton, Ont. Gemmell made his debut at the World Sledge Hockey Challenge in 2008 as Canada won the gold medal.

He has since helped Canada to more gold at the IPC Sledge Hockey World Championship and World Sledge Hockey Challenge in 2013, the 2011 World Sledge Hockey Challenge and at the 2012 Four Nations Cup in Nagano, Japan. Gemmell also took home bronze at the 2012 IPC Sledge Hockey World Championship in Hamar, Norway.

In training, he works on his upper body strength in the gym and also does kayaking. He says that upper body and core strength are the keys to sledge hockey success.

Gemmell had his right leg amputated above the knee after an automobile accident in 2004.

CAREER HIGHLIGHTS

World champion in 2013...





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PERSONAL

GETTING INTO THE SPORT: He began playing sledge hockey in 2006 in Surrey, BC, with the BC Eagles. Shortly after he took up the sport he went to trials for the national team

ODDS AND ENDS: His favorite player is former NHL and Swedish national team star Nicklas Lidstrom... First B.C. player on the national team...

NOTABLE INTERNATIONAL RESULTS

YEAR	WORLD CHAMPIONSHIPS	WORLD SLEDGE CHALLENGE	PARALYMPIC GAMES
2013	GOLD	GOLD	--
2012	BRONZE	SILVER	--
2011		GOLD	--
2010			--
2009			--
2008		GOLD	--

