

# INTRODUCING KATARZYNA

Katarzyna Rogowiec, or Kate as she is known to family and friends, is one of the most successful Polish Paralympians of all time and has won medals in Winter sports, including two golds at the 2006 Torino Winter Games.

Born in a small town called Rabka, located in a valley between the snowy Gorce Mountains, Kate competed in cross-country skiing, which requires balance and strength. Kate has always worked hard to overcome challenges in both sport and her daily life.



## KATE ACCEPTING PARALYMPIC GOLD MEDAL FOR POLAND IN 2006

## KATE'S CHILDHOOD IN POLAND



A farming accident at the age of three caused Kate to lose her arms below the elbow. The accident happened in her small town, everyone knew about the incident, but people were unsure about how to act towards Kate due to her disability.

However, Kate was not disheartened as her parents were very supportive and she found her identity through sports. She challenged herself by playing various sports such as volleyball with other children, before switching to snow sports.

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## DISCOVERING SKIING

When Kate got to university, sport became an even more important part of her life. She loved the idea of skiing, and although carrying the equipment was difficult she always stayed positive. She found that when she trained with people who understood her disability, they could help her to build her confidence and focus on her race.



## OVERCOMING CHALLENGES

In her life, Kate has had to think of creative ways to make tasks easier for herself. She has made her own bracelet to help her with combing her hair, brushing her teeth and writing. She is able to hold objects between her arm and the bracelet.



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## TAKING PRIDE

Kate has now moved on from sport, but her medals are not the only thing she is proud of. She is very proud of her resilience and the fact she even entered the Paralympic Games, it is such a huge event for a competitive athlete! A big part of her life is now her family. Kate has two children - Olympia and John - who make her proud every day.

## LIFE AFTER COMPETITION

Kate has now won the I'mPOSSIBLE Award for showing all of the Paralympic Values (determination, inspiration, courage and equality) and teaching others their importance.

Courage has been an important part of her life and it has helped her overcome challenges. Thanks to the Paralympic Movement, Kate has been able to meet athletes from around the world and fulfil her dreams.

Since the beginning of her sports career, she believes that views towards people with disabilities have changed for the better - she has noticed that in the people from her home country of Poland. Kate now works as a Human Resources, Administrative and Payroll specialist in a company. She also runs her own Foundation which aims to help communities to change their perspective of disability and Para sports.



# OVER TO YOU

## QUESTIONS FOR LEARNERS:

1. Kate enjoyed a number of different sports before she was inspired to try cross-country skiing. Why do you think it is important to try new activities?
2. Kate won two medals at the Paralympic Winter Games. Which Winter Para Sports would you have the courage to try?
3. Kate has been able to stay positive and determined because of her friends' support and understanding. Why do you think it is important to be a good friend?
4. We can all help to bring about equality by making sure everyone is involved, including those with disabilities, giving them the same opportunities and the support they need to achieve their ambitions. How can you make your school community more equal?
5. What do you think it means for Kate to have a job she likes and allows her to be financially independent? What does it mean for her family?
6. What do you imagine is needed at workplaces to ensure the needs of employees with a disability are considered?

## SCAN HERE TO VIEW KATE'S INTERVIEW

