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Petty Officer Jarryd Boyd

ADF service: I joined the Royal Australian Navy in March 2009. In 2014, I deployed for Operation Slipper. I am currently the Facility Manager at HMAS Penguin and the Operations Manager for Navy Australian rules.

Other information: My current occupation is Physical Training Instructor at HMAS Penguin. My nickname is Boydy and I am related to actor, Brian Syron, and artist, Gordon Syron. I have a great circle of friends - Joe, Corey and Adam to name a few. I have 1 brother, Daniel, and am married to Katie, definitely my better half. I have 4 kids - Scarlet, Leo, Zahlia and Nyah.

Age: 35

Hometown: Drummoyne, NSW

Current town: Erskine Park, NSW

Competing in: Indoor rowing, skeleton, swimming and wheelchair rugby.

What is the nature of your injury or illness? I have had multiple surgeries on my left ankle and a surgery on my right knee. I have loss of sensation in my left arm with reduced grip strength and a lower back injury. I also have osteoarthritis in my left ankle and right knee.

Sport background: Sport played growing up included Aussie rules for Glebe Greyhounds, Sydney Uni and Camden, rugby league for Leichardt Wanderers and touch football.

What role has sport played in your rehabilitation? Sport has played a massive part in my life since I was 10 years old. Once I started having injuries and surgeries, the first thing I lost was sport. The thought of getting back into sport has given me a new drive and new goals.

How did you feel when you were told you made the Invictus Games team? Once I read the email saying I was selected, I remember sitting down with a massive smile on my face. I had nervous/excited butterflies; the feeling was priceless.

Why did you apply for Invictus Games? I wanted to go outside of my comfort zone. I want to push my body to its limits and be able to compete.

What will 'winning' look like for you at the Games? I am already winning. I have met great people and been given an amazing opportunity.

Who is supporting you at the Games? My wife Katie and kids, as well as my mum and friends.

Petty Officer Justin Brown

ADF service: I joined the Royal Australian Navy in August 1995 as a Boatswain's Mate. In June 2004 I transferred to become an Imagery Specialist (photographer). In January 2013 I deployed to Afghanistan as part of Operation Slipper. The highlight of my career has been attending Anzac Day in France as a photographer and working on the search for Malaysian Airlines MH370. I am currently posted to Navy Imagery Unit East as the Imagery Operations Manager.

Other information: I have a wife, Gail, and together we have 2 sons, Samuel (17) and Bennet (14).

Age: 50

Hometown: Sanctuary Point, NSW

Current town: Sanctuary Point, NSW

Competing in: Alpine skiing, indoor rowing, skeleton and sitting volleyball.

What is the nature of your injury or illness? Major depression and anxiety.

Sport background: Growing up I played a few team sports but never really succeeded. I concentrated on outdoor activities including surfing and other water sports. As an adult I have been doing more individual activities, including kiteboarding, stand-up paddle boarding, snow skiing and archery.

What role has sport played in your rehabilitation? Sport has provided a relief mechanism to allow me to forget about all the problems I am having. It also allows me to reset.

How did you feel when you were told you made the Invictus Games team? I was excited but also nervous.

What is your greatest achievement to date? My family.

Why did you apply for Invictus Games? It was a spur of the moment decision. I wanted to meet more serving and ex-serving personnel who were undergoing their own challenges.

What will 'winning' look like for you at the Games? By going to the Games and making new friends I have already won. It's not about putting a medal around your neck, it's about the effort applied and the new friendships made.

Who is supporting you at the Games? My family will be cheering me on from home.

Katie Chapman

ADF service: I joined the Australian Army Reserves in 2001 while studying at Sydney University. I went full-time in 2003, graduating from Duntroon in 2005 as an Electrical and Mechanical Engineer Officer. I was medically discharged on 31 October 2018 with a combination of physical and mental health injuries. My highlights include training as a Thai interpreter and interpreting in Thailand and Australia on exercise, competing in Army and ADF snow sports competitions, and competing against the British Armed Forces snowboarding in Europe.

Other information: I currently work part-time as a junior medical doctor. Most people call me some derivative of my surname; Chappy is the most common, but any suffix will do! I love God, animals and nature, and currently have a 15-year-old dog (Barklay), and 2 cats (Pip-squeak and Ricky). I am the youngest of 3 siblings, with 2 older brothers.

Age: 42

Hometown: Bendigo, VIC

Current town: Bendigo, VIC

Competing in: Indoor rowing, snowboarding and sitting volleyball.

What is the nature of your injury or illness? My hips are shot! I need a replacement on my left but I'm trying to wait as long as possible (I can't wait much longer!). I broke my back in 2016 and it's a bit dodgy, both my knees are worn out, and my left forearm and wrist aren't quite the same after breaking them. I sustained a moderate traumatic brain injury in 2013 and have ongoing issues with anxiety and PTSD. They're the main ones!

Sport background: I played netball in primary school and in high school I added tennis, basketball, volleyball and rowing. I also gave skateboarding a crack. It's difficult to play sport with all my injuries but I still get to the snow when I can. I miss team sports a lot.

What role has sport played in your rehabilitation? My main sport is snowboarding and the thing with snow sports is they're inclusive; they're family. Although I was medically discharged and not as physically or intellectually capable as I used to be, my snow sports family supported me, helped me adapt and encouraged me. I have no doubt I wouldn't have recovered as much as I have without them.

How did you feel when you were told you made the Invictus Games team? Both excited and petrified. Attending the training camps, completing the training for the sports and attending the Games will be very challenging for me physically, emotionally and psychologically. I am not sure if I'll make it. Only time will tell.

What is your greatest achievement to date? Growing into the person I am.

Why did you apply for Invictus Games? Because my snow sports family encouraged me to. They thought I was ready to reconnect to the military in a positive way through something I love – snowboarding. When I left the Army, sadly, it wasn't on good terms. It took a long

time and a lot of therapy to be able to even say the word 'Army' without bursting into rage or tears! This is hopefully a way I can create a new memory - a good memory - to remember my service.

What will 'winning' look like for you at the Games? Getting there, that will be winning for me. I cannot understate how much of a battle it is for me. I also hope to make new friends and positive memories, that will be winning.

Who is supporting you at the Games? My best friend since we were 15, Kirsty, and my friend, Karen. There will also be people from the snow sports family in the crowds as well!

Cindy Chawner

ADF service: I joined the Royal Australian Air Force in March 1999 and was medically discharged in June 2023. I served as a Personal Capability Officer for most of my career, but originally joined via the Reserves as an Operations Officer. I deployed to the Middle East in 2010.

Other information: Before joining the Air Force, I was an Early Childhood Teacher working in the Northern Territory. My husband, Terry, and I are parents of 6 adult children (Kerri-Lee, Darren, Brady, Shane, Shannon and Mia) and have nine grandchild. With Mia currently in her third year of university, we are almost empty nesters. We live on Ngarigo country, and have a 2-year-old Labrador named Maxxy.

Age: 59, but there are days where I totally identify as being 104

Hometown: Cobargo, NSW

Current town: Binjura, NSW

Competing in: Indoor rowing, skeleton, snowboarding, swimming and wheelchair basketball.

What is the nature of your injury or illness? I have a range of physical and mental health injuries related to my service.

Sport background: Growing up on a farm I was all about horses and competed in everything from show jumping and eventing to rodeo barrel racing. At school I swam, ran and played a variety of team sports. Once I started having children, life took over and my involvement in sport took a back seat to support my kids in their many sports and activities.

What role has sport played in your rehabilitation? Until I found Invictus, sport played no role in my rehabilitation. To be totally blunt, I did not feel confident enough to even contemplate participating in organised sport. It was only due to a chance meeting with some of the Invictus staff that I took the first steps towards making sport part of my recovery. I'm loving the changes I am feeling and seeing. It's definitely making a massive difference in my life.

How did you feel when you were told you made the Invictus Games team? So excited and totally stoked; then it hit me, at 59 I had just committed to competing in 'skeleton', a sport where you ride on a tiny sled on your stomach, headfirst, down a frozen track ... but I am seriously excited.

What is your greatest achievement to date? My family. Being a wife, mum and grandmother means everything to me. I am so proud of my family, and I get so much joy from seeing everything our kids are achieving in their lives.

Why did you apply for Invictus Games? I only became aware earlier this year that I was eligible for the program. I saw Invictus as an opportunity to get myself back in to exercise and sport in a way that meant I had to set real goals and hold myself accountable.

What will 'winning' look like for you at the Games? For me, 'winning' will be that moment when I get to walk into the opening ceremony with my teammates. They really are an amazing group of people.

Who is supporting you at the Games? Terry, Mia, and our friend, Alison, will definitely be at the Games. Hopefully a few more of my children, their partners and our grandchildren might make it over but, if not, I know they will be cheering me on from home.

Jake Christie

ADF service: I joined the Australian Army in February 2015 as an Infantryman and was posted to 7RAR. I medically discharged in February 2021.

Other information: I am currently studying and working part time as a Surveyor. I have a beautiful wife, Lauren, and baby daughter, Halle.

Age: 30

Hometown: Sunshine Coast, QLD

Current town: Sunshine Coast, QLD

Competing in: Indoor rowing, skeleton, snowboarding, swimming, wheelchair basketball and wheelchair rugby.

What is the nature of your injury or illness? During my service I had bilateral shoulder reconstructions. A couple of years after leaving the military I had a total right hip replacement and left hip arthroscopy. I'm also managing chronic back and neck pain.

Sport background: I have played rugby league my whole life, as well as a bit of Oztag and touch footy. During my service, I was fortunate to play rugby league for both the Army and ADF. I played in the Sergeant Matthew Locke MG memorial game in Bellingen twice and played in curtain raisers for NRL games on Anzac Day in 2018 and 2019, against the New Zealand Defence Force. I played rugby league with the ADF in Papua New Guinea against one of their representative teams. Now, I enjoy lifting weights in the gym and playing touch rugby league. I had the honour of representing Australia at the Warrior Games 2024.

What role has sport played in your rehabilitation? Sport has always been a massive part of my life. I struggled a lot while recovering from surgeries and not being able to play sport. I have worked extremely hard on my rehabilitation in the gym, with the goal to be able to run around and play sport again.

How did you feel when you were told you made the Invictus Games team? I was absolutely stoked! I'm honoured to be a part of the team with such a great bunch of competitors and staff.

What is your greatest achievement to date? Returning to sport after 2 hip surgeries, getting married and becoming a father.

Why did you apply for Invictus Games? I have missed competing on the football field. I wanted the chance to be competitive, to feel like an athlete again, and to be part of a team.

What will 'winning' look like for you at the Games? Winning will be getting myself in the best shape possible, physically and mentally, before the Games. If I can do that and perform to the best of my ability at the Games, that will be a massive win.

Who is supporting you at the Games? My wife and daughter, as well as my mother and father, Sherry and Gary, and mother-in-law Sharon will be coming to support me at the Games. The rest of my family and plenty of friends will be watching from home.

Chelsie Tayler Clayton

ADF service: I enlisted in the Australian Army in 2016 as a Medic, and also served in Operator Movements towards the end of my career. I was discharged medically in November 2022. I did some natural disaster deployments, such as Bushfire Assist and Covid-19 Assist, and helped with natural disasters in Fiji, Philippines and Papua New Guinea.

Other information: I am currently an Assistant in Nursing at St Vincent's Private Hospital in Brisbane. My mother is Michele, father is Nathan and I have a younger sister, Billie. My nickname is Chookie.

Age: 28

Hometown: Brisbane, QLD

Current town: Brisbane, QLD

Competing in: Sitting volleyball, snowboarding and swimming.

What is the nature of your injury or illness? I was diagnosed with bipolar type 2 in 2019, which led to me be medically discharged in 2022. I also have a SLAP tear and arthritis in my left shoulder.

Sport background: I've been swimming since I was 2 years old, started competing at 8 years old and never stopped swimming. I trained 10 times a week for 12 years while I was in school and loved it. When I was competing, I would be at the pool all weekend. I also play water polo now and really enjoy playing in a team sport again. My greatest sporting achievement is being selected to represent Queensland in swimming and water polo for multiple years.

What role has sport played in your rehabilitation? Sport has always been a huge part of my life - I have never not been in a water polo team, swimming or participating in any other sport I could give a go. Sport helps me clear my mind and lets me forget about my own mental health for a moment. It gets me up and out of the house on my worse days sometimes.

How did you feel when you were told you made the Invictus Games team? I was so honoured to be able to represent Team Australia again after competing in Warrior Games 2024 and hope I can do my family, country and teammates proud. I have a lot of performance anxiety that I must push through, but am excited to meet and compete against the other countries in IG 25.

What is your greatest achievement to date? How far I have come in my recovery journey. It still isn't over, but I am very proud of where I am now compared to where I was.

Why did you apply for Invictus Games? To prove to myself and my family and friends that I am capable, strong and resilient enough to do it.

What will 'winning' look like for you at the Games? Seeing family watch me at the Games and seeing my teammates cheering me on.

Who is supporting you at the Games? My mother Michele, father Nathan, and sister Billie.

Nigel Coutts

ADF service: I joined the Army in May 1995 as part of the Royal Australian Infantry Corps and was posted to 4th Battalion, Royal Australian Regiment for 8 years. I transferred to the Special Air Service Regiment in 2003 and served there for 17 years. I did multiple deployments overseas, including Iraq, Afghanistan and East Timor. I discharged in September 2020 with 25 years' service under my belt.

Other information: I am retired and volunteer at 'Connected By', helping veterans and first responders. My father is a Vietnam veteran, and my grandfather was a pilot flying Spitfires in World War II.

Age: 49

Hometown: Palmerston North, New Zealand

Current town: Perth, WA

Competing in: Alpine skiing, indoor rowing, skeleton, wheelchair curling and swimming.

What is the nature of your injury or illness? I have multiple injuries from head to toe. I was involved in 2 improvised explosive devices in Afghanistan, so there are about 21 chapters to my story. I have injuries to my head, ribs, pelvis, spine and legs, and have many steel implants and pins throughout my body.

Sport background: I grew up playing rugby union, basketball, rugby league, cycling, swimming, snowboarding and surfing. I don't compete anymore due to my physical injuries.

What role has sport played in your rehabilitation? Sport has been, and continues to be, a big part of my rehabilitation. This will be ongoing and I know it will help in the long term as I grow and continue in life.

How did you feel when you were told you made the Invictus Games team? Stoked! I was over the moon.

What is your greatest achievement to date? Being selected for the Special Air Service Regiment and being able to help vulnerable people who couldn't fight for themselves. I tried to make this a better world in which to live.

Why did you apply for Invictus Games? After talking to other people who had been involved in the Adaptive Sports Program, I thought it would be a good thing to try. Once you try wheelchair basketball and wheelchair rugby, you are hooked.

What will 'winning' look like for you at the Games? Friendship, camaraderie, teamwork, blood, sweat, tears and competing for Australia with a lot of fun times.

Who is supporting you at the Games? Supporting me at the Invictus Games will be my beautiful partner, Kirby, and watching and cheering from homeland Australia will be my two girls, Lola and Nixi.

Squadron Leader Bel Culley

ADF service: I commissioned as a Royal Australian Air Force Public Affairs Officer (PAO) on 9 June 2015 with postings to No 28 Squadron, No 464 Squadron and current posting to Headquarters Joint Operations Command (HQJOC) as the Senior PAO for the Indo-Pacific region. During my ADF career, I've supported numerous operations, exercises and activities, including Avalon Air Show, Operation Bushfire Assist 2019-2020, Operation Flood Assist, Operation COVID-19 Assist, Indo-Pacific Endeavour 2019 and Rim of the Pacific (RIMPAC) 2022. On Australia Day 2017, I received a top honour, the Australia Day Medallion, in recognition of my efforts as the social media and website manager for Exercise Pitch Black 2016. In 2019, I was awarded the Chief of Air Force Excellence Award, in 2020 a Silver Commendation, as well as the NSW Premier's Bushfire Emergency Citation for contribution and service to the 2019-2020 bushfire emergency response. In 2023, I received the Chief of Joint Operations Command Group Gold Commendation.

Other information: Prior to my ADF career, I held managerial and operational roles with Virgin Australia, Great Southern Railway and international airline carrier, EasyJet, based in London. I have a Bachelor in Public Relations and a Master of Laws (International Law and International Relations). I am married to my soulmate, Tez, and we have 3 beautiful (my step) children and 2 gorgeous goodies, Ernie and Edie. We love adventures in the great outdoors, culinary experiences, musical theatre and live concerts, and travelling the globe.

Age: 46

Hometown: Adelaide, SA

Current town: Canberra, ACT

Competing in: Indoor rowing, Nordic skiing, sitting volleyball and swimming.

What is the nature of your injury or illness? I have a lower back injury which required major surgery in 2023 that resulted in a spinal fusion.

Sport background: I grew up in a sporting family - cricket in summer and Aussie rules or soccer in winter were on the TV almost every day in our household. Being an aspiring ballerina from a young age took me around Australia, but life responsibilities meant I retired in my early 20s. I have always enjoyed playing team sports, especially basketball and volleyball. In my 30s, I became an avid runner and completed the New York Marathon in 2015 which still remains one of my proudest sporting achievements.

What role has sport played in your rehabilitation? Having been active and sport-mad for most of my life, mental and physical connection through team sports drives me to be a better person. Through sport, I have been able to grow personally and professionally which has enabled me to be a better role model for my step and godchildren, as well as demonstrate resilience and persistence to overcome life challenges for the next generation of aviators.

How did you feel when you were told you made the Invictus Games team? Extremely honoured, humbled and proud. I can't wait to serve my nation again with a remarkable and inspiring group of incredible humans by my side.

What is your greatest achievement to date? Big question, but one that remains close to my heart is seeing the power of community, loss and unity in the face of immense despair during Operation Bushfire Assist in 2020, and the small role I played in telling their stories to the world.

Why did you apply for Invictus Games? I've followed the Invictus Games for many years and was fortunate enough to be part of the public affairs team for the Sydney Games in 2018. I was able to witness firsthand the power of sport and the team camaraderie that changed people's lives for the better. Following my injury, I lost the confidence to participate in sport and connect with new people. Being active with like-minded people forms the foundation for a happier and healthier lifestyle.

What will 'winning' look like for you at the Games? Supporting and encouraging my teammates, making some new international friends through the power of sport, and having many laughs along the way.

Who is supporting you at the Games? My husband and my rock, Tez. He has been my greatest supporter during my rehabilitation journey. I also feel incredibly grateful to have my beautiful mum supporting me; she's such a battler and beyond inspiring. She has not been able to travel much since surviving breast cancer in recent years so this will be a highly memorable experience for our family.

Major Liz Daly

ADF service: I was a bit of a later starter and didn't join the Army until I was 25. I first enlisted as a Reservist Soldier in the Royal Australian Army Military Police. I then applied to transfer to full-time and commenced my training at the Royal Military College Duntroon in July 2012. Upon graduation I commissioned into the Royal Australian Army Medical Corps, where I've had a great time working in a myriad of roles including health planning for Humanitarian and Disaster Relief, health specialist recruiter, writing the COVID-19 training packages for all of ADF during the pandemic, instructor at the ADF Peace Operations Training Centre and, my most recent and favourite role to date, Officer Commanding at the Health Specialist Wing at the ADF School of Health. I have deployed twice; Operation Accordion in the UAE in 2016/2017 and Operation Paladin in Israel for all of 2023.

Other information: I am a fur mum to 2 incredibly cute working dogs who choose to work from home: Alfie the blue dog and Stumpy the Kelpie cross Tasmanian Devil.

Age: 39

Hometown: Newcastle, NSW

Current town: Wodonga, VIC

Competing in: Indoor rowing, skeleton, swimming and wheelchair rugby.

What is the nature of your injury or illness? I was deployed to Israel in 2023 as a United Nations (UN) military observer in the Golan Heights. During the start of the Israel-Hamas War, I was locked into an Observation Post between Israel and Syria for 24 days straight with 2 other UN military observers. During this period we were unarmed and experienced a number of significant incidents. Upon my return to Australia in January 2024 I was diagnosed with Post Traumatic Stress Disorder. I also unknowingly re-tore my previously repaired ACL graft during this period. Due to not having treatment, other parts of my knee suffered damage as well as osteoarthritis occurring, which I am now working through to regain my strength and movement.

Sport background: Sport has always been my happy place. I grew up on the beach doing a lot of surf club and always being outdoors with my brothers. I was a gymnast for 8 years and then competed in a variety of different sports, up to national level for some, throughout high school and uni. I even made a job of it prior to joining the ADF by studying a Bachelor of Management in Sport and Exercise and working in the sports event industry. I have represented the Army in rugby union and downhill ski racing.

What role has sport played in your rehabilitation? Sport is something that has always been my consistent way to feel good; no matter how hard a day, if my mood is not the best or during the times my illness has really darkened my mind, sport has helped take me back to my comfort zone and give me a purpose. On some of my worst days I've achieved PBs – don't ask me how, it just happens!

How did you feel when you were told you made the Invictus Games team? To be honest it was quite a mixture of feelings. The selection camp really ignited a fire in my belly. I actually started to see glimpses of my old self at times, and I felt right at home being a part of a team. But there were so many other amazing individuals trialling that I didn't want to take away from their opportunity to find a purpose through sport, too. Overall, I am honoured, excited and feel so driven towards working hard to make the team and my supporters proud.

What is your greatest achievement to date? It may seem silly, but I think my biggest achievement was asking for help this year from my mates. I am usually someone who is very much a people person and will go out of my way to help my mates and often put myself second. I wasn't in a good way when I got home and I don't think I would've got through it if I hadn't had the courage to firstly put my hand up and admit I was struggling, and then continue to ask for more help when I had some of those harder moments.

Why did you apply for Invictus Games? Sport has always been my happy place, as well as the universal way of making friends. I applied as I needed to find some purpose and needed to find a tribe of people who were going through something similar. Both the camaraderie offered through the team and the ability to work towards shared and individual goals is what made it so appealing.

What will 'winning' look like for you at the Games? I've already won by being selected! I guess the next best thing will be to make it down the skeleton track without falling off while also rocking the Ned Flanders style lycra suit.

Who is supporting you at the Games? My 2 best friends, Lisa and Ellen. These girls have been my biggest supporters, cheerleaders, listeners and just all-round legends. No matter the time of day or night, they always answer the phone and help me get through how I'm feeling. Lisa met me upon my arrival home and really helped me during my first week back. They've seen me at my absolute lowest and really helped me get through some dark times. Even if Lisa does go for Queensland, she is still a legend!

Alexander Gair

ADF service: I joined God's Corp – the Royal Australian Artillery – in 2002 as a Gunner. I have deployed to East Timor, multiple times to Afghanistan, Iraq and Domestic Counter Terrorism duties.

Other information: Most of my friends know me as Foxy. I was briefly called 'Foxy 2 Pies' during Commando selection after taking 2 Mrs Mac's meat pies. People say, when you get old, you regret the things you didn't do more than the things you did. Those people never took 2 pies during Special Forces selection.

Age: 43

Hometown: Bowral, NSW

Current town: Sydney, NSW

Competing in: Indoor rowing, sitting volleyball and snowboarding.

What is the nature of your injury or illness? During my career in the Army, I sustained many injuries to my shoulders, back, hips and knees.

Sport background: Growing up the main sport I played was ice hockey. It wasn't until I joined the Army that I developed a passion for playing sports and training. I was involved in rugby union, Brazilian jiu jitsu and gym training. One of my favourite sports activities now is watching my kids play. Both my boys are exceptional rugby league and touch football players, who represent metropolitan Sydney at state titles.

What role has sport played in your rehabilitation? Sport has always provided a community of like-minded people coming together to achieve a common goal. Being a part of a team environment has held me accountable and helped maintain focus on my goals. Continually setting training goals and training as part of a team helps me maintain motivation.

How did you feel when you were told you made the Invictus Games team? I didn't think I was good enough to make the team. It was a long few days as I expected to get the 'bad news' call. However, it never came and I got the congratulations email instead, so I was very surprised and excited to be able to write a new chapter in my life and start a journey that I have never been on before.

What is your greatest achievement to date? I think I have achieved so much throughout my career. The ADF gave me opportunities that I would never have had in a civilian job. I set many goals while in the ADF. I failed countless times but, through determination, I managed to achieve my goals, but my greatest achievement is being a strong positive role model and father to my kids.

Why did you apply for Invictus Games? After I discharged, I dedicated myself to my kids. I had missed so much of their lives with deployments, exercises and on courses that I wanted to be there for them. I noticed that my mental health wasn't on track, and my rehabilitation journey wasn't going well either. I applied to Invictus to set goals to work towards, to improve myself physically and mentally and to be a role model for my kids. After Invictus I hope to instil in my kids that mental health matters, that it's OK to not be OK, that's it's OK to talk about mental health and how we feel, and that you define your own journey.

What will 'winning' look like for you at the Games? Winning to me will be inspiring those around me to accomplish their goals, to inspire others to change their narrative and to inspire my kids to never stop challenging themselves.

Who is supporting you at the Games? My closest friend of over 10 years, Arron, who has always supported me, will continue to support me through the Games, alongside another friend.

Danny Giles

ADF service: I joined the Australian Army in August 1997, signing up to be an Infantry Soldier. First posting was to 2RAR, Townsville in 1998. I did 2 tours of East Timor. I posted to 4RAR in 2002 and completed Special Air Service Regiment (SASR) selection course in 2004, subsequently going on and having a 20-year career in the regiment. I have done multiple tours to the Middle East during my time and was medically discharged from service in 2024.

Other information: I'm married to my beautiful and supportive wife, Rachel, and have 3 talented kids, Lachlan (13), Matilda (11), and Oscar (6).

Age: 45

Hometown: Darwin, NT

Current town: Perth, WA

Competing in: Biathlon, indoor rowing, and sitting volleyball.

What is the nature of your injury or illness? I have sustained many long-term physical injuries and suffer from chronic pain due to my service.

Sport background: I played all sports as a kid, enjoyed competing in team sports and being with my mates. Aussie rules and cricket were my faves during my high school days.

What role has sport played in your rehabilitation? It has allowed me to participate in the sporting arena again after a long time missing out due to service. It will give me goals and focus during my transition out of the ADF.

How did you feel when you were told you made the Invictus Games team? Grateful that I was selected and honoured to compete with other amazing people.

What is your greatest achievement to date? Being a father and husband and serving with SASR.

Why did you apply for Invictus Games? To get back into team sports and try different sports to help with rehabilitation. Also being able to rub shoulders with inspirational people and relate to their journey.

What will 'winning' look like for you at the Games? Watching my fellow athletes compete together with a smile on their faces.

Who is supporting you at the Games? My wife and 3 kids.

Kaz Gladysz

ADF service: I joined the Royal Australian Air Force in 2006 and was medically discharged in June 2024. Throughout my career I was posted all along the east coast of Australia and the United States and had several deployments with the Air Force, Navy and the US Navy. I deployed to Papua New Guinea, Pakistan and Afghanistan. I initially joined as a Radiographer before commencing re-specialising training as a Medical Officer from 2018.

Other information: My nickname is Kazbot. I am currently living in Brisbane with my husband, Bart, and sons, Riley (12) and Brody (10).

Age: 40

Hometown: Gippsland, VIC

Current town: Brisbane, QLD

Competing in: Biathlon, swimming and wheelchair basketball.

What is the nature of your injury or illness? I have a back injury. I have undergone multiple spinal surgeries with unfortunate complications resulting in neurological impairments in both legs. My kids however remind me daily that I am the female version of Wolverine with all the metal now in my spine and pelvis.

Sport background: Growing up I competed in several sports at state level including swimming, diving, touch football and gymnastics. Some of my greatest sporting achievements include winning the Victorian Junior State Championships in 1-metre springboard diving, representing Victoria in touch football, completing the New York marathon and competing in swimming at several state championships.

What role has sport played in your rehabilitation? Sport has been such an immense part of my rehabilitation. Coming from a sporting background and not being able to run for over a year now, I sought comfort in finding other sports. Throughout my rehabilitation period, sport has been the one consistent activity that I have been able to get enjoyment from and join in with my family.

How did you feel when you were told you made the Invictus Games team? I was excited and a little nervous, however mostly grateful to have this wonderful opportunity.

What is your greatest achievement to date? Motherhood is a tough one to beat. Also trekking to Mount Everest Base Camp has been an adventure highlight.

Why did you apply for Invictus Games? I wanted to challenge myself and see what I could achieve with sport now that I cannot undertake the same sports as pre-injury.

What will 'winning' look like for you at the Games? Being able to complete each event and having fun while doing it. Also being able to support and cheer on fellow competitors and seeing them achieve their goals will be a huge highlight.

Who is supporting you at the Games? My husband and 2 sons will be supporting me at the Games, with other friends and family watching from home.

Dane Greenstreet

ADF service: I enlisted in the Australian Army as a Marine Specialist in March 2000 as a 17-year-old. While serving I had numerous postings around Australia, including Townsville, Sydney, Canungra, Darwin and Canberra. I deployed to many different locations, including the Solomon Islands, East Timor and the Middle East to name a few. A major highlight of my career was spending about 6 months in the United Kingdom on exchange. I was medically discharged in November 2016.

Other information: Since discharging I have taken the role of stay-at-home dad for my 2 boys, Taj (12) and Hamish (10). I live with my wife and kids near Bunbury in WA's southwest, where we are currently renovating our home.

Age: 42

Hometown: Dorrigo, NSW

Current town: Bunbury, WA

Competing in: Snowboarding, swimming and wheelchair rugby.

What is the nature of your injury or illness? I was medically discharged due to PTSD, major depressive disorder and anxiety. I also have lower back and lower limb injuries.

Sport background: Growing up I played any sport available, however my passions were cricket, swimming, rugby league and union. I was a competitive swimmer up until 1999 when I left school. I have used swimming for fitness fairly consistently through my life and recently completed the Bussleton Jetty open ocean swim. I also played cricket during my junior years for Dorrigo, and I have recently pulled the pads back on and now play for the Leschenault Green Caps. Sadly, my rugby league and union careers have ended but, at the ripe old age of 42, I have taken up Aussie rules and now play for the mighty Leschenault Crabs masters Aussie rules team. Since discharging I have participated in 2 Big Battlefield Bike Rides, which is a cycling tour through the battlefields of northern France while supporting and fundraising for wounded, injured and ill veterans. I was also fortunate in 2023 to be selected to attend a 10-day snowboarding camp in Colorado with the Invictus Games Foundation, where I was able to learn how to snowboard with some amazing coaches and have an amazing snow experience. My greatest sporting moment would be during this event were I able to compete on a slalom course only 9 days after my first go at snowboarding without falling over.

What role has sport played in your rehabilitation? Sport and exercise have been crucial to my rehabilitation and I have always attempted to maintain some involvement in an exercise program or, now, sports teams. I have found sport to be the most effective way to maintain a positive headspace and to keep myself on the right track.

How did you feel when you were told you made the Invictus Games team? I was absolutely pumped! I have been following the Invictus Games since the Orlando games in

2016 and set myself the goal of one day competing, so to realise that dream will certainly be a massive highlight of my post-military life.

What is your greatest achievement to date? My family and the life we have built. After discharge I had many dark periods, but we now have that behind us and we have managed to stay as a family unit. We have a lot of fun and good times together - they're everything to me.

Why did you apply for Invictus Games? I applied for the Invictus Games as I feel I'm towards the end of my rehabilitation journey. Like many others when I was medically discharged, I still felt I had a lot to give and was unable to go out on my terms. The Games will give me the opportunity to walk away from the Defence environment with my head held high and I will be able to get closure from my 16-year Army career, which is something I thought I would never have the opportunity to do.

What will 'winning' look like for you at the Games? Winning will be standing on the swimming blocks with my wife and boys cheering me on, knowing I have done all it takes to get that far.

Who is supporting you at the Games? I hope to have my wife and boys with me in Canada cheering me on. Back home will be my parents, my brother and my best mate, all no doubt screaming at the TV, willing me on.

Doug Griffiths

ADF service: I joined in 1988 as a Sailor in the Royal Australian Naval Reserve before joining the regular Navy as a Seaman Officer in 1989 and graduating from ADFA in 1991. My early career was spent at sea as an Officer of the Watch on a variety of ships. I qualified as a Mine Warfare and Clearance Diving Officer in 1995 and served in clearance diving roles, including Australian Clearance Diving Team One, Australian and UK Mine Hunters, and staff positions (including Sea Command, Task Group and Task Force Command postings). Other postings include Executive Officer Australian Defence Force Academy, Assistant Defence Advisor Kuala Lumpur, Malaysia and Defence Attaché Amman, Jordan with accreditations to Beirut, Cairo and Doha. Operational deployments include Operation Dirk (Southern Ocean 1997), Operation Slipper (Northern Arabian Gulf 2001/2 and Afghanistan 2009), Operation Catalyst (Iraq 2006), Operation Render Safe (Solomon Islands 2013) and Operation Highroad (Afghanistan 2016). I medically discharged from the ADF in October 2024.

Other information: My current occupation is Naval Officer - Mine Warfare and Clearance Diving Officer. My nickname is Dougie and I have been married to my wife, Emma, who is also a serving Naval Officer, for 32 years. Our son, Josh, is also a serving Naval Officer.

Age: 54

Hometown: I can't lay claim to having a hometown as I was a RAAF brat and moved constantly as a child and continued that when I joined the Australian Defence Force.

Current town: Canberra, ACT

Competing in: Indoor rowing, Nordic skiing, sitting volleyball and swimming.

What is the nature of your injury or illness? In February 2023, I was diagnosed with Stage IV lymphoplasmacytic lymphoma, a very rare non-hodgkin lymphoma variant. Complicating my cancer, I have AL amyloidosis which has been generated by the lymphoma. Neither condition is curable. I have gone through 8 months of chemo, 6 weeks in hospital, 8 blood transfusions and 2 surgeries. I am not in remission, and I know I will get sick again and require further treatment.

Sport background: I have been actively involved in triathlon since 1986. I have completed 14 ironman distance races and been privileged to represent Australia at the World Age Group Long Course Triathlon World Championships in Sweden (2004) and Denmark (2005). I was fortunate to compete at the Department of Defence (DOD) Warrior Games with the ADF Adaptive Sports team in Orlando in 2024.

What role has sport played in your rehabilitation? Sport offers me the opportunity to regain some normality in my life. Cancer has turned my life upside down. My cancer journey is far from over - it is not going away - but being able to use sport to build up my confidence, build my fitness to combat the cancer and help my mental health has been transformational. I will never again be as fast or as fit as I once was, and that's OK. Everything I achieve now will be a post-cancer personal best and sport gives me the motivation to get up and keep going when life seems to be at its lowest and darkest.

How did you feel when you were told you made the Invictus Games team? It was emotional. I thought my illness would never allow me to participate as part of a team such as this again. It is very humbling to even be considered. I am full of pride at the honour and I do not underestimate the enormity of this privilege.

What is your greatest achievement to date? Being a dad and contributing to raising such an amazing son.

Why did you apply for Invictus Games? Although I have an incurable, terminal cancer, I am not ready to give up. I am not ready to let cancer define who I am and I am not going to let cancer win. I am a fighter and I intend to fight to the end. I might be broken, but I am not beaten. Being part of the Invictus Games team also gives me the opportunity to be part of an amazing team of service personnel, both ADF and veterans. The power of the team for me is so important. Since being diagnosed I have missed the camaraderie, mateship and support that being part of the ADF has always offered me during my 35-year career. This team offers the opportunity to remain part of the team and support and celebrate my teammates and their journeys.

What will 'winning' look like for you at the Games? I have already won. Team selection was a win. If I remain healthy enough to get to Vancouver that will be a second win. Every day I have extra is a win and I no longer take any moment or opportunity for granted.

Who is supporting you at the Games? My amazing wife, Emma, will be travelling to Canada to support me and I know I will have many people following from afar. Importantly, I know I will have the support of my teammates as we take on this challenge together.

Sean Grimmond

ADF service: I was an Airborne Electronics Analyst in the Royal Australian Air Force after joining as an Avionics Technician in 2006. I was medically separated from the Australian Defence Force in 2023 after serving on Operations Augury, Atlas, Bushfire Assist, Covid-19 Assist, Gateway, Resolute and Saville.

Age: 36

Hometown: Sydney, NSW

Current town: Adelaide, SA

Competing in: Indoor rowing, skeleton, wheelchair basketball and wheelchair rugby.

What is the nature of your injury or illness? I had what felt like a muscle strain in my leg and was caught completely by surprise to find out the cause was nerves in my back, and I was going to be grounded and sent to a specialist. It degenerated rapidly to the point I could only walk a hundred metres at a time and needed to be operated on. It went well though and I eventually returned to flying. I couldn't conceal my obvious physical injury but, what wasn't apparent at the time – although with the benefit of hindsight maybe it was – was the struggle I was having dealing with trauma and moral injury from my deployment on Operation Augury. Only once I reached out for help did things start to improve and I found out just how many of my colleagues were facing the same battle themselves.

Sport background: I started Little Athletics at 4 years old and throughout childhood played rugby union, soccer and cricket. During my ADF career I was able to keep playing soccer. I completed a refereeing course to help out the club when we couldn't get enough officials on base and it was immediately evident, almost painfully so, how much better an official I was than a player. I quickly moved up the divisions and before injury and illness caught up with me, I had officiated 2 seasons of National Youth League and a couple of A-League friendlies. I loved to run and would try to get to parkrun every week, ran a few marathons and briefly gave triathlon a go. With contact sport and long distance running off the table, I'm currently playing wheelchair basketball and competing in motorsport.

What role has sport played in your rehabilitation? When I was undergoing rehabilitation for my back injury, my athletics club was very supportive. When I could barely walk, I would head out to the clubrooms and someone would drag a chair out to the track for me and I would coach from the chair. I felt valued, included and had a purpose. It gave me social connection when I was otherwise at home waiting for sick leave to finish. Soon I could walk properly, then I could jog, then run, then fly. Now I am on a second rehabilitation pathway; I'd lost my sense of purpose, I felt worthless and had little social connection. I've turned to sport again and the positive change has been dramatic.

How did you feel when you were told you made the Invictus Games team? I was incredibly grateful to be given an opportunity to be a part of the team after meeting a remarkable and inspirational group of people at the selection trials. Then I felt a sense of pride and

confidence that I had not felt in many years on reflecting on how far my rehabilitation has come.

What is your greatest achievement to date? Being selected for Team Australia at Invictus Games Vancouver Whistler 2025.

Why did you apply for Invictus Games? I was at a stage in my life where I needed a focus and something to strive for when I was left directionless after discharge. I thought back to better periods of my life and a clear pattern emerged. When I was more active and more involved in sport, I was happier, more successful professionally and had better relationships with the people around me. I was also encouraged by the experience of previous Invictus athletes who I had met and how it had formed a part of their recovery.

What will 'winning' look like for you at the Games? Winning for me will be the Games making a lasting change to how I live. This will, without doubt, be the highlight of my sporting career, but not the end. I want to launch from here into as much sport and activity as I can. Even better still, if those of us fortunate enough to be here on the team this year can encourage others to get out, have a go and experience the benefit of sport the way previous athletes encouraged me, that is a win.

Who is supporting you at the Games? My partner, Helina, will be coming to support me in Vancouver. My brother, Tom, who is still serving, and his family will be at home watching.

Alex Hale

ADF service: I joined the Royal Australian Navy in 2002 and have had an excellent career as an Aeronautical Engineer. My career highlights include the opportunity to represent the Navy in the United States to conduct training and introduction into service for the MH-60R 'Romeo' Seahawk; deploying to the Middle East to conduct duties with Head Quarters Joint Task Force 633; receiving a bronze commendation for my posting as a career manager for engineers; and my posting as the Aviation Engineering Officer of 816 Squadron (my dream job). Following my injury, I discharged in July 2024 after 22 years of service.

Other information: I married my wonderful wife, Erin, in 2012 and we have a 7-year-old son, Maxwell. We recently moved to Lake Macquarie to be closer to my family who have given us endless support since my injury.

Age: 41

Hometown: Lake Macquarie, NSW

Current town: Lake Macquarie, NSW

Competing in: Biathlon, indoor rowing and wheelchair basketball.

What is the nature of your injury or illness? I am a paraplegic following a complete spinal cord injury in April 2023. I was cycling when a driver fell asleep at the wheel and hit me at approximately 100 km/h. I sustained numerous injuries including multiple spinal cord, clavicle fractures, bilateral rib fractures, collapsed lungs, a broken ankle and multiple grazes. I spent around 10 weeks in hospital and a further 12 weeks in rehabilitation.

Sport background: Growing up I mostly played soccer and rode my bike, with a bit of sailing in early high school. After joining the Navy I played soccer and mixed netball for the Australian Defence Force Academy. More recently, I enjoyed running in the morning before work. I got back into cycling around 7 years ago with greater access to mountain bike trails in and around Canberra. I then got myself a road bike for when the trails were too wet and muddy.

What role has sport played in your rehabilitation? Before my injury, fitness was crucial for my mental and physical wellbeing. Post injury, sport has been a fundamental component of my recovery. Sport allows me to explore and test my physical limitations, build strength and stamina as a wheelchair user, and overcome the physical and mental obstacles my injury brings. I am grateful to have worked with recreational therapists in rehab that encouraged me to get involved in sport and to have been supported by my excellent care team on discharge to access the equipment I needed to keep this momentum going. I have recently joined a gym and have been overwhelmed by how supportive this community has been.

How did you feel when you were told you made the Invictus Games team? Humbled. So many people don't get the opportunity to be involved in this type of program. Through my involvement with the ADF Adaptive Sports Program I have found a community to help me through my discharge and am discovering new communities in wheelchair basketball and

archery. It means everything to me to be able to keep that going and play my own small role in other people's rehabilitation journey.

What is your greatest achievement to date? Without doubt, my family. Erin and Max keep me going every day, both before my accident and since. I couldn't imagine doing life without them. I am extremely proud of my 22 years serving in the Royal Australian Navy. My career meant, and still means, so much to me. The Fleet Air Arm will forever be part of who I am. I am also really proud of how I have approached life after injury. It isn't easy, but I am proud of everything I have achieved so far.

Why did you apply for Invictus Games? Because my and my family's recovery journey is far from over. I realised at the Warrior Games how important the program was - not only for my recovery, but for my family's recovery. Together, it helped us start to move past the shock and grief that came with my accident. I want to continue to show them how capable I still am, especially my son, Max. I want him to understand that we all have different challenges, some physical, some mental, but together we can achieve so much. There is such power in community, connection and inclusion. I want him to know that I am 'unconquered' and, more importantly, we can be unconquered together as a family.

What will 'winning' look like for you at the Games? Winning for me is continuing to get stronger and more capable. I have set myself goals around continuing to get my independence back following my injury. Any progress I make is a massive win for me.

Who is supporting you at the Games? Erin and Max will be leading my cheer squad, supported by the rest of my family...try keeping them away!

Leading Seaman Christopher Hill

ADF service: I Joined the Royal Australian Navy on 2 July 2018 as a Boatswain's Mate. Since joining, I have participated in a broad range of exercises and operations in surface platforms. I have served at sea in HMA ships Adelaide, Hobart, Stuart, Huon and Larrakia. During my posting on HMAS Larrakia, I was deployed to Operation Resolute in 2019 to conduct the policy of sovereign borders. Following this posting I was posted to Fleet Support Unit at HMAS Kuttabul in 2020-2021, where I assisted in maintaining the capability of surface combatants by conducting routine maintenance tasks, Indefinite Leave to Remain (ILR) demonstrations and I also had the opportunity to assist in filming an update video about the survival equipment used by the Royal Australian Navy. During the COVID pandemic, I volunteered for Operation Covid-19 Assist in 2021 to support Victorian Police in hotel quarantine. During this operation, I was given the opportunity to lead a brick of personnel on the deployment, organising a watch routine so members of the brick would be afforded greater respite, minimising members' fatigue. Following this I was posted on HMAS Adelaide, where I was fortunate to have the opportunity to participate in the exercises Sea Raider, Sea Trident and Indo-Pacific Endeavour 2022 as a member of ships' company. I am posted to Fleet Support Unit due to my medical restrictions.

Other information: My nickname is Hilly or Hillbilly. I am 1 child of 5 to my parents, Kim and Allan Hill. My siblings are Nicole, Brian, Sally and Lauren. I am engaged to my partner, Paige Gilmour, who means the world to me. I have a pet German x Swiss shepherd named Wicket.

Age: 39

Hometown: Newcastle, NSW

Current town: Carlingford, NSW

Competing in: Indoor rowing, snowboarding and wheelchair basketball.

What is the nature of your injury or illness? I have been diagnosed with PTSD.

Sport background: I have been playing baseball on and off since I was 8-years-old. I have only played for 2 clubs – Mayfield White Sox and Woodberry Wolves. Besides these sports, through school I played basketball, rugby league, soccer, cricket, ice hockey and more. I am also a student of a martial arts known as Hapkido.

What role has sport played in your rehabilitation? Sports have always been an integral part of my life ever since I was a child. I believe the role of sports in my rehabilitation is quite massive in many ways. Sport gives me the opportunity to make connections with people, makes me grow in confidence and purpose and, most importantly, be a part of something that is greater than myself as a member of a team.

How did you feel when you were told you made the Invictus Games team? I had many emotions and feelings when I made the Invictus Games team. I felt overwhelming pride, excitement, happiness, gratefulness, accomplishment and purpose, which I honestly believe I had lost because of my medical status.

What is your greatest achievement to date? Good question, I have to say I have a few achievements over the years, but the most recent is being promoted to Leading Seaman in 2022.

Why did you apply for Invictus Games? I applied for Invictus Games for a few reasons. Firstly, to be a part of something meaningful and greater than myself. What I mean by that is being an integral member of the Invictus team by assisting others in their rehabilitation as well as my own. Secondly, to have purpose again, because I am unable to serve my country due to my medical condition.

What will 'winning' look like for you at the Games? Winning to me isn't about the medals. It's about being a member of a team that works as one; to help others with their rehabilitation as well as my own.

Who is supporting you at the Games? All my family and friends are supporting me in general but my partner, Paige, and my mum, Kim, will be at the Games.

Adam Jackson

ADF service: I joined the Australian Army in 2006 as an Avionics Technician, which meant I maintained the electrical systems on helicopters. This awesome job saw me work on Blackhawks, MRH90 Taipan Helicopters and Chinooks. I deployed to Afghanistan twice, and serving my country alongside other nations at Kandahar Airfield was the highlight of my career. I was posted to Perth with Defence Force Recruiting, which gave me the privilege of engaging with school students, parents and others to share why working in Defence is a rewarding job.

Other information: My wife, Kate, and 2 children, Maddy and Layla, have spent countless hours looking after me. My family are my ultimate supporters.

Age: 43

Hometown: Toowoomba, QLD

Current town: Sunshine Coast, QLD

Competing in: Indoor rowing, Nordic skiing, sitting volleyball and swimming.

What is the nature of your injury or illness? I suffered a massive stroke in 2020, which left me completely paralysed on my right side. I was unable to talk or eat. Doctors told me I would never walk again. I still have deficiencies on my right side, including a non-functional right hand. I also have other physical and mental health issues.

Sport background: I have always loved sport. I played baseball, softball and netball when I was young and continued netball until my injury. While serving in the Army, I represented North Queensland and Western Australia in several inter-service netball competitions.

What role has sport played in your rehabilitation? Before my stroke, I was fit and healthy, and this helped my recovery and rehabilitation. Being physically fit before my stroke helped me recover quicker. I had to learn to move, walk, eat, speak and write again. I went from being paralysed to walking and trying to run within 2 months while still in hospital. I was even trying to play handball in a wheelchair with my children. I have used my love of fitness to build up strength and to motivate others.

How did you feel when you were told you made the Invictus Games team? I have been on my rehabilitation journey for the past 4 years. I want to recover the best I can for both myself and my family. To have the opportunity to represent Team Australia has filled me with a sense of pride. To be able to stand alongside my teammates and compete with other amazing people from different countries is a once-in-a-lifetime achievement.

What is your greatest achievement to date? Marrying my wife and having my 2 children.

Why did you apply for Invictus Games? Being the first winter Invictus Games, I want to test myself in a very foreign environment and use my positive attitude and story to help other people. I saw snow for the first time when I was 26 and have only spent a couple of days snowboarding. Nordic skiing will be an absolute delight.

What will 'winning' look like for you at the Games? Competing and supporting my teammates at the Games is 'winning' enough. Supporting and befriending other competitors from other countries is a big bonus.

Who is supporting you at the Games? My wonderful wife and 2 children. I have an amazing team of health professionals who have helped me get to where I am today, and they will be cheering the team and myself on from Australia.

Ty King

ADF service: I joined the Royal Australian Navy in July 2013, served just over 9 years and discharged in October 2022. I joined as a Marine Technician and later specialised as a Refrigeration and Air Conditioning Technician. I deployed to the Middle East on Operation Manitou, South East Asia on Indo-Pacific Endeavour and to Hawaii to do Rim of the Pacific (RIMPAC).

Other information: I am currently working as a buyer's agent. I am raising my first child, Capri, with my wonderful partner, Gabby.

Age: 31

Hometown: Cessnock, NSW

Current town: Mango Hill, QLD

Competing in: Indoor rowing, snowboarding and wheelchair rugby.

What is the nature of your injury or illness? I have osteoarthritis in my knee from a bucket handle tear and have patellar instability as well as mental health issues.

Sport background: Growing up I competed in soccer, cricket and rugby league. While serving, I played rugby league, rugby union and golf.

What role has sport played in your rehabilitation? Sport has been a massive help for getting me back into a team environment and also to help my mental health by being around like-minded people.

How did you feel when you were told you made the Invictus Games team? To be able to put on the green and gold and represent my country at the Invictus Games makes me feel incredibly proud and excited.

What is your greatest achievement to date? Becoming a father.

Why did you apply for Invictus Games? Having seen what the Games have done for others who have been on that stage before, it made me want to get back into the team environment that I have missed. Hopefully it will help me, like it has so many others.

What will 'winning' look like for you at the Games? Winning will be being back in that competitive environment again and being able to meet other nations from around the world, while also supporting and encouraging the new friends I have made along the way.

Who is supporting you at the Games? My partner, my baby daughter and hopefully my parents.

Sergeant Emily Lahey

ADF service: I joined the Australian Army as a Command Support Clerk in 2010. I have enjoyed a unique career with various job roles and postings to 6th Aviation Regiment, Special Operations Engineer Regiment and 3rd Health Support Battalion. I deployed on Operation Highroad (Afghanistan) in 2015 and Operation Accordion (United Arab Emirates) in 2019. I am currently posted to Headquarters 4th Brigade, where I remain on long-term medical leave.

Other information: My husband, Jason, and I live by the beach with our 2 dogs, Molly and Olive. I am an active and passionate advocate for patients with rare cancers and genomics and, in my spare time, I enjoy cooking, music, travelling and spending time with my family and friends.

Age: 33

Hometown: Launceston, TAS

Current town: Melbourne, VIC

Competing in: Alpine skiing, indoor rowing, skeleton, swimming and wheelchair curling.

What is the nature of your injury or illness? I have terminal cancer, affecting my sinuses, skull and brain. I also have complete loss of vision in my left eye due to the tumour's position and mental health conditions. Given the rarity of this cancer, it typically sees a life expectancy of 6 to 9 months. While there have been setbacks and many unknowns, I remain on a targeted treatment and my condition is currently stable.

Sport background: I come from a family of sport lovers. Having rowed and played netball and soccer during high school, I now enjoy strength and high intensity interval-style training, cycling and reformer pilates.

What role has sport played in your rehabilitation? Exercise has been a big part of my rehabilitation, while also benefitting my mental health and general wellbeing. Arguably, it has given my body a greater ability to fight during treatment. There was a point in time where I was unable to walk the short distance to the end of my street due to the crippling effects of chemotherapy. Since then, I have worked hard to regain physical strength and have made my physical health a priority. I was fortunate enough to compete as part of Team Australia at the Warrior Games in Orlando, Florida, in 2024. This experience exceeded all expectations but, overwhelmingly, it allowed me to see how far I've come physically. I look forward to pushing myself even harder to see what I'm capable of in preparation for the Invictus Games 2025.

How did you feel when you were told you made the Invictus Games team? Competing at the Invictus Games was the ultimate goal when I initially applied for the Adaptive Sports Program. When I found out I was selected, I felt overwhelmed and excited at the opportunity to represent Australia a second time in adaptive sports. I'm most looking forward to challenging myself with the winter sports component of the Games.

What is your greatest achievement to date? Surviving to be able to tick things off my 'living list', including walking the Three Capes Track in Southern Tasmania, buying a house, swimming with whale sharks in Exmouth, WA, cage diving with great white sharks in Port Lincoln, abseiling the Gordon Dam in Tasmania, swimming in the pool at the Marina Bay Sands, Singapore, getting married ... and there's still plenty more to do yet!

Why did you apply for Invictus Games? I applied for the Invictus Games as a new challenge and to have something positive to work towards. Since being away from the regular workforce, I have missed the camaraderie and day-to-day interaction with work colleagues and mates and the feeling of being part of something meaningful.

What will 'winning' look like for you at the Games? Being selected to represent Australia at the Games is already a huge win in my book.

Who is supporting you at the Games? My husband, Jason, and other family and friends will be making the trip to Canada to support me, as well as a proud group of supporters who will be cheering me on from Australia.

Torben Louwen-Skovdam

ADF service: I joined the Australian Regular Army in July 2008 and graduated from the Royal Military College Duntroon on 2009 to the Australian Army Catering Corps. After a 16-year career as an Army Logistician, I was medically discharged in July 2024. I've had a diverse and rewarding posting history, primarily serving as a Logistic and Operational Planner at the unit and formation level, developing a strong foundation in Combat Brigade operations. I held command appointments as a Platoon Commander at the 7th Combat Service Support Battalion and Officer Commanding 1 Catering Company, 10th Force Support Battalion. After completing Australian Command and Staff College in 2021, my final Army appointment was as the Deputy Assistant Adjutant and Quartermaster General, Headquarters 3rd Brigade. Throughout my Army journey, I have fulfilled a number of unique operational appointments, including a 2016 deployment on Operation Aslan, where I was deployed as a Logistic Plans Staff Officer within Mission Support Division, United Nations Mission in South Sudan and a 2019 deployment on Operation Solomon Islands Electoral Assist 2019, where I deployed as the ADF/NZDF Liaison Officer to the Solomon Islands Electoral Commission. With most of my career being posted to northern Australia, I have also deployed domestically on numerous Defence Aid to the Civil Community tasks. On reflection of my career, I am incredibly proud of the personal and professional growth I have been afforded and feel incredibly privileged to have had the opportunity to serve our country.

Other information: After medically retiring, our family remained in Townsville, where my wife, Renee, a PhD graduate and secondary school teacher, has established herself in the Christian education network. We have 4 children – James (15), Luke (14), Sophie (13) and Emily (12). I'm affectionately called 'Tubs' by my mates.

Age: 40

Hometown: Lancefield, VIC

Current town: Townsville, QLD

Competing in: Biathlon, indoor rowing, swimming and wheelchair basketball.

What is the nature of your injury or illness? I had a mental health breakdown in 2022, precipitated by undiagnosed PTSD related to a deployment to South Sudan in 2016. Over that six-year period I experienced increasingly intense anxiety attacks, increased alcohol intake and episodes of depression and suicidal ideation. After a period of leave and self-help, I commenced treatment for anxiety and depression and made multiple attempts to return to work in 2023. As I sought increased levels of medical assistance, I was subsequently diagnosed with PTSD leading to my medical separation from Defence in July 2024.

Sport background: Team sports were a huge part of my childhood. I started playing under 12s cricket as a 6-year-old in my hometown, Lancefield. I soon took up both golf and basketball, however found a passion for Aussie rules in my late teens. I continued playing

Aussie rules at various clubs throughout my Army career, but stopped playing in 2018 as I withdrew further and further into myself as my mental health deteriorated.

What role has sport played in your rehabilitation? While I had become uncomfortable within team environments, I understood how important physical activity was (and is) in helping me manage stress and moderate my mental health. After my final season of Aussie rules, I decided to take up distance running, completing my first marathon in Singapore in 2018.

How did you feel when you were told you made the Invictus Games team? Relieved, motivated, but mostly proud.

What is your greatest achievement to date? Helping Renee raise 4 brilliant kids.

Why did you apply for Invictus Games? In addition to providing a short-term fitness goal to support my physical rehabilitation, the main reason I applied for Invictus Games 2025 was to give me purpose in the immediate aftermath of my transition from Defence and to support my psychosocial rehabilitation.

What will 'winning' look like for you at the Games? My hope is that being part of Team Australia will provide a supportive environment for social inclusion and help me in regaining some of my lost confidence and resilience, while also supporting my reintegration back into the civilian community, post-transition.

Who is supporting you at the Games? My wife, Renee, and our 4 children, James, Luke, Sophie and Emily, will be attending the Games.

Jo Lovell

ADF Service: I joined the Royal Australian Navy in 1999 as a Communications Information Systems Sailor. Later, I changed to Imagery Specialist. I have served on various operations, including Operation Slipper, Operation Catalyst, Operation Relex, Quickstep, VIC Fire Assist, Timor-Leste, Solomon Islands, Afghanistan and Border Protection Northern Territory. I was medically discharged in 2016.

Other information: I work as a Project Officer at The Veterans' and Families' Centre in north west Tasmania. I am also studying education and being mentored to become a Veteran Advocate. My husband's great uncle, Flight Sergeant John 'Jack' Lovell DFM, was shot down over France during World War II. My close family and friends include my husband, Jason, son, Jack, my sister in Canada, friends from mothers' group and local community in Tasmania.

Age: 44

Hometown: Grew up in Sydney, NSW

Current Town: Stanley and Launceston, TAS

Competing in: Alpine skiing, indoor rowing, swimming and wheelchair curling.

What is the nature of your injury or illness? I have physical and mental challenges related to military service and medical discharge.

Sport background: I have been involved in figure skating, netball, basketball, touch football, rugby union, sprint triathlons, field hockey and Little Athletics. I also competed in archery, shot put, discus, backstroke and recumbent bike at Warrior Games.

What role has sport played in your rehabilitation? Sport has been crucial for physical benefits, emotional solace and a sense of belonging. It has provided resilience, adaptability and determination.

How did you feel when you were told you made the Invictus Games team? Being selected for the Invictus Games was incredibly uplifting and encouraging. I experienced a profound sense of accomplishment and newfound confidence, making the journey feel very positive. The process has been a truly empowering experience and I'm filled with determination as I move forward.

What is your greatest achievement to date? My most significant personal triumph is becoming a mother despite the challenges of endometriosis. A particular highlight was having my son witness me swim in the relay at the Warrior Games, which made the achievement even more meaningful.

Why did you apply for Invictus Games? To aid in rehabilitation, contribute to the veteran community and be inspired by friends' experiences with adaptive sports.

What will 'winning' look like for you at the Games? 'Winning' means fostering camaraderie, celebrating shared experiences and embracing the spirit of unity and resilience among fellow veterans.

Who is supporting you at the Games? My husband, Jason, and son, Jack, will travel from Tasmania alongside my mother and father-in-law and friend. My sister, who lives in Canada, will join us there.

Luke Manhire

ADF service: I joined the Australian Army in 2011 as a Rifleman stationed in Adelaide as part of the 7th Battalion, Royal Australian Regiment (7RAR). I deployed to Afghanistan in 2012 as part of the Guardian Angel platoon. I medically discharged in June 2015.

Other information: I'm currently studying web design and am a single father of 4 sons, aged between 3 and 23. I was known as 'Maddog Manie' while serving and kept the nickname 'Manie' after leaving. Motorcycles, gaming and art are my passions.

Age: 44

Hometown: Adelaide, SA

Current town: Adelaide, SA

Competing in: Indoor rowing, skeleton and sitting volleyball.

What is the nature of your injury or illness? I suffer bulging disc in my lower back, have an above knee amputation to my left leg from a motorcycle accident in 2022 and suffer anxiety, depression and PTSD.

Sport background: I've dabbled in various sports over the years from Aussie rules, rugby union and league to baseball, cycling and indoor cricket. I rode dirt bikes for fun, did the City to Bay Fun Run a couple of times but have always loved rugby.

What role has sport played in your rehabilitation? Since my accident in 2022, sports and hitting the gym have played a massive role in not only my physical health but mental growth. I have engaged in so much more than I thought possible in my condition from adaptive ice hockey, basketball, rugby, volleyball and hours spent in the gym building mental and physical strength.

How did you feel when you were told you made the Invictus Games team? I was very much over the moon with joy to have been given this opportunity.

What is your greatest achievement to date? Being a role model for my sons by competing in the Warrior Games 2024 and being strong and resilient in the face of life's hurdles.

Why did you apply for Invictus Games? To show my sons that no matter what this life throws your way, you can pick yourself up and keep moving forward. Dreams can come true.

What will 'winning' look like for you at the Games? I feel like I am already winning. The opportunity to represent Australia in adaptive sports and being part of a team of like-minded individuals is reward enough.

Who is supporting you at the Games? My parents, siblings, friends and of course my 4 amazing sons. If they can be there in person or not, they have my back.

Corporal Jason Marsh

ADF service: I enlisted in the Australian Army in 1999 and posted to 6RAR where I served most of my career in the Infantry. I deployed overseas to the Solomon Islands (Operation Anode), East Timor (Operation Astute) and twice to Afghanistan (Operation Slipper, Reconstruction Task Force 3 and Mentoring Task Force 1).

Other information: I am currently posted to the Army School of Electrical and Mechanical Engineering, where I started my Carpentry course in 2023. I will be medically discharged in early 2025 as a result of my injuries.

Age: 42

Hometown: Adelaide, SA

Current town: Albury, NSW

Competing in: Indoor rowing, snowboarding, swimming and wheelchair basketball.

What is the nature of your injury or illness? I have plantar fasciitis, osteoarthritis in the right ankle and both knees, lumbar spondylosis, cervical spondylosis, bilateral rotator cuff syndrome and tinnitus.

Sport background: I have been involved in CrossFit, Muay Thai, Aussie rules, rugby union, tennis, surfing and snowboarding.

What role has sport played in your rehabilitation? Specifically for the sports I will be competing in at Invictus Games 2025, the training and preparation has given me the motivation and the 'competitors edge' that I used to have in my younger days. My training has always been goal-oriented towards something that I have wanted to achieve for myself or for a team.

How did you feel when you were told you made the Invictus Games team? I was actually relieved! It was something I felt I needed rather than wanted. I have no words to describe how grateful I am for this opportunity.

What is your greatest achievement to date? I would say my military career thus far, and also getting my Belgian mal, Peppa, to sit still on her mat!

Why did you apply for Invictus Games? It was a matter of necessity. I needed something to strive for and to support my rehabilitation.

What will 'winning' look like for you at the Games? Walking out with my fellow teammates at the opening ceremony.

Who is supporting you at the Games? My good friend, Leisa Reeves, and her husband, Nathan, and their 2 kids, Ruby and Hudson.

Colin McCallum

ADF service: I joined the Royal Australian Navy in May 1995 as a Boatswain's Mate. As a Patrol Boat Sailor, I spent much of my time being deployed on Operation Cranberry (border protection operations in the country's northern approaches to prevent illegal fishing operations). In August 2002, I transferred to Aircrewman. As an Aircrewman, I was deployed to the Middle East, Timor-Leste and the South Pacific. A highlight of my career was being part of the crew that conducted a long-range search and rescue of 2 French sailors, 485 nautical miles off the NSW coast in October 2013.

Other information: Retired. Stay at home dad to my 2 children, Stephanie (13) and Josh (11).

Age: 47

Hometown: My father was in the Navy, so I lived in many places including Frankston, Punchbowl, Greystanes, East Fremantle and Nowra, before finally ending up in Burpengary East, QLD

Current town: Nowra, NSW

Competing in: Indoor rowing, skeleton, snowboarding and wheelchair rugby.

What is the nature of your injury or illness? I have Post Traumatic Stress Disorder, depression and multiple musculoskeletal injuries, including cervical and lumbar spondylosis, all as a result of my service.

Sport background: I played rugby union from the age of 8 until I joined the Navy at 18. During the summer I competitively sailed in many classes up to and including state level. I have played many sports during my service including rugby union, Aussie rules, water skiing, sailing and snowboarding. I have always enjoyed being part of a team.

What role has sport played in your rehabilitation? I have always relied on physical activity to manage my mental health. Being an aircrewman required a higher-than-normal level of fitness. With my current physical injuries, I was unsure what I was able to do. I began training with an exercise physiologist who pushed me to go back to training with heavy weights and I have not looked back. I also participated in a program called the Veteran Surf Project where I learnt to surf and find the wonderful benefits of saltwater therapy. If it wasn't for the coaches and the crew at the Veteran Surf Project, I am not sure I would be still here.

How did you feel when you were told you made the Invictus Games team? I was over the moon; it reignited a spark inside me that I hadn't felt for many years. When I read the email notifying me that I had been selected, it brought a tear to my eye - not in a bad way, but a good way.

What is your greatest achievement to date? Marrying my wife, Kerryn, and having my 2 kids, Stephanie and Joshua.

Why did you apply for Invictus Games? I had participated in a few of the 'come and try' days that Invictus Australia holds around NSW and the ACT, and I regularly participated in a weekly Invictus Australia indoor rowing group in Nowra. The support and inclusion shown by these groups was infectious and I wanted more. I had a helping push from an old friend who thought it would be a great challenge that I would like to tackle. I learned that the Invictus Games offered an opportunity to form new social connections, learn new skills and have fun while competing on the international stage.

What will 'winning' look like for you at the Games? I have already won. Just being selected to attend the Games is a win and an absolute honour for me. The example I am setting for my children means a lot to me after struggling with my mental health and being medically separated from the Navy.

Who is supporting you at the Games? My family – my wife, Kerryn, and my kids, Stephanie and Joshua – will be there at the Games to support me. I will have my parents and my sister, Angela, and her 2 boys, Locky and Brodie, supporting me from back in Australia.

Luke McCallum

ADF service: I joined the Royal Australian Navy in 1997, 4 weeks after my 17th birthday. I was one of 4 under 18-year-olds in my division at recruit school. It made for a very interesting first year of service. I served for almost 20 years as a Communications and Information Systems Sailor. My role included running every type of communications into and out of the ship, from emails received over a satellite link to coded signals via visual morse code. My service took me on operations and exercises all over the world, including the Solomon Islands in 2000 and 2002, East Timor in 2001, the Middle East in 2002 and 2004, and border protection duties around the approaches to Australia from 2001 to 2005. I also served in Joint Task Force Gold in support of security for the Sydney 2000 Olympics and Paralympics.

Other information: I have 2 sausage dogs named Hannah and Rupert (Rupert is my blind from birth rescue puppy), and a basset hound named Rosie. I love playing an alternate reality/scavenger hunt game called Munzee, and I am slightly obsessed with indoor rowing. Since leaving the Navy, I have worked in the private sector, largely for Defence and other government agencies.

Age: 44

Hometown: Broken Hill, NSW

Current town: Canberra, ACT

Competing in: Indoor rowing, skeleton and wheelchair curling.

What is the nature of your injury or illness? Early on in my career I suffered a significant lower limb injury, fast-roping from a helicopter. I got really knocked around and it took a long time to recover, but I did get myself back up and was able to continue to serve. Over time the injuries continued to get worse and deteriorated to the point that an infection in my right leg compromised the metal in my foot and got into the bone, necessitating a below-knee amputation.

Sport background: I grew up playing cricket over summer and Aussie rules over winter. Since my amputation, I have come to embrace adaptive sports and have competed in indoor rowing and wheelchair Aussie rules. I also had the honour of representing Australia at the 2024 US Department of Defence Warrior Games, where I competed in sitting volleyball, indoor rowing, powerlifting, shotput, discus and pistol shooting.

What role has sport played in your rehabilitation? After a 6-month long, gruelling rehabilitation program, I 'earned' my first prosthetic leg. While it was great to get up and about, regaining some sort of independence and a better quality of life, I entered a period of depression and anxiety. This lasted until I had a light bulb moment in June 2023 when I discovered a Defence/veteran indoor rowing program, embracing the sport and gradually finding myself coming out of the shadows. Being involved in sport has made me a better father to my sons. I take much more pride in my work. I am much more outgoing, not shutting myself away from the world and I no longer fear the challenges life presents me. I

recognise now that I have the support of my family, my friends, and my fellow athletes. Nothing will give me my leg back, but I can still achieve anything I put my mind to.

How did you feel when you were told you made the Invictus Games team? It felt amazing to receive the advice that I would continue my adaptive sports journey and again represent my country at an international event. I am reminded of a moment shared between myself and my vascular surgeon and anaesthetist as I was being wheeled into the operating theatre for my amputation surgery. I said to them both that I would not let this hold me back and I made the assertion that I would represent Australia at the Invictus Games. Now, in February 2025, I will do exactly that.

What is your greatest achievement to date? Over the last 12 months I have fully thrown myself into indoor rowing. Receiving my para-athlete classification from Rowing Australia and Paralympics Australia and competing in ADF, state and national championships is an accomplishment I never thought possible. Holding 4 adaptive Australian records in indoor rowing is an achievement that has yet to sink in. More important than individual achievements, being selected to compete alongside the most amazing people at the Warrior Games was a truly life-changing experience. Being surrounded and supported by wounded, injured, and ill athletes from Australia and the United States has inspired me to further pursue adaptive sports and set a positive example for people who are going through the same issues and experiences.

Why did you apply for Invictus Games? I was looking for my 'tribe'. I was looking to regain that feeling you get when you put on a uniform and work with amazing people to overcome adversity and achieve your goals. I wanted to be surrounded by people who had a shared lived experience, who wanted to conquer those same fears I had, and who wanted to show that, like me, they were not defined by the injuries that brought us together.

What will 'winning' look like for you at the Games? A win at Invictus Games for me is embracing the challenge of the new winter sports and showing everyone I am not defined or restricted by my disability. I can achieve anything I set my mind to; I just may need to do it differently.

Who is supporting you at the Games? For the Invictus Games I will have some immediate family travelling with me, and I know there will also be lots of family and friends livestreaming events back home in Australia.

Callan McLean

ADF service: I joined the Royal Australian Navy in June 2014 as a Maritime Logistics Chef, deploying primarily on HMAS Shepparton based in Cairns. In 2019 I transferred to Physical Training Instructor where I served onboard HMAS Choules as part of Exercise Talisman Sabre, as well as postings at HMAS Creswell, training new entry naval officers, and HMAS Penguin. I then medically discharged in 2023 due to multiple musculoskeletal injuries.

Age: 29

Hometown: Mackay, QLD

Current town: Newcastle, NSW

Competing in: Biathlon, sitting volleyball, swimming and wheelchair rugby.

What is the nature of your injury or illness? I have bilateral cartilage issues in both knees, primarily due to overuse during my time in the Australian Defence Force, which now restrict me from any running or high-impact activity. In addition, I have mental health and multiple other musculoskeletal injuries.

Sport background: I competed in swimming, soccer and Aussie rules through my childhood and teenage years. My greatest sporting achievement would have to be being a co-captain to my sporting house during my senior year of school, with our house winning both the swimming and athletics competitions. Winning age champion for the fourth year in a row of the swimming carnival was the icing on the cake.

What role has sport played in your rehabilitation? Prior to injury, sport was my whole life. Finding adaptive sport and new methods to keep fit and get my sporting fix has allowed me to not only improve my physical fitness once again but to also improve my mental health.

How did you feel when you were told you made the Invictus Games team? I was overjoyed to have been selected from such a great group of people, to be part of such an amazing opportunity.

What is your greatest achievement to date? Becoming a father to my 2 sons is undoubtedly my greatest achievement in life. They give me purpose, hope and unconditional love.

Why did you apply for Invictus Games? Having had previous colleagues and close mates take part in the last Invictus Games and witnessing first-hand the amazing effect it had on their rehabilitation journey gave me the final push to apply.

What will 'winning' look like for you at the Games? Winning for me will be the satisfaction of taking part in the Games with a group of incredibly motivated like-minded Aussies by my side, who are all striving to push themselves as part of their own journey. Standing up on a podium with them by my side in victory would be incredible, however even showing up and doing our best is an amazing achievement.

Who is supporting you at the Games? My beautiful wife, Shana, and our 2 sons, Xavier (3) and Charles (7 months), together with family friend Isabel, will be cheering me on from the sidelines.

Captain Olivia Miley-Dyer

ADF service: I was appointed to the Australian Army in February 2017 and commissioned in July 2018. Upon commissioning I was posted to 8th Combat Service Support Battalion as a Platoon Commander. In December 2019 I deployed on Operation Bushfire Assist (Op BA) as a Troop Commander, working closely with the Rural Fire Service operations and logistic team to co-ordinate and allocate supply tasks for my platoon. I remained on Op BA into 2020, working in the Joint Task Force 1110 Operations team, as the ADF Liaison Officer to NSW Police at the State Emergency Operations Centre. In April 2020 I deployed on Operation Resolute as the Watch Commander for Transit Security Element 97, where I commanded a watch of 50 soldiers and sailors. In September 2020 I deployed on Operation COVID-19 Assist, as liaison officer to the commander of the Regional Force Surveillance Group. In 2021, I was posted to Headquarters 2nd Division as the liaison officer to the division's deputy commander. In 2022, I posted into Headquarters Forces Command Operations (HQ FORCOMD Ops), as the SO3 International Engagement. In 2024 I have remained in HQ FORCOMD Ops working in as the SO3 Plans - Individual Training.

Other information: Before joining Defence, I worked for the United Nations in Cambodia, working for the prosecution on the Khmer Rouge War Crimes Tribunal. I also worked for the Australian Mission to the United Nations in New York. I was inspired to join Defence after working with the military advisors on peacekeeping reforms and seeing firsthand how they worked together in service of others. I have a twin sister named Phoebe, who is a federal prosecutor and an older sister, Jessi, who is a retired professional surfer and is the Commissioner of the World Surf League. My mum, Jenny, is a primary school teacher and my father, Graeme, is a tradesman. I have 1 maltese x shitzu fur child named Wolfie. I am very close to my sisters and feel particular gratitude to my twin sister as she is the one who noticed a lump and swelling in my neck and urged me to see a doctor. At the time I had no other symptoms and was told by my medical team that the cancer had spread so extensively throughout my neck that it was almost inoperable and, if I had started treatment any later, my prognosis would have been much worse.

Age: 31

Hometown: Sydney, NSW

Current town: Sydney, NSW

Competing in: Biathlon, indoor rowing, sitting volleyball and swimming.

What is the nature of your injury or illness? During the pandemic, I was diagnosed with advanced thyroid cancer and underwent a 9-hour neck bilateral dissection which required all the nerves and muscles across my entire neck to be cut. I also had all the lymph nodes in my neck removed and spent time in ICU and 10 days in hospital. After a short recovery period, I then started a round of systemic radiation, which required me to be locked in a hospital isolation room, with only a small window in the door for the medical team to check on me. This period coincided with a spike in COVID cases and was extremely stressful for my entire family, who had the burden of caring for me during a global pandemic and who had

to greatly modify their behaviour in order to limit my risk of catching COVID. During this period I returned to full-time work and started my rehab program. Then my yearly scans confirmed my cancer had metastasised to my lungs and I went back into hospital the next day. A few days after leaving hospital, I tested positive for COVID for the first time while conducting my radiation isolation period at home. This was extremely stressful as I was concerned about how my lung capacity would be impacted by both the radiation and COVID. This fear, as well as continued neck and back pain from treatment, led me to focus strongly on swimming. I know I will possibly require a new form of targeted treatment in the future and am heavily invested in swimming and regaining my fitness to ensure my lungs and body are as strong as possible to withstand any future side effects from further treatment.

Sport background: I have a strong sporting background and throughout my recovery I have focused on rehab and physical activity. During high school I competed at a national level in water polo, ocean swimming, surfing and running. During university I was on the UNSW Elite Athlete Program and competed for UNSW in water polo and surfing. I was also a long-time member of Bronte Surf Club and was club captain as a junior. My greatest sporting achievement is every time I beat my twin sister. I had never tried any winter sports until this year. My twin sister and I have recently started taking ice skating lessons and, although our skating skills need a lot of work, we regularly go to support the Sydney Bears in the Australian Ice Hockey League.

What role has sport played in your rehabilitation? I have always loved sport. While my pre-cancer self focused on the competitive side of sport, I now use sport for pain management and rebuilding the lifetime of fitness that cancer has stolen from me. After learning that it had spread, I quickly found the only comfort I had was the knowledge that by living a fit and healthy life I had given my body the best chance to endure whatever might come next. Throughout my treatment, I have had long periods of waiting to see how effective each round of treatment would be. During these periods, I found training to be a safety blanket, as working on my strength allowed me to feel that I was actively contributing to my survival rather than relying on my medical team and family. I also found sport useful in managing the stress that comes with returning to full-time work while dealing with the side effects of my treatment and worrying about any further treatment, my job security and COVID concerns.

How did you feel when you were told you made the Invictus Games team? I was told I had made the team by other members of the team while we were at a training camp. After being isolated and spending so much time by myself in hospital and at home throughout my treatment, it was amazing to be told I would be part of the team with so many incredible people. I was told I had cancer over the phone while I was out walking, and having to go home and tell my parents in person was undoubtedly the worst part of my diagnosis. Being able to replace those terrible memories with new positive memories of telling them I had made the team was a great kind of healing in itself.

What is your greatest achievement to date? My greatest achievement is going to see Taylor Swift's Eras Tour 4 times in 1 week, including 1 Sydney show where I had an obscured vision

seat and was moved to an amazing seat near the front by the Taylor Nation team. Throughout my recovery, Taylor was the only artist whose music brought me joy and a sense of calm when I was extremely stressed. My medical team may not share my ideas about the healing power of Tay Tay, but they did allow me to delay my next round of tests and appointments in order to see the Eras Tour, which was a huge personal victory for me.

Why did you apply for Invictus Games? Being diagnosed with cancer in my 20s and undergoing treatment during a pandemic was an extremely isolating experience. I was physically isolated, spending a lot of time in hospital and at home by myself. But it was also mentally isolating, as I have often dealt with negative attitudes from friends who have never had any major injuries or illnesses and who have held the view that I 'don't look sick' and should stop being 'scared'. I joined Invictus as an opportunity to meet and connect with other ADF members who understand the struggles that come with long-term rehab for chronic illness or major injuries. I am so happy to feel part of a team again, with so many teammates who inspire me to be better every day.

What will 'winning' look like for you at the Games? Not continually comparing myself to my pre-cancer fitness levels and finding joy in 'having a go' and being part of an incredible team. For a long time, I was in denial about the long-term effects of my treatment and thought I'd just magically 'go back to normal'. Joining the Invictus team has signified a real change in my own mindset, in which I have accepted my 'new normal' and am embracing all the opportunities I have, rather than focusing on what I have lost.

Who is supporting you at the Games? My sisters and parents. I hold a lot of guilt for the stress my treatment has caused my family, so I am very excited to share something positive with them. I am also so excited for my family to meet all my incredible teammates. I am the only member of my immediate family who does not have at least an Australian National title, so it's an honour to join my older sister, Jess, in representing Australia.

Lieutenant Commander Dave Miln

ADF service: I served nearly 15 years in the United Kingdom military as a Royal Marine Commando and Mine Warfare and Clearance Diving Officer. I transferred to the Royal Australian Navy in 2019 as a Mine Warfare and Clearance Diving Officer before being selected for representational duties in San Diego. Following an accident with my family in the snow while posted to the United States, I spent a year undergoing rehabilitation.

Other information: I have a wife named Clare and we have 2 daughters who are 6 and 4. My parents live in the United Kingdom and my brother lives in Brisbane with his family.

Age: 39

Hometown: Sydney, NSW

Current town: Sydney, NSW

Competing in: Biathlon, Nordic skiing, swimming and wheelchair rugby.

What is the nature of your injury or illness? I was involved in an accident with a snow removal machine in Northern California in December 2022. I rolled on top of my daughters to try and protect them before entering the machine and lost both my legs, fractured my pelvis into 4 pieces and broke 6 vertebrae. My wife was 2 metres behind my daughters and witnessed the event, and undoubtedly saved all our lives with her actions. I spent 17 days in a United States hospital in ICU before being flown to Sydney to spend a further 2 months in hospital. 10 weeks after the accident I received my first set of prosthetic legs and was discharged to rehabilitation. I discharged from rehabilitation and returned home at the end of April 2023. I subsequently was readmitted to hospital for further operations for complications throughout 2023.

Sport background: I played rugby, hockey, athletics and cross country growing up. After joining the military, I took up adventure sports and gained qualifications in white water kayaking, skiing, skydiving, diving and climbing. Post my accident I found real joy playing team sports such as wheelchair basketball with my local club Manly, as well as getting back into the water to surf and downhill mountain bike.

What role has sport played in your rehabilitation? Sport has and always will play a major role in both my mental and physical rehabilitation. It keeps me grounded, focused and allows me to be the best version of myself.

How did you feel when you were told you made the Invictus Games team? Elated to be selected for the team and be participating on an international stage 2 years after the accident.

What is your greatest achievement to date? Finding my wife and having our daughters.

Why did you apply for Invictus Games? To provide me goals, meet like-minded people, share stories, take motivation from others, and show my daughters that no matter what happens in life you can always achieve what you want.

What will 'winning' look like for you at the Games? Setting new personal bests.

Who is supporting you at the Games? My wife, Clare, along with my daughters, will be joining me at the Games, and my close family in Australia and the United Kingdom will be watching at home.

Sue Osborn

ADF service: I joined the Australian Army in 1993 as a Medic and spent most of my time in Sydney. I was fortunate enough to become parachute-qualified and posted to the Parachute Surgical Team. As a medic I deployed to the Solomon Islands and East Timor, both of which were very rewarding. In 2008, I transferred to the Royal Australian Artillery to become an Unmanned Aerial Vehicle Operator. In this role I deployed twice to Afghanistan, once operating Scaneagle and the other Shadow 200. I loved my military service but was medically discharged in 2021.

Other information: I have been fortunate to be able to find a job where I can use my military skills and now hold a role delivering drone light shows. My partner is Renee and we have an 8-year-old, Bella, who will both be joining me at the Games.

Age: 49

Hometown: Shellharbour, NSW

Current town: Emerald Lakes, QLD

Competing in: Indoor rowing, skeleton, sitting volleyball, swimming and wheelchair basketball.

What is the nature of your injury or illness? I have a long list of service-related injuries to my ankles, knees, lower back, right shoulder and neck. I've had 1 knee replaced and will get the other replaced soon. I have surgery booked to replace my right ankle in 2025.

Sport background: Sport has been a huge part of my life. I played representative touch football and did surf lifesaving before joining the Army. While serving, I represented ADF at a national level in rugby union, Aussie rules, touch football and soccer. I also played rugby league in a civilian league and was part of the NSW team.

What role has sport played in your rehabilitation? Sport has only just come back into my life since joining the Adaptive Sports Program. Prior to this my injuries prevented me from participating like I used to.

How did you feel when you were told you made the Invictus Games team? I was so excited. It's given me some focus and reason to train, away from just rehab. It's reinvigorated a competitive spark and drive to be better every day.

What is your greatest achievement to date? In the context of adaptive sports, winning a silver medal at the Warrior Games in discus was a great achievement.

Why did you apply for Invictus Games? I wanted to learn more about adaptive sports and how I could benefit.

What will 'winning' look like for you at the Games? Just participating as part of a team again is a win for me.

Who is supporting you at the Games? My partner, Renee, and daughter, Bella, will join me in Vancouver.

Jason Readdy

ADF service: I joined the Australian Army in March 1991 before discharging in August 2022. During my career I deployed to Somalia, Southern Ocean, East Timor, Iraq and Afghanistan.

Other information: I have been married to my wife, Natasha, for 29 years and have 2 children in their late 20s.

Age: 50

Hometown: Hervey Bay, QLD

Current town: Perth, WA

Competing: Indoor rowing, Nordic skiing, sitting volleyball and swimming.

What is the nature of your injury or illness? I have had multiple left and right shoulder replacements, a right hip replacement and multiple surgeries on my left and right knees.

Sport background: Growing up I played rugby league from 12 until 18 years of age. I competed in athletics from the age of 9 until 16 years of age. My best performance in athletics was when I became the Queensland champion for under-15 javelin.

What role has sport played in your rehabilitation? Adaptive sport gives me a great source of mental stimulation and pride, knowing that I can still do something active.

How did you feel when you were told you made the Invictus Games team? Extremely excited to have the opportunity to participate in such a high-profile event. Secondly, it has given me a focus to set training goals over the 6 months prior to the Games.

What is your greatest achievement to date? My 2 children.

Why did you apply for Invictus Games? I needed a sense of direction after leaving the Defence Force and adaptive sport seemed the best option due to my injuries. Hopefully my attendance will give me the confidence, knowledge and understanding of what sports I can participate in without further aggravating my injuries.

What will 'winning' look like for you at the Games? Just getting out there, having a go and supporting my teammates.

Who is supporting you at the Games? My wife, Natasha, and daughter, Zoey, will be supporting me at Invictus Games. I know my son will be cheering me on from back home.

Tricia Reynolds

ADF service: I joined the Royal Australian Air Force in 1999 and was medically discharged in 2020. For the majority of my career, I was a Military Working Dog Handler. I deployed to the Middle East twice, Afghanistan and Timor-Leste. I was also lucky enough to participate in exchanges to both New Zealand with the Royal New Zealand Air Force and United Kingdom/Cyprus with the Royal Air Force.

Other information: I'm married to Harvey, we have a cat called Winston who is (still) plotting world domination, and my assistance dog, Elke. I work part-time for an organisation called Dogs for Life, where I place assistance dogs with people who have all types of disabilities, ranging from epilepsy, to PTSD, to people confined to wheelchairs. The work is very rewarding and, of course, the dogs always make your day better. I was fortunate enough to have been selected to represent Australia at Warrior Games earlier this year.

Age: 46

Hometown: Glenalta, SA

Current town: Canberra, ACT

Competing in: Alpine skiing, indoor rowing, skeleton and wheelchair basketball.

What is the nature of your injury or illness? Due to the physically demanding aspects of being a dog handler, I had a hip replacement at age 39, which was unfortunately performed incorrectly. I had to learn to walk again as the surgery had caused numerous complications. With the help of an Alter G treadmill and an amazing physio, I was able to walk unaided after months of intense rehab. Unfortunately, I was never able to return to full-time work due to the damage sustained during the surgery. I had my second hip replacement in 2020, but still experience significant issues from the trauma caused to the area.

Sport background: Growing up, I was heavily involved in playing lacrosse and basketball. I took up Muay Thai kickboxing while living in Newcastle, and the thrill of fighting is something I cannot put into words. My greatest sporting moment would be my first kickboxing fight in front of a home crowd, walking out to my song (Nine Inch Nails for those playing at home) and having the crowd go wild! I found archery in 2021, after realising my hip injury would preclude me from doing many of the sports I used to love competing in.

What role has sport played in your rehabilitation? Archery got me back out into the community and able to compete in sporting events again, something I was missing. The Adaptive Sports Program introduced me to wheelchair basketball and it's great being part of a team yet again. I've recently taken up snow skiing, in preparation for Invictus Games. My husband would ask why I can't take up any cheaper sports, but they just aren't as fun!

Why did you apply for Invictus Games? The team tracksuit, of course! The Adaptive Sports Program has pushed me to try new things I didn't think my body was capable of. Invictus is a culmination of putting these newfound skills together and doing it with some amazing friends by my side.

Who is supporting you at the Games? My husband, Harvey, and my Mum, Raelene, will accompany me to Canada. My Dad, Neville, will be supporting me from home. Winston and Elke will be leaving their carers small 'presents' each day as a show of support for me, I'm sure.

Jamie Smyth

ADF service: I joined the Army as part of the Royal Australian Artillery in April 2012 and became a missile number. I was posted to Woodside Barracks in Adelaide Hills before medically discharging in November 2016.

Other information: After leaving the Army I went back into sales, working for a large home builder in the north of Adelaide. Recently I went back into Defence working as a contractor.

Age: 35

Hometown: Adelaide, SA

Current town: Adelaide, SA

Competing in: Alpine skiing, indoor rowing, wheelchair basketball and wheelchair rugby.

What is the nature of your injury or illness? I suffered an injury to my knee during a training incident which resulted in multiple surgeries which heavily impacted my mental health.

Sport background: I grew up playing Aussie rules, NRL, soccer, baseball and golf. Before enlisting in the Army, I was considering trying to pursue a career in golf. Currently I play wheelchair Aussie rules in the SANFL.

What role has sport played in your rehabilitation: Following my injury, I had to put a stop to the sports I loved. It wasn't until I joined the University of South Australia Invictus Pathways Program in 2021 that I got back into sport and was introduced to wheelchair Aussie rules. It's given me sport back, a competitive edge and a social group.

How did you feel when you were told you made the Invictus Games team? I applied for the Invictus Games in 2021 and was unsuccessful, so since then it's been my goal to reach the Invictus Games. Blood, sweat and tears have gone into trying to better myself along the way both mentally and physically so when I received the email stating I made the Australian squad there was a huge proud sense of achievement knowing the work I put in paid off.

What is your greatest achievement to date? Firstly, my wife and kids. They've been huge supporters of me and given me the push. My most recent personal achievement was being part of Team Australia at the 2024 DoD Warrior Games in Florida. Being able to compete and have my kids watch me was pretty special.

Why did you apply for Invictus Games? Something to aim for and push towards. Each year it's been a small gradual goal to keep getting better and improve myself in some way.

What will 'winning' look like for you at the Games? Being selected for the Australian team and being able to share the moment with the rest of the group on the international stage in front of our loved ones is what winning looks like for me.

Who is supporting you at the Games? My wife and 2 boys will be joining me again on this trip. My dad and step mum are looking at coming across if possible but if not, I will have everyone back home watching and cheering us on.