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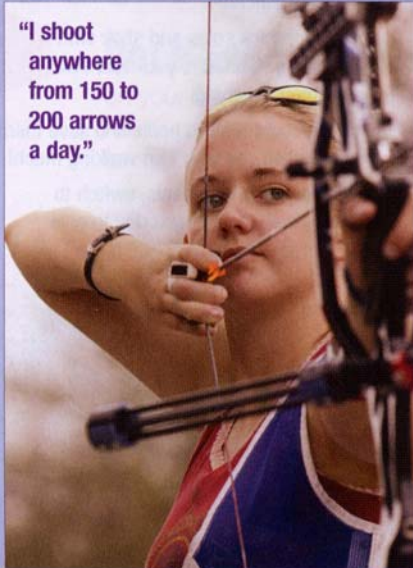
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## Spotlight on: Lindsey Carmichael

**"I shoot anywhere from 150 to 200 arrows a day."**



**AGE:** 19

**HOMETOWN:** Lago Vista, Texas

**WHO SHE IS:** A talented archer who's headed to Athens, Greece, for the Paralympics (September 17-28), the elite sports event for athletes with disabilities. Diagnosed with McCune Albright Syndrome, a bone-weakening disease, at age four, Lindsey needs crutches to walk long distances. That means "no running, no jumping, no skydiving," she says, but it doesn't hold her back from archery. She even made it to the Olympic trials this year!

**WHY SHE LOVES ARCHERY:** Because women dominate over men! "In most cases, the women's scores are higher," she says. "That's definitely something cool for any young woman."

**HER ROLE MODEL:** Olympic archer Karen Scavotto. "I've become fairly good friends with her. She's a really nice person and just a great athlete."

**LIKE FATHER, LIKE DAUGHTER:** Every step of the way, Lindsey's dad is by her side. "He's sort of taken up coaching, and he's learned a lot. We're a real team. I shoot the arrows, and he tunes the bow."

**PRACTICE MAKES PERFECT:** Lindsey trains in the cul-de-sac in front of her house. "I shoot anywhere from 150 to 200 arrows a day," she says. Don't worry—she stops for cars!

**ADVICE FOR WANNABE ATHLETES:** "I never thought I'd go to the Olympic [trials] or the Paralympics, and here I am. There's hard work involved, but

anyone can do that. It's always good to have goals. You just gotta stick to them."

**FUTURE PLANS:** Because she'll be competing this fall, Lindsey's waiting until spring 2005 to start college. "I'd like to stay in Texas if I can, so I think I'll probably apply to the University of Texas [in Austin], maybe Texas A&M." As for post-college plans, "my hope is to be a writer," she says.