



Shane MacMillan

Shane MacMillan was swimming before he could walk. He has always felt more comfortable in the water than on land. Summers were spent swimming in the lake at the family cottage. He completed his Red Cross badges quickly and was poised to become a lifeguard. Life took a turn when Shane was fifteen, he was struck in the head with a bat and suffered a traumatic brain injury which still affects his life today at age 46. Following the brain injury Shane was also diagnosed with multiple sclerosis (MS), a condition where the myelin sheath that covers nerve cells of the spinal cord and brain are damaged. This damage disrupts the ability of the nervous system to communicate, leading to a range of physical and mental issues, causing significant physical disability.

Subsequent to his injury, Shane followed the path of alcohol and substance abuse which led him to altercations with the law. His renewed faith, substance-free lifestyle, including smoking cessation after many years and a return to the pool in his forties, as a member of the Barrie Trojans Masters Swim Club, have enhanced every aspect of his life from motivation, health, finances and family life. A recognized PARA swimmer with an S10 sports class designation, Shane is setting his sights on international Paralympic competition. The return to swimming through the Masters program has been a logical step on this path providing coaching and competition opportunities which respond to his present needs and abilities.

Today the husband and father of two girls is a firm believer that swimming has been a healer for him and his renewed life.