"LIFE CYCLE OF THE ATHLETE" GUEST SPEAKERS
Biographies

DIANA NYAD
World-Champion Swimmer and Sports Journalist

Diana Nyad, in 1979, stroked her way to the longest swim in history. The distance was 102.5 miles, from the island of Bimini to the Florida shore. From 1969 to 1979, Nyad was the greatest long-distance swimmer in the world. In 1986, she was inducted into the National Women's Sports Hall of Fame and in 2003, into the International Swimming Hall of Fame.

Currently, Nyad is heard weekly on *All Things Considered* and *Marketplace* on National Public Radio. She also provides commentary on *CBS News Sunday Morning*. The author of three books, Nyad is a frequent contributor to *The New York Times*. Recently she launched BravaBody (www.bravabody.com), a program of custom-designed workouts for women over 40. On Oct. 17, 2005, she hosted the Women's Sports Foundation dinner in New York -- the premier event in the country honoring elite women athletes.

MEL DAVIS
Former New York Knicks and New Jersey Nets Player,
Executive Director of National Basketball Retired Players Association

Mel Davis has been a fixture on the New York sports scene for more than three decades. After the New York Knicks selected him in the first round of the 1973 NBA draft, he embarked on a 10-year career as a professional basketball player. His career took him from the Knicks to the New Jersey Nets before he starred in the European Professional League for five years with teams in Italy, France and Switzerland.

During his college years playing at St. John's University, Davis tore his meniscus and ligaments in his right knee while playing at Madison Square Garden. He had total reconstruction surgery performed by James Nicholas, MD, who also operated on NFL legend Joe Namath. It took Davis a year to recuperate after 12 months of extensive therapy.

In 1993 while playing in a Special Olympics game, Davis injured his left knee. Norman Scott, MD, sculpted his cartilage. Recently, his left knee was injected with artificial jelly to separate the bone-on-bone. While he feels relief from the treatments, he must monitor his weight to avoid additional pain.

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For the past six years, Davis has served as the executive director of the National Basketball Retired Players Association (NBRPA), a non-profit association comprised of former professional basketball players of the NBA, ABA and Harlem Globetrotters. Under his leadership, the NBRPA, also known as "The Legends of Basketball," has more than tripled its membership. The NBRPA recently launched its global Web site at www.legendsofbasketball.com.

CAMERON A. MYLER

Four-Time U.S. Olympian, Nine-Time U.S. Luge Association Female Athlete of the Year

Cameron A. Myler has competed on four U.S. Olympic Teams in the sport of luge: 1998 in Nagano, Japan; 1994 in Lillehammer, Norway; 1992 in Albertville, France; and 1988 in Calgary, Canada. She holds seven U.S. national luge titles and was named the U.S. Luge Association's Female Athlete of the Year nine times. During her athletic career, she held more than 30 U.S. records at tracks around the world and is considered to be the most successful female luge athlete in U.S. history. She was inducted into the Hall of Fame of the National Association for Sport and Physical Education in 1998.

After winning the 1986 U.S. Luge National Championships for the first time at the age of 16, Myler seriously injured her left knee while skiing. She immediately had surgery to repair ligament damage. Over the next few years she had two arthroscopic surgeries and a procedure to remove a staple from her tibia. While participating in biomechanical testing for luge in the late '80s, Myler subluxed both of her shoulders. She sustained several additional shoulder injuries and underwent a Bankart procedure on her right shoulder in 1992. During preseason training in 1993, she dislocated her left shoulder. After intensive rehabilitation, Myler won the last World Cup race of the season and then competed in the Olympic Games in Lillehammer, Norway. Myler had a Bankart procedure performed on her left shoulder in 1994. She went on to compete in her fourth Olympic Games in 1998.

Myler served as a representative on the U.S. Olympic Committee's Athletes' Advisory Council for eight years and was a member of the USOC Board of Directors from 1996-2003. In 2003 she was appointed to the USOC Governance and Ethics Task Force and testified before Congress regarding proposed changes to the USOC's governance structure.

After retiring from competition, Myler attended Boston College Law School where she received her law degree in 2001. Myler currently is an associate at Frankfurt Kurnit Klein & Selz, P.C., where she practices in the Litigation, Intellectual Property and Entertainment and Sports groups. She is a member of the New York State Bar Association's Entertainment, Art and Sports Law Section's Executive Committee, the Sports Lawyers Association and Women in Sports and Events.

SHAUN O'HARA
New York Giants Offensive Lineman

Shaun O'Hara is a versatile offensive lineman that can play both guard and center. He has played 66 regular season games, with 50 starts and has started the last 46 games in which he played. The New York Giants signed him on as a free agent in March 2003 from the Cleveland Browns. During his first season with the Giants in 2004, he played center exclusively.

O'Hara was a key member of the Giants' 2004 offensive line that provided enough run blocking to enable Tiki Barber to set the franchise single-season rushing record with 1,518 yards. At Green Bay on Oct. 3, 2004, the line's run blocking enabled the Giants to rush for 245 yards, their highest total since they had 260 rushing yards in a 31-21 victory over Phoenix on Oct. 11, 1992.

In late October 2004 he developed a staph infection in his lower leg. He was hospitalized for one week and underwent intravenous antibiotic therapy. O'Hara was able to return to the team in mid-November and suffered a significant high ankle sprain. He dedicated himself to returning as fast as he could, and returned two weeks earlier than expected. He completed the 2004 season without further injury.

O'Hara received the distinguished honor of being named the New York Giants' "Hometown Hero" at the United Way of New York City's annual Gridiron Gala in 2005. He donates his time to various community programs, including the United Way's Hometown Huddle program, Habitat For Humanity and the Make-A-Wish Foundation.

RICH SEUBERT
New York Giants Starting Left Guard

Rich Seubert rose from being an undrafted rookie to becoming the starting left guard on the New York Giants' offensive line. The Giants signed him on as a free agent out of Western Illinois in April 2001. As one of the toughest and strongest players on the team, he is adept at picking up blitzes and pulling on running plays, and was an important member of the line that played well the entire 2002 season.

On Oct. 19, 2003, during a game versus the Philadelphia Eagles, Seubert's lower leg was shattered when an opponent stepped on it while rushing to the quarterback. He sustained multiple fractures to his tibia and fibula. After extensive surgery, he spent three weeks in the hospital recovering, and a second operation was necessary to repair an incision that allowed for swelling. After Seubert was discharged, he began an extensive rehabilitation program.

In August 2004, Seubert underwent another operation to release a tendon in his lower leg. He was placed on injured reserve for the 2004 season. Later, he underwent additional surgery to remove hardware from the original procedure.

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Seubert passed his physical in May 2005 and participated in the team's mini-camps and organized team activities. He made the Giants' roster this season in a backup position, and is working hard to become a starter once again.

Each season, Seubert attends the annual "Meet the Giants" event to benefit the Ronald McDonald House of New York City. He has served as a celebrity reader for the National Education Association's "Read Across America Program" and participated in the Catholic Big Brothers Big Sisters "Bowl for Kids Sake" event.

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