

# Joe Delagrave

Paralympic Medalist // Coach // Speaker // Father

**Sport:** Wheelchair Rugby

**Hometown:** Prairie du Chien, Wisconsin

**Current Residence:** Nashville, TN

**Follow Joe:** [Instagram](#), [Facebook](#), [X](#), [LinkedIn](#), [Team USA](#), [Web](#)

## About Joe:

- Current head coach for USA Wheelchair Rugby. Joe retired as an athlete after the 2020 Paralympic Games, and quickly transitioned to the interim head coach role. In 2023, he became the permanent head coach of the Paralympic team.
- Twice named Athlete of the Year by the USQRA (U.S. Quad Rugby Association) (2012, 2015). Joe is the only wheelchair rugby player to be awarded this honor.
- In 2004, Joe was involved in a boating accident that caused him to become paralyzed at age 19.
- Played football his freshman year at Winona State University
- Passionate keynote speaker with a masters in professional counseling and career background in consulting
- Husband to wife April, and father to three children: Braxton, Brayden and Brynley
- Enjoys traveling, camping, handcycling, and spending time with family

## Highlights:

- 2x Paralympian (2012, 2020)
- 2x Paralympic medalist (2020: silver; 2012: bronze)
- 3x World Championship medalist (2018: bronze; 2014: bronze; 2010: gold)
- 2x Parapan Games medalist (2019: gold; 2015: silver)

## In the News:

- [https://www.news8000.com/news/top-stories/pdc-native-joe-delagrave-preps-usa-wheelchair-rugby-team-for-paralympics/article\\_01dd281c-08de-11ef-9670-ff8fc308d3d2.html](https://www.news8000.com/news/top-stories/pdc-native-joe-delagrave-preps-usa-wheelchair-rugby-team-for-paralympics/article_01dd281c-08de-11ef-9670-ff8fc308d3d2.html)
- <https://www.paralympic.org/feature/player-turned-coach-delagrave-has-high-hopes-u-s-wheelchair-rugby-team>
- <https://www.teamusa.com/news/2021/november/12/wheelchair-rugby-paralympian-joe-delagrave-announces-retirement>
- <https://apnews.com/article/paralympic-games-entertainment-sports-rugby-ffea1fbc19f03d8a3726a284f07203f8>

## ONE LINE BIO

Joe Delagrave, a 2x Paralympic medalist and current head coach of the U.S. Wheelchair Rugby Team, is a decorated athlete and leader of the sport. He is also recognized as a dynamic keynote speaker, devoted husband and father of three.

## BULLETED BIO

- Joe Delagrave is a 2x Paralympic medalist (silver in 2020, bronze in 2012), and current head coach for the U.S. Wheelchair Rugby Team.
- He competed at the top level of the sport for more than a decade, with three World Championship medals – a gold in 2010 and bronzes in 2014 and 2018. His excellence extended to the Parapan Games, where he claimed a gold in 2020 and a silver in 2015.
- He is recognized as dynamic keynote speaker drawing from his experiences in life, sport and background in consulting and counseling
- He is a devoted husband and father to three children.

## MINI BIO (50 WORDS)

Joe Delagrave, a two-time Paralympian turned USA Wheelchair Rugby head coach, led Team USA to Paralympic silver in 2020. With a stellar athletic career featuring three World Championship medals and triumphs in the Parapan Games, Joe is not only a dynamic keynote speaker but also a devoted father and husband.

## SHORT BIO (132 WORDS)

Joe Delagrave is a decorated figure in wheelchair rugby, excelling as both athlete and coach. His Paralympic journey began in 2012, securing a bronze medal and later leading Team USA to a silver in 2020 as captain. With three World Championship medals, including a gold in 2010, and Parapan Games success with a gold in 2020, Delagrave's athletic achievements are exceptional.

Currently serving as the head coach for USA Wheelchair Rugby, Joe transitioned from athlete to coach, securing the permanent position in 2023. Beyond the court, he's a compelling keynote speaker, drawing on his master's in professional counseling. A resilient athlete, Joe played collegiate football before a 2004 boating accident left him paralyzed at 19. Outside sports, he is a devoted husband and father to three children: Braxton, Brayden, and Brynley.

## LONG BIO (228 WORDS)

Joe Delagrave has built his legacy as a prominent figure in wheelchair rugby, as both a decorated athlete and coach. Making his Paralympic debut in 2012, he played a pivotal role in securing the bronze medal for Team USA. Despite facing a setback in 2016 when he did not make the Paralympic Games roster for Team USA, Delagrave returned with unwavering devotion, leading the team as captain to a silver medal at the 2020 Games.

Throughout his athletic journey, Delagrave amassed accolades, including three World Championship medals – a gold in 2010 and bronzes in 2014 and 2018. His excellence extended to the ParaPan Games, where he claimed a gold in 2020 and a silver in 2015.

Transitioning seamlessly from athlete to coach, Joe now serves as the head coach for USA Wheelchair Rugby. Retiring post the 2020 Paralympic Games, he swiftly assumed the interim head coach role, securing the permanent position in 2023.

Beyond the court, Joe is a compelling keynote speaker, leveraging his master's in professional counseling and consulting background.

A lifelong athlete, he played collegiate football during his freshman year at Winona State University. His athletic journey took an unexpected turn in 2004 when a boating accident left him paralyzed at 19. Outside of sport, Joe is a devoted husband to April and a father to three children: Braxton, Brayden, and Brynley.

## KEYNOTE INTRO (1 MIN)

Ladies and gentlemen, it is my honor to introduce Joe Delagrave, a distinguished 2x Paralympic medalist in the intense sport of wheelchair rugby, also known as "murderball." Currently leading the U.S. Wheelchair Rugby Team as head coach, Joe's athletic journey epitomizes resilience, leadership, and excellence.

With Paralympic silver and bronze medals, as well as three world championship honors, including gold, Joe was one of the top athletes in his sport for more than a decade. A lifelong athlete, he played college football before a spinal cord injury altered his path.

Beyond sports, Joe's background in counseling and consulting, along with being a dedicated husband and father of three, highlights his diverse talents. Join me in welcoming an inspiration and true leader, Joe Delagrave.