



Samantha Heyison

College: Wake Forest University

Hometown: Adamstown

"I want to continue to grow as an athlete physically and mentally, which I hope leads to accomplishing more in my sport. I love being an athlete, especially in my sport because it is an art that can't be replicated. While I love that aspect, it can also bring frustration which is why it is essential to maintain a neutral mindset. Don't get too high over a good throw, and too low over a bad throw. You can always find something to improve on."

"I know I'm capable of more and it just helps me to keep pushing myself every day to do the best I can."

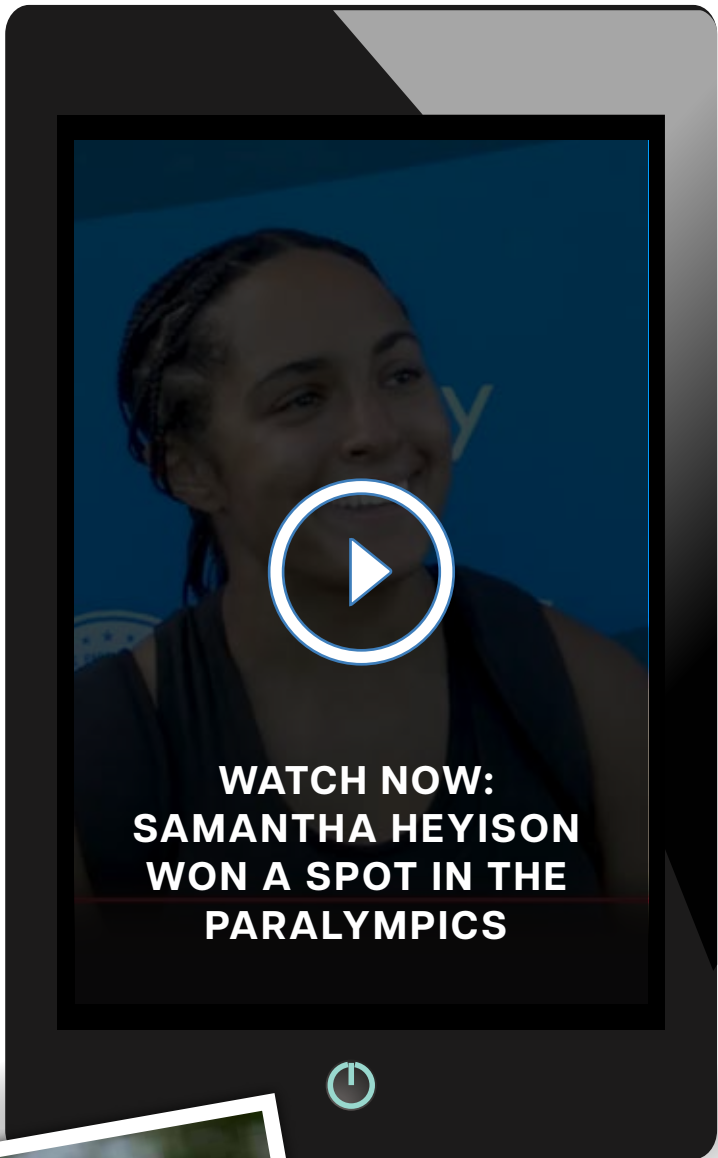
Samantha Heyison

Samantha *the* Athlete

ATHLETE PROFILE

- Sport:** Track & Field
- Hometown:** Adamstown
- College:** Wake Forest University
- High School:** Urbana High School, MD
- Position/Title:** Shot Put & Discus

- 5th Place at the 2024 Paralympic Games in discus at the age of just 19
- 4x US Para Track and Field National Champion—3 in Discus, 1 in Shot Put
- 2x World Para Championship Bronze Medalist—1 in Discus, 1 in Shot Put
- 2023 U20 Female Para Field Athlete of the Year
- F44 Discus American Record Holder
- 2x High School US Para Track and Field All-American
- US Paralympic High School All-American Female Field Athlete of the Year
- 3x 4A MD High School Champion (competing against able-bodied athletes) Champion
- First Female Paralympian in the History of Wake Forest
- One of Two Current Female Paralympians Competing in Track & Field at a Power 4 Conference



Samantha Heyison

Samantha *the Person*

PERSONAL PROFILE

- College Dean's List Student
- 2024-2025 Wake Forest Campus Library Ambassador
- Invited to serve as a Guest Speaker for several Wake Forest organizations and events, including for Wake Forest Athletics and the University Disabilities Initiative. High School Junior Year IB Program Student
- Member of the High School National Honor Society, Social Studies National Honor Society, Spanish National Honor Society, and Science National Honor Society.
- In Junior High School, Samantha helped create "Shoe Box Meals" full of non-perishable food items, and delivered them to a homeless shelter.
- Has volunteered for the "Toys For Tots" program, and has volunteered as a group counselor at Girl Scout camps, "Men Supporting Women with Cancer" events, and numerous charity golf tournaments.
- Participated as a Santa's helper for the Wake Forest Athletics Holiday Charity Program in 2023.
- Father played baseball at George Washington University and played professionally in the Baltimore Orioles farm system. He works in sales for an architectural signage and communications company and founded a non-profit organization called Men Supporting Women with Cancer.
- Mother played volleyball at University of Maryland-Baltimore County (UMBC) and is a high school special education teacher.
- Likes to sing as well as play guitar. Also enjoys trying new forms of arts & crafts.
- Would love to be a sports commentator for any sport. *"I would love to be out on the field interviewing players or being the voice you hear in the background during the game. "Once I retire from Track & Field, it would be awesome to commentate Paralympic throws!"*
– Samantha

Paralympian. Division I Athlete. Role Model.

Samantha is an extraordinary individual. She's both a Paralympian and a college athlete at a Division I Power 4 school. She is someone who loves the grind and rigorous training schedule required to excel in athletic competition with an appreciation for music and art to prepare her mentally for the process. She's overcome a congenital disability to achieve excellence and be a role model for others.

But perhaps what sets Samantha apart most is her unwavering commitment to sportsmanship, even when it challenges the expected outcome of competition.

At the IWAS/World Abilitysport Games two years ago, a formula—not just distance—was used to determine the winner in the discus event. Samantha was awarded gold, even though another athlete threw a world record in her classification. Believing the result didn't reflect true fairness, Samantha voluntarily exchanged medals with the other competitor.

"At the end of the day, fairness and respect are the most important qualities to present, no matter what distance you throw in your event," she says. "I believe strongly in shaking hands with your competitors and expressing gratitude when the meet is over."

Indeed, Samantha Heyison's story is one of overcoming adversity, relentless pursuit of goals, and inspiring others through her achievements and character.



Partner with *Samantha*!

Authenticity.

Samantha's story connects with audiences emotionally—perfect for campaigns focused on empowerment, inclusion, health & wellness, or performance.

Dual Platform Reach.

College & Paralympic exposure offers year-round engagement opportunities.

Media Ready.

She's articulate, charismatic, and comfortable with public speaking and interviews.

Diversity & Inclusion.

An ideal ambassador for brands that prioritize representation and equity.

Learn more about Samantha and connect with her



@samheyison

