

ARELLE MIDDLETON

2024 Paralympic Silver Medalist
2025 Para Athletics World Champion
2025 USTAF National Champion
2024 World Championship Silver Medalist
2025 USATF National Champion

**LA28 Paralympic Sports: Para
Athletics and Wheelchair Basketball**



HER STORY

Born with congenital femoral deficiency, Arelle's left leg is six inches shorter than her right and her hip is underdeveloped. This did not stop her from competing from a young age.

Now 18 years old, Arelle was born in 2008 and raised in California where she grew up with a love for sports. She has played water polo, volleyball, wheelchair basketball, wheelchair tennis, shot put, and discus throw.

Sticking with shot put and discus throw, Arelle became one of the youngest members of the 2024 US Paralympic Team at just 16 years old. Her accomplishments did not end there. Not only did she make the team, but she won a Paralympic silver medal in shot put at the Paris Games.

Now training to compete in Para Athletics in her hometown LA28 Paralympic Games, wheelchair basketball is also in her plans

LA29 Paralympic Events: Shot put, discus throw, team wheelchair basketball



FAMILY



A current senior in high school, Arelle will be attending the University of Alabama starting in the Fall of 2026 as part of the Adaptive Athletics Program on scholarship where she will compete in wheelchair basketball and track and field. She will be pursuing a degree in nursing at the same time.

Arelle is extremely close with her mom, Sandra, and even credits her mom with getting her into sports at a young age. Sandra played college basketball at UCLA and continued on to play in the WNBA for the Los Angeles Sparks. Sandra was a big influence on getting Arelle to begin playing all sports, but especially wheelchair basketball.

Arelle is involved with PlayLA, a youth and adaptive sports program based in Los Angeles. With PlayLA, she helps promote Paralympic sports and exposes children and adults to sports. Outside of sport, Arelle volunteers at her church and loves to play with her dog Benji.



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