

NDVS/SB Outreach Newsletter

February 2026

Our mission is to provide specialized and individualized services for people of all ages who are blind or low vision by partnering with families, educators, and agencies to empower them in achieving their goals.

Lessons from the Paralympic Stage

With the Olympic games underway this month, and the Paralympic Games coming up, we have been thinking about what it takes to be an Olympian or a Paralympian. So why not ask the athletes themselves? Quincie Mattick, who spent much of her school years in North Dakota, was a member of the Paralympic Judo team, and made a run to compete at the Paralympics. While she ultimately decided to leave the sport before competing at the Paralympics, she learned a lot from her experience on the world stage. Read about her experience and the lessons it taught her, as well as her advice for young athletes today.

Tell us about yourself.

My name is Quincie Mattick. I was born blind. I've got Leber's which is genetic. I have a little bit of light perception. I currently live in Idaho. I was actually born in Canada, and my family lived in North Dakota for a while, then we moved to Colorado. I went to college in Idaho and have never left! I never predicted I'd end up here. I just really like this town, Pocatello. It's smaller – around 55,000 people – but there are public transportation options which is important to me. I have a master's degree in social work. I work as a therapist at a local clinic.

What is your connection to ND?

I lived in North Dakota for about 8 years as a child. We lived in Burlington, which is a small town just outside of Minot. My mom worked for NDVS/SB. I attended public school in North Dakota but went to NDVS/SB for some short-term programs. When we moved to Colorado, I attended the School for the Blind in Colorado Springs, which is a residential school.

Tell us about your experience competing in Judo.

When we lived in North Dakota, I went to a sports camp in Bemidji, MN. I got to try a whole bunch of sports there, including judo. While there, the judo coaches saw my interest and reached out to my parents. About 6 or 8 months after that sports camp, I attended a judo training camp in Colorado. The Olympic training center is in



Right, Quincie meets her opponent on the Judo mat.

Colorado, so when we moved there, I got even more involved and started competing nationally and internationally. I was considered a para-athlete and a part of the Paralympic training team. At the competitions, we would earn points towards qualifying for the Paralympic Games. I never competed at the actual Paralympics, but I competed in many of the qualifying competitions both nationally and internationally between 2013 and 2019.

Why did you leave the sport?

I stopped competing in judo during my senior year of high school. I made the choice to go to college instead of continuing to compete. After high school, I could have moved to the Olympic training center in Colorado and lived there while competing. But it had gotten to be too much. I was struggling to balance high school with competing. I knew college meant not pursuing an Olympic career because I knew I wouldn't have the time during college. Plus I was paying tuition so I needed to focus on the thing I was paying money for. It had also become very serious. There is a lot of pressure on the athletes, and it becomes your life. I loved the sport but hated the competition. I did do a little bit of judo in college just for fun.

Read the entire article on our [website](#).



Read for the Gold!

Interested in getting some background on Olympic or Paralympic sports or learning more about some amazing athletes? The Vision Resource Center has many books about the Olympics, Paralympics, Olympians, and sports in general to satisfy your curiosity. Check out these resources for various ages and interests!

For kids:

- How to train with a T. Rex and win 8 gold medals (twin vision)
- Max and Marla (twin vision)
- Featherless (twin vision)
- Peanut Goes for the Gold (twin vision)
- Emmanuel's Dream: the True Story of Emmanuel Ofosu Yeboah (twin vision)
- Good sports rhymes about running, jumping, throwing, and more (twin vision)
- Game Changers: the Story of Venus and Serena Williams (twin vision)
- Froggy Plays T-Ball (braille)
- The World Series Great Championship Moments (braille)
- Soccer (braille)
- Soccer (large print)
- Hockey (large print)
- Muhammad Ali (large print)
- Everybody Plays! (large print)
- Goalball (regular print)

For young adults and adults:

- Unbroken: a World War II airman's story of survival, resilience, and redemption (audiobook)
- Cinderella Man (DVD)
- Nordic Ski Walking (DVD)
- No Finish Line: My Life as I See it (regular print)
- Whale Talk (large print)
- The Greatest: Muhammad Ali (large print)

For teachers or other adults who work with children with disabilities:

- A Teacher's Guide to Including Students with Disabilities in General Physical Education
- Physical Education and Sports for People with Visual Impairments and Deafblindness Foundations of Instructions
- Essentials of Teaching Adapted Physical Education: Diversity, Culture, and Inclusion
- Physical Education for Children with Moderate to Severe Disabilities

Additional Resources:

- Sports Diagrams (tactile graphic)

To locate these titles or any others that spark your interest, contact Michele Willman in the Vision Resource Center at mwillman@nd.gov or 701-795-2781.

