

JACK JABLONSKI

Who is Jack?

LA Kings employee and personality. Paralyzed hockey player. Won't be forever. Living to prove doctors wrong.

The Injury:

Jack Jablonski's life – and the lives of his family and friends – changed forever on December 30, 2011, when he was playing in a high school hockey game. The Benilde-St. Margaret's sophomore was checked from behind and crashed into the boards. His injury left him a quadriplegic.

"I understand my injury. I don't accept it." is now tattooed on Jack's right forearm. Understanding his injury is real but refusing to accept it fuels his determination to one day skate again. The world rallied around "Jabs" and his tireless resolve. The unprecedented support that came in the days following his injury inspired Jack, his family, and friends to establish a foundation that would fund innovative research and new treatments for paralysis recovery. The Jack Jablonski BEL13VE in Miracles Foundation was launched on the one-year anniversary of Jack's injury.

Remarkable progress has been made in the science of paralysis recovery. Jack has become a dedicated and vocal advocate for the paralysis community, and his foundation, now called the Jack Jablonski Foundation, continues its commitment to funding promising clinical trials in paralysis recovery. Today, 10 years since the foundation was established, Jack and his organization have raised over \$3.5 million for their cause.

Pre-Injury:

Jack Michael Jablonski was born on October 25, 1995, to parents Mike and Leslie in Minneapolis, Minnesota. As a child, Jack gravitated to all things sports related. He put on his first pair of hockey skates at the age of two. He was a multi-sport athlete, playing hockey, baseball, and tennis, and scored numerous awards and accolades. During his final Bantam year in hockey, Jack scored over 50 goals. His dream was to become a professional hockey player in the NHL.

Post-Injury:

Jack spent over three months in the hospital after his injury. His days were filled with occupational and physical therapy along with tutoring so he could return to school without missing a beat. And he did just that. He rejoined his classmates on the first day of their junior year. Jack remained a member of the varsity hockey team and was a captain during his senior year. He graduated with his class in June of 2014.

In addition to his education, Jack dedicated his time to intense rehabilitation therapy sessions at Courage Kenny Rehabilitation Institute in Golden Valley, Minn. He participated in the ABLE program, which is a complete fitness and wellness program that incorporates locomotor training, neuromuscular electrical stimulation, and guided fitness activities to build strength and encourage movement below the level of injury.

In January of 2015, Jack was awarded an academic scholarship from the Swim With Mike Foundation that provides scholarships to physically challenged athletes. He began college at the University of Southern California (USC) in Los Angeles. He majored in communication and attended the prestigious Annenberg School for Communication and Journalism. He was also an active member of the Tau Kappa Epsilon (TKE) fraternity. While a student at USC, Jack scored an internship on the communication team with the Los Angeles Kings. Upon graduation in 2019, Jack was offered a full-time position with the Kings as an Associate Digital Media Content Specialist.

Jack's role with the Kings includes hosting a web series called "Tradin' Jabs;" appearing as a frequent guest on "All the Kings Men" podcast; he runs the day-to-day content on LAKings.com; and he's a content developer for their social media platforms. Jack is also an assistant coach for the LA Junior Kings hockey team.

Jack resides in Hermosa Beach, California where the climate is ideal for someone living with paralysis. He continues his rehabilitation therapy at NextStep in Los Angeles and is a participant in the SpineX SCONE™ clinical trial focused on a new treatment to recover hand and arm function. He is on a mission to skate again and get himself and everyone else living with paralysis out of their chairs.