



BIOGRAPHY

EZRA FRECH

Contestant on ABC's "Dancing with the Stars"

Ezra Frech is a two-time Paralympic gold medalist, advocate, model and motivational speaker. Hailing from Los Angeles, Frech competes in the T63 100 meter, long jump and high jump. At the 2024 Paris Paralympic Games, he won gold medals in both the 100 meter and high jump and placed fifth in the long jump.

A world champion, world-record holder and two-time ESPY nominee, Frech is redefining perceptions of disability by elevating the Paralympic movement on a global stage. At the age of 14, he competed internationally for Team USA, and at 16, he was the youngest member of the U.S. Paralympic team at the 2020 Tokyo Paralympic Games. At the 2023 World Para Athletics Championships in Paris, he broke the high jump world record twice en route to his first world title, followed by a silver medal at the 2024 World Championships in Kobe.

Frech is also the co-founder of Angel City Sports, one of the nation's largest adaptive sports organizations, serving well over 1,000 athletes annually. A passionate mentor, he teaches above-knee amputees how to run for the first time. Frech is also an executive producer and star of "Adaptive," a documentary series streaming on Peacock.

Beyond the track, Ezra frequently appears in the media, speaks to corporate audiences, and walks runways around the world to help normalize disability. His journey — from setting youth track records to inspiring millions — embodies his motto: "You can dream it, you can hope for it, or you can make it happen."

PERSONAL INFORMATION

HOMETOWN: Los Angeles, California

BIRTHDATE: May 11