

DAN CROSSEN

U.S. NAVY SEAL LT. COMMANDER

7-TIME PARALYMPIC MEDALIST, 3-TIME PARALYMPIAN

2022 PARALYMPIC GOLD MEDALIST

"BEST MALE ATHLETE" OF THE 2018 PARALYMPIC GAMES

MASTER OF THEOLOGICAL STUDIES 2018, HARVARD

UNIVERSITY MASTER'S IN PUBLIC ADMINISTRATION 2016,

HARVARD UNIVERSITY



HIS STORY

A true patriot, raised on the farmlands of Kansas, early on Dan knew he wanted to serve his country. Upon graduating high school, he was accepted at the U.S. Naval Academy and spent the next four years relentlessly pursuing selection for SEAL training. One of only 16 members of his class given the opportunity to enter Basic Underwater Demolition/SEAL training as officers, Dan successfully completed the grueling process in the fall of 2003. Over the next six years, Dan was deployed multiple times to Iraq and Afghanistan and rose in rank to become the officer-in-charge of an 18-man SEAL platoon.

In 2009, Dan was deployed to Afghanistan, into an area of heavy combat. There, on a night mission in the mountains, he stepped on an IED, losing both legs in the blast. He would later be awarded a Purple Heart and Bronze Star with Valor.

For the next two years Dan fought for his life, enduring over 40 different surgeries, while readjusting to civilian life. It was during this time, as part of his rehab, that he was introduced to the sports of cross-country skiing and biathlon. Never one to shy from a challenge, he eventually earned a spot on the 2014 U.S. Paralympic Team.





Purple Heart
Recipient

In 2015, Dan returned to graduate school, earning two degrees from Harvard University. At the 2018 Paralympic Games Dan stole the show, remarkably winning one Gold, four Silver, and one Bronze Medal earning the honor of Best Male Athlete of The Games.

In 2022, Dan earned his 2nd career Gold Medal in the 4x2.5km relay, his proudest moment winning alongside his teammates.

For the 2026 Winter Olympics, Dan will be focusing on cross-country skiing in 3 individual events.



SPEAKING

Dan shares his remarkable keynote speech of leadership, mental toughness, and overcoming adversity to corporations, military audiences, and professional associations across the country. With captivating stories from his time in SEAL training, his numerous military deployments, and his pursuit of athletic excellence at the Paralympic Games, Dan will leave your audience both in awe of one man's will and inspired to take on any personal or business challenge in their own life.





DELTA



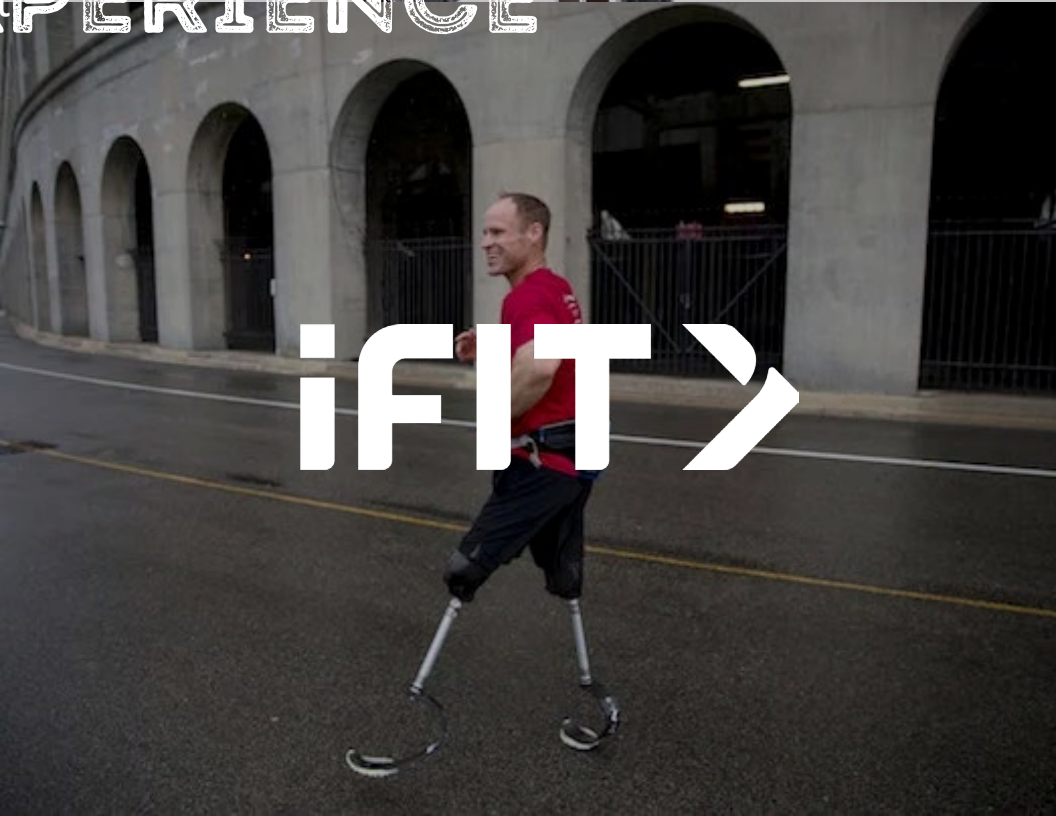
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BRAND EXPERIENCE



iFIT





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