

WARRIOR GAMES



2014 TEAM

Prepared by:



WTC
U.S. ARMY

WARRIOR TRANSITION COMMAND
SOLDIER SUCCESS THROUGH FOCUSED COMMITMENT

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LETTER FROM THE WTC COMMANDER

Dear Warrior Games Participants, Supporters and Spectators:

The 2014 Warrior Games begin Sunday, September 28, as wounded, ill and injured athletes representing all branches of the military descend upon the U.S. Olympic Training Center in Colorado Springs, Colorado. Over the course of history, these Soldiers, Marines, Seamen, Airmen and Veterans have stood together in battle, and they unite again now in proof of strength and resilience. I extend my congratulations to all the athletes chosen to represent their respective branches at this year's Warrior Games.

From Hawaii to Germany and everywhere in between, the 40 Soldiers and Veterans representing this year's Army team make us all question the assumptions of what "wounded," "ill," and "injured" truly mean. I am humbled to write this introduction to these men and women, and I encourage you to read more about these incredible athletes in their biographies included in this book. You will be inspired by their athletic prowess, their positive spirit and their ability to conquer any challenge they meet.

***“ YOU WILL BE INSPIRED BY THEIR
ATHLETIC PROWESS, THEIR POSITIVE SPIRIT
AND THEIR ABILITY TO CONQUER ANY
CHALLENGE THEY MEET. ”***

The Warrior Games are a celebration of strength and resilience in times of great adversity, but the event is about much more than winning the gold. Warrior Games highlight the Army's adaptive reconditioning program—the physical activities that recovering warriors participate in to promote physical and emotional health and well-being. Adaptive reconditioning programs at Warrior Transition Units across the country connect the six domains of a Soldier's Comprehensive Transition Plan (CTP)—spiritual, emotional, Family, physical, social and career—with physical activities ranging from sports to cooking to equine therapy, facilitating a complete recovery. A true display of the power of adaptive reconditioning, Warrior Games is a tribute to the brave men and women who serve and sacrifice for our country, and always triumph over great challenges.

The strength of our nation is our Army, and the strength of our Army is our Soldiers. On behalf of the U.S. Army Warrior Transition Command, I extend my congratulations and best wishes for all athletes competing in the 2014 Warrior Games. I remain committed to supporting our wounded, ill and injured warriors who sacrifice so much for our protection and freedoms, and I know that the Army team will make us proud.

Congratulations, good luck and go Army!

Sincerely,
Chris Toner
COL, IN
Assistant Surgeon General for Warrior Care and Transition and Commander,
Warrior Transition Command



SCHEDULE OF EVENTS

SEPTEMBER 28 – OCTOBER 3, 2014

SEP 28 (SUN)

2:15 – 3:15 PM

4:00 – 6:00 PM

EVENT

Opening Ceremony*

Sitting Volleyball

LOCATION

USOTC Sports Center 1 & 2

USOTC Sports Center 1 & 2

SEP 29 (MON)

8:00 AM - 3:30 PM

5:30 – 7:00 PM

7:30 – 9:30 PM

Cycling

Wheelchair Basketball

Sitting Volleyball

Fort Carson

USOTC Sports Center 1 & 2

USOTC Sports Center 1 & 2

SEP 30 (TUE)

8:00 AM – 3:30 PM

5:30 – 7:00 PM

7:30 – 9:30 PM

Swimming

Wheelchair Basketball

Sitting Volleyball

USOTC Pool

USOTC Sports Center 1 & 2

USOTC Sports Center 1 & 2

OCT 1 (WED)

8:00 AM – 3:30 PM

5:30 – 7:00 PM

7:30 – 9:30 PM

Archery

Wheelchair Basketball

Sitting Volleyball (Bronze)

USOTC Sports Center 1

USOTC Sports Center 1 & 2

USOTC Sports Center 1

OCT 2 (THU)

8:00 – 3:30 PM

5:30 – 7:00 PM

8:00 – 9:30 PM

Track and Field

Wheelchair Basketball (Bronze)

Sitting Volleyball (Gold)

Garry Berry Stadium

USOTC Sports Center 1

USOTC Sports Center 1

OCT 3 (FRI)

8:00 AM – 3:30 PM

5:30 – 7:00 PM

Shooting

Wheelchair Basketball (Gold)

USOTC Range

USOTC Sports Center 1

OCT 4 (SAT)

11:00 AM – 1:00 PM

1:30 PM

2:30 PM

Closing Celebration (Tailgate)*

Navy vs. Air Force Football Game*

Award Presentation at Halftime*

USAFA Falcon Stadium

USAFA Falcon Stadium

USAFA Falcon Stadium

VENUES USOTC = U.S. Olympic Training Center; USAFA = U.S. Air Force Academy

* Invitation only/Ticket required

Current as of August 12, 2014; subject to change

WARRIOR GAMES OVERVIEW

The Warrior Games showcase the resilient spirit of today's wounded, ill and injured service members from all branches of the U.S. military. These athletes prove that life can continue after sustaining a wound or injury, or becoming ill.

Since 2010, hundreds of wounded, ill, and injured service members and Veterans have competed at the Warrior Games, a unique partnership between the Department of Defense (DoD) and U.S. Olympic Committee Paralympic Military Program. Athletes representing the Army, Marine Corps, Navy, Air Force and Special Operations compete for gold in each of seven sports:

Archery

Cycling

Shooting

Sitting Volleyball

Swimming

Track and Field

Wheelchair Basketball

2014 WARRIOR GAMES ATHLETE VOICES

“Adaptive reconditioning allowed me to tap into my competitive nature which helped my recovery, physically and mentally.”

– Sgt. Delvin Maston

“Warrior Games is something that makes us feel like we have a mission again, something to compete for, and that’s worthwhile.”

– Cpt. Frank Barroquero (Veteran)

“Making the Army team has encouraged me to work on reaching my full athletic potential.”

– Sgt. Anne Oravec (Veteran)

CHAIRMAN’S CUP

The Chairman’s Cup is awarded to the top overall performing service branch at the Warrior Games. Points are awarded based on top scores in each event or team sport. A weighted formula has been developed to compensate for the different team sizes across all branches of the U.S. military.

ULTIMATE CHAMPION

The Ultimate Champion is a pentathlon style event that pits warriors from each service against each other in a variety of disciplines. Points are earned in cycling, field, shooting, swimming and track, with the athlete collecting the most points crowned Ultimate Champion of the Warrior Games.

ADAPTIVE SPORTS AND RECONDITIONING AT ARMY WARRIOR TRANSITION UNITS

Warrior Games is the pinnacle event of the adaptive sports and reconditioning component of the Warrior Care and Transition Program (WCTP). Wounded, ill and injured Soldiers and Veterans recovering at Warrior Transition Units (WTUs) across the country incorporate adaptive reconditioning into their personalized recovery plans, connecting physical activity with each component of rehabilitation: physical, emotional, spiritual, social, Family and career. Adaptive reconditioning activities are linked to a variety of benefits for recovering service members, such as reduced stress and dependency on medication, increased mobility and higher achievement in education and employment.

U.S. ARMY WARRIOR CARE AND TRANSITION PROGRAM OVERVIEW

The U.S. Army Warrior Transition Command (WTC) is the lead proponent for the Warrior Care and Transition Program (WCTP), which evaluates and supports wounded, ill and injured Soldiers through a comprehensive, Soldier-centric process of medical care, rehabilitation, professional development and achievement of personal goals.

WTUs: One of the major elements of the WCTP is the Warrior Transition Unit (WTU) system. WTUs provide command and medical management assistance to Soldiers as they navigate the Army's medical treatment system to successfully reintegrate back into the force or transition from the Army. WTUs are located at major military treatment facilities (MTFs) across the country. Soldiers whose medical situation allows may receive the same services at a Community Care Unit (CCU), while recovering at home through the TRICARE network with the support of their Families and communities.

AW2: Another integral component of the WCTP is the U.S. Army Wounded Warrior Program (AW2). AW2 assists severely wounded, ill and injured Soldiers, Veterans and their Families throughout their recovery and transition. Through the local support of an AW2 Advocate, AW2 strives to foster the Soldier's independence. Soldiers who qualify for AW2 are assigned to the program as soon as possible after arriving at the WTU.

Triad of Care: Each WTU Soldier benefits from a Triad of Care, comprised of a squad leader, nurse case manager and primary care manager. The Triad surrounds the Soldier and his/her Family with comprehensive care and support, all focused on the wounded warrior's sole mission: to heal.

CTP: All Soldiers in the WCTP create a Comprehensive Transition Plan (CTP). The CTP is a six-part multidisciplinary process that includes an individual recovery plan, which the Soldier customizes and builds with the support of his/her Triad of Care and Family. The CTP is a dynamic, living plan of action that focuses on the Soldier's goals.

Career: One domain of the CTP is career. Soldiers set short-term and long-term career goals and identify opportunities to enhance existing skills or develop new ones based on the Soldier's transition track, whether it is remaining in the Army or transitioning from the Army to civilian status. This includes continuing education and participating in internships.

Medical: The WCTP ensures that Soldiers have access to medical care and adaptive reconditioning to help Soldiers achieve their health, fitness, wellness and resilience goals. WTUs assist Soldiers in understanding and maneuvering through the Integrated Disability Evaluation System (IDES), which includes the Medical Evaluation Board (MEB) and Physical Evaluation Board (PEB). This process determines whether or not wounded, ill and injured Soldiers can continue to perform their duties with their medical condition(s).

SFAC: Families are an integral part of the WCTP. Soldier and Family Assistance Centers (SFACs) are located at all WTUs to serve Soldiers and their Families. The SFACs offer personalized assistance, including support with finances, careers, education and transition out of the Army.

The many facets of the WCTP combine to provide the best recovery and transition possible for the Army's wounded, ill and injured Soldiers and their Families.

WARRIOR GAMES ARCHERY ATHLETES

**Capt. Frank Barroquero
(Veteran)**

Sgt. Jessica Brennan

Sgt. Scotty Hasting

**Sgt. Sean Hook
(Veteran)**

**Staff Sgt. Billy Meeks
(Veteran)**

**Sgt. 1st Class Ben Trescott
(Veteran)**

Archery is a combined sport with both men and women participating equally. Compound Open, Recurve Open, Team Compound and Team Recurve are the four events included in the competition. The difference lies in the bows: a recurve is made of layers, a grip and a string, while compound uses a leveraging system.

Athletes shoot their arrows as close as possible to the center of a target, formed by 10 concentric circles. The outermost circle is worth one point, and the central one is worth 10. The closer to the central circle the arrow lands, the more points scored.

The top eight athletes in each individual event will move to the elimination (medal) round. The elimination round will be single elimination. Team members may compete against each other in the elimination round.

HEAD COACH

Jessie White

ASSISTANT COACH

Thomas (TJ) Pemberton

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

Susan Goodman



ARCHERY

WARRIOR GAMES ARCHERY COACH



HEAD COACH

Jessie White

Retired Staff Sgt. Jessie White shares a unique connection with the Warrior Games athletes he coaches: he is a wounded warrior and Warrior Games medalist himself. This shared experience inspired him to join the Army team once again—this time as the Archery coach.

White sustained severe injuries in Iraq in 2006. Finding recovery challenging, he attributes his physical and emotional improvement to participating in adaptive reconditioning sports and activities at the Army Warrior Transition Brigade at Walter Reed National Military Medical Center.

“It gave me other things to focus on other than my injuries,” said White of participating in adaptive reconditioning activities. “It gave me a chance to continue as a competitive person and feel better about myself.”



White took that competitive drive to four Warrior Games, leaving the 2010 event with two silver medals in shot-put and sitting volleyball. He took home silver again in 2012, this time for archery.

A husband and father, White also draws inspiration from his Family. “My wife and kids have been amazing in their support. They tell me all of the time how proud they are of me and that they know I can do anything,” he said.

“To be able to coach is the next step in working with other wounded Soldiers and getting them involved in sports. They can continue to do things even though they’re injured,” said White.

His next goal is to represent the United States in the 2016 Paralympics.



WARRIOR GAMES CYCLING ATHLETES

Sgt. 1st Class Jorge Avalos

Spc. Jason Blair

Staff Sgt. Carlton Duncan

**Sgt. 1st Class Samantha
Goldenstein**

Sgt. Vester Maxwell Hasson, IV

Staff Sgt. Sean Johnson (Veteran)

Staff Sgt. Ollie Knowland

Sgt. 1st Class Katie Kuiper

Spc. Amanda Lyle

**Sgt. 1st Class Andrew McCaffrey
(Veteran)**

**Capt. Michael Phillips
(Veteran)**

Cycling events include men's and women's bicycle open, handcycle, recumbent cycle, bicycle physical disability and tandem visually impaired. Courses vary from 10 – 30 km based on the category. Athletes are slotted into each of these categories based on their wound, illness or injury. Handcycles and recumbent bicycles have three wheels, whereas the open cycle and tandem bicycles have two wheels. Each of the five service teams are allotted four cyclists per event.

HEAD COACH

Simon Bennett

ASSISTANT COACH

Jim Penseyres

MASTER RESILIENCE TRAINER– PERFORMANCE EXPERT

Graham Block



CYCLING

WARRIOR GAMES CYCLING COACH



HEAD COACH

Simon Bennett

With a unique understanding of what it means to work with personal health challenges, Simon Bennett comes to the Warrior Games as head coach of the Army cycling team.

“I am very honored to have the opportunity to be the head coach for the Warrior Games,” he said. “I have worked previously with several of the athletes at development camps and have always enjoyed training and coaching them. “

Growing up in Melbourne, Australia, Bennett began his athletic career in 1996 at age 11 as a swimmer. The next year, he was diagnosed with type 1 diabetes, and his condition only fueled his desire to excel as the elite athlete he is today.

In 2006, Bennett began competing in local cycling events. In less than a year, Bennett progressed from an entry-level cyclist to the professional ranks.

In 2009, Bennett left Australia to pursue an opportunity that would combine his passion for cycling with his commitment to diabetes outreach by joining the U.S.-based Type 1 Cycling Team. He also broke the world record for the transcontinental crossing as part of the eight-man Race Across America team.

Bennett and his wife own a coaching and consulting company in Greenville, South Carolina through which Bennett trains and coaches endurance athletes from around the world. He also coaches for the United States Olympic Committee and the Team USA para-cycling world-championship team. He is head coach for the Gateway to Gold USOC Talent ID Program.



WARRIOR GAMES SHOOTING ATHLETES

Maj. John Arbino
(Veteran)

Capt. Frank Barroquero
(Veteran)

Master Sgt. Rhoden Galloway

Staff Sgt. Billy Meeks
(Veteran)

Spc. Jennifer Pariona

Capt. Michael Phillips
(Veteran)

Staff Sgt. Isaac Rios Jr.

Sgt. Erin Stewart

Sgt. 1st Class Ben Trescott
(Veteran)

Shooting, a sport that requires concentration and focus, is divided into air pistol and rifle events. Athletes competing in either type of shooting fire at a distance of 10 meters. Medals for the shooting competition are based on the first round of 40 shots, scored 0.0-10.9, and the top eight scorers will compete in the finals. The final round has added pressure, as each shooter takes one shot at a time and their score is announced each time.

The athletes are given a specific category based on their physical abilities. Soldiers can shoot standing or prone. There are many devices and modifications that allow athletes with all types of physical limitations to participate.

HEAD COACH

Chris Hudock

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

Lisa Hutchison



WARRIOR GAMES SHOOTING COACH



HEAD COACH

Chris Hudock

Christopher Hudock was on a ridgeline somewhere on the Appalachian Trail when his phone rang with a request: will he once again join the Army team as a shooting coach at the 2014 Warrior Games? Still inspired from his time at last year's event, he agreed immediately.

Self-described as an athlete from the time he was “knee-high to a grasshopper,” the Raleigh, North Carolina native started coaching shooting at 11 years old. He used this unique skill while he attended Air Assault School for the Army in 2009, and when he entered The Citadel as a cadet.

“It really means something to me to give back to a population that has the want for knowledge,” Hudock said of his love of coaching the sport. “As a coach, to see someone learn something, apply the knowledge and then see the light bulb come on means the world to me.”

A true expert in the sport, Hudock's awards are numerous. He began accruing medals in 2008, with the Distinguished Rifleman Badge. In 2009, he became the National Record Holder in the 1903-style Springfield Rifle Match and reclaimed that title in 2010. He has seven All American honors in NCAA International Collegiate Pistol Shooting, which he won between 2009 and 2013. In 2012, he became “double distinguished” after winning the Distinguished Pistol Badge. He also holds the highly-coveted President's Hundred Awards for both pistol and rifle.

This year, Hudock's goal is to increase Army's medal count from last year. “I'm also looking forward to beating the Marine Corps,” he joked.



WARRIOR GAMES SITTING VOLLEYBALL ATHLETES

Staff Sgt. Allan Armstrong

Sgt. Kadina Baldwin

Spc. Jason Blair

Staff Sgt. Brian Boone

Sgt. Vester Maxwell Hasson, IV

Sgt. Sean Hook (Veteran)

Staff Sgt. Ollie Knowland

Spc. Amanda Lyle

Sgt. Delvin Maston

**Staff Sgt. Alexander Shaw
(Veteran)**

**Sgt. Monica Southall
(Veteran)**

**Sgt. Matthew Spang
(Veteran)**

**Spc. James Taylor
(Veteran)**

Sgt. Petrina Williams-Swaby

The Warrior Games sitting volleyball tournament consists of five, 12-player teams with no substitutes. The five teams will represent the Army, Marine Corps, Navy, Air Force and Special Operations Command. The playing court for the sitting volleyball tournament is a rectangle measuring 10 x 6 meters. Athletes must have one “cheek” (gluteus maximus) in contact with the floor whenever they make contact with the ball.

All volleyball matches are played as best two out of three sets. Winners must score 25 points and have a two point advantage over their opponent. Each team will play four matches in a round-robin style. The top four teams based on these games will advance to the semifinal round, with #1 vs. #4 and #2 vs. #3. The winners of the semifinals will go on to the Gold Medal Game, while the other two will play in the Bronze Medal Game.

HEAD COACH

JD Malone

ASSISTANT COACH

Linda Gomez

MASTER RESILIENCE TRAINER- PERFORMANCE EXPERT

Craig Misiewicz



SITTING VOLLEYBALL

WARRIOR GAMES SITTING VOLLEYBALL COACH

HEAD COACH

JD Malone

JD Malone is coming to the 2014 Warrior Games with plenty of experience coaching wounded warriors, especially the athletes who will be on his team this year. Malone met many of the 2014 Warrior Games athletes at the 2014 Army Warrior Trials in West Point this past June. "We'll definitely be prepared heading into Warrior Games to play at a much higher level," he said of the team after their Warrior Trials competition.



Malone, a certified personal trainer and corrective exercise specialist, has 18 years of experience playing volleyball and nine years as a coach. He currently coaches the USA Sitting Volleyball Team, where he has worked with the men's and women's programs that train for the Paralympics for the last two years.

"The Warrior Games is kind of a culminating event of all of the training that all of these Soldiers, Airmen, Marines and Seamen have been through," said Malone. "I look forward to seeing their progress and to seeing how hard these guys have worked over the last several months in preparation for the games."



WARRIOR GAMES SWIMMING ATHLETES

Staff Sgt. Allan Armstrong

Sgt. 1st Class Jorge Avalos

Staff Sgt. Brian Boone

1st Lt. Kelly Elmlinger

**Staff Sgt. Chanda Gaeth
(Veteran)**

Master Sgt. Rhoden Galloway

Sgt. Scotty Hasting

Sgt. Kawaiola Nahale

Maj. Raymond O'Donnell

**Sgt. Anne Oravec
(Veteran)**

Sgt. 1st Class Michael Smith

**Sgt. Matthew Spang
(Veteran)**

Sgt. Erin Stewart

Warrior Games swimming competitions occur in an Olympic size 50-meter pool. While competing, athletes are not permitted to wear prostheses or assistive devices. There are seven swimming events for men and women: 50-meter Freestyle, 50-meter Back Stroke, 50-meter Breast Stroke, 100-meter Freestyle, 100-meter Back Stroke, 100-meter Breast Stroke and Relay 4X50-meter. Swimmers are categorized into three impairment groups—physical, visual and intellectual.

HEAD COACH

Glen O'Sullivan

ASSISTANT COACH

Bob Bugg

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

Joel Druvenga



SWIMMING

WARRIOR GAMES COACH

HEAD COACH

Glen O'Sullivan

Serving the military and competing in water sports have both played a significant role in Glen O'Sullivan's life. He was an NCO in the Marine Corps for nine years and has been a swimmer, lifeguard and swim instructor for most of his life.



As the swimming coach at the first ever U.S. Army Warrior Trials in 2014, O'Sullivan's favorite part of coaching wounded warriors is "developing the athletes and watching them succeed and improve with every swim."

O'Sullivan spent the past 17 years as a swim coach for the Great Lakes Adaptive Sports Association and seven years as a high school swim coach. In addition, he coached four United States teams for the International Wheelchair Amputee Sports Federation Junior Games in 2008 and 2009. O'Sullivan was also a Paralympic National Technical Swim Classifier and has been an American Red Cross Water Safety Instructor and Lifeguard.

O'Sullivan feels honored to have the opportunity to coach the U.S. Army's swim team at this year's Warrior Games. He advises wounded, ill and injured Soldiers and Veterans to have fun while doing adaptive sports, no matter the sport they choose. "Find the sport that you truly enjoy and go after it," he said.

Aside from coaching swimming, O'Sullivan has also coached track and field and trained athletes for the Paratriathlon.



WARRIOR GAMES TRACK AND FIELD ATHLETES

Spc. Quintarious Almon

**Maj. John Arbino
(Veteran)**

**Sgt. 1st Class Charles
Armstead (Veteran)**

**Staff Sgt. Allan
Armstrong**

Sgt. Kadina Baldwin

Sgt. Jessica Brennan

Staff Sgt. Carlton Duncan

1st Lt. Kelly Elmlinger

**Staff Sgt. Chanda Gaeth
(Veteran)**

**Sgt. 1st Class
Samantha Goldenstein**

**Sgt. Sean Hook
(Veteran)**

**Staff Sgt. Sean Johnson
(Veteran)**

**Staff Sgt. Ollie
Knowland**

**Sgt. 1st Class Katie
Kuiper**

**Sgt. 1st Class Andrew
McCaffrey (Veteran)**

**Sgt. Anne Oravec
(Veteran)**

Staff Sgt. Isaac Rios Jr.

**Staff Sgt.
Alexander Shaw
(Veteran)**

**Sgt. 1st Class Michael
Smith**

**Sgt. Monica Southall
(Veteran)**

**Sgt. Matthew Spang
(Veteran)**

Spc. Willie Stafford

**Spc. James Taylor
(Veteran)**

HEAD TRACK COACH

Rodney Carson

ASSISTANT TRACK COACH

Rich Robert

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

Steven Cohen

Track—Once hearing the start command, “on your mark,” the athlete must hold steady and start when the gun fires. The Warrior Games track competition takes place outdoors, with indoor rules for inclement weather.

Men and women compete in separate categories in the four outdoor track events, including the 100 meter, 200 meter, 400 meter and 1500 meter. Every team is allowed to enter three competitors into each event.

The outdoor relay distance, 4 x 100 meter, is a combined event made up of four either male and/or female athletes. Each service branch is allowed to enter one team into the relay event.

Field—Athletes will compete in separate competitions for shot put and discus. The shot put event involves “throwing”/“putting” a heavy spherical implement in an attempt to mark a distance further than the competition. Discus is an event in which athletes throw a heavy disc, also attempting to reach as far as possible.

Depending on injury or illness, throwers may compete while sitting. Seated throwers are given one minute between each throw once the implement is handed to the competitor. Standing throwers are given one minute to begin a throw from the time the competitor’s name is called.

HEAD FIELD COACH

Eric Whalen

ASSISTANT FIELD COACH

Donna Mayhew

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

Petra Kowalski



TRACK AND FIELD

WARRIOR GAMES TRACK AND FIELD COACHES



HEAD TRACK COACH

Rodney Carson

After competing in track at the collegiate, national and international levels, Rodney Carson understands firsthand the discipline of such a demanding sport. "Track is a great overall sport. You get what you put into it," said Carson. "It will kind of tell on you if you're not putting in the hard work and sweat."

Carson said one of his favorite parts of coaching is "seeing the change, not just physically, but also change in terms of building the athletes' self-confidence."

Coaching wounded, ill and injured Soldiers and Veterans has been a particularly rewarding experience for Carson. "It makes me excited to see how they come together and witness the camaraderie," said Carson. "They realize they're not alone. When they get together, it empowers them."

Carson encourages his athletes to keep the attitude, "Fall seven times, rise eight times," but he says the reminder is unnecessary. "That's the attitude these guys already have." Above all, Carson wants the wounded warriors he coaches to know that there is life after injury and illness. "Never let what you can't do interfere with what you can do."

Aside from coaching track, Carson has also trained athletes in baseball, football, basketball and kickboxing.



HEAD FIELD COACH

Eric Whalen

National shot put champion and three-time All-American in javelin, Eric Whalen, is eager to use his experience in field sports to coach the wounded, ill and injured Soldiers and Veterans participating in this year's Warrior Games. "Seeing people improve and breaking their own personal records is the best part," said Whalen. "Just seeing them succeed makes me feel like I'm making a difference as a coach."

Whalen has been a track and field athlete since the fifth grade and says that coaching was a smooth transition for him while he was competing in college at Concordia University in Portland, Oregon. "As part of a throwing club, I began coaching more and more alongside my coach," said Whalen. "I've coached little kids just getting introduced to the sport, as young as five years old, up to masters." He has also coached at an Olympic training site in Ohio.

Having coached athletes with varying skill levels, Whalen says he particularly enjoys working with Soldiers and Veterans. "They have a good attitude about working hard and giving their best," said Whalen. "I always want to work with athletes who give 110% day in and day out."

He added that seeing the way wounded warriors motivate each other and motivate themselves makes his job worthwhile. "I don't have to be the motivator with these guys," said Whalen. "They make my job easy."

Whalen lives in Fort Worth, Texas, and is applying to attend physical therapy school.



WARRIOR GAMES WHEELCHAIR BASKETBALL ATHLETES

Sgt. Kadina Baldwin

Spc. Jason Blair

Staff Sgt. Brian Boone

Sgt. Delvin Maston

Staff Sgt. Isaac Rios Jr.

**Staff Sgt. Alexander Shaw
(Veteran)**

**Sgt. Matthew Spang
(Veteran)**

Sgt. Petrina Williams-Swabey

The wheelchair basketball tournament will consist of five ten-player teams. The five teams will represent the Army, Marine Corps, Navy, Air Force and Special Operations Command.

Each game has two 20-minute halves, with a 35-second shot clock. All teams must have a minimum of two players with lower limb impairments (i.e. spinal cord injuries, amputations, etc.) on the court at all times during the game.

Wheelchair basketball rules are very similar to the NCAA rules, with a few adjustments. The chair is considered to be part of the body. For example, a player is out-of-bounds when any part of his/her body or wheelchair touches the floor or any object on or outside of a boundary line. To dribble, players must allow for one bounce of the ball for every two pushes of their wheelchair. Taking more than two pushes in a row is a traveling violation, and the other team receives the ball out-of-bounds.

HEAD COACH

Jermel Pennie

ASSISTANT COACH

Rodney Williams

MASTER RESILIENCE TRAINER— PERFORMANCE EXPERT

John Evans



WARRIOR GAMES WHEELCHAIR BASKETBALL COACH

HEAD COACH

Jermel Pennie

Paralympic athlete Jermell Pennie has coached the Dallas Junior Wheelchair Mavericks for the past two years, and will coach the men's Dallas Wheelchair Mavericks this season.

Before his coaching career began, Pennie was a National Wheelchair Basketball Association Class One guard for the Dallas Wheelchair Mavericks. "I have been playing wheelchair basketball for long time, and at a young age I really never had a coach to teach me the fundamentals of basketball," he said. "I would always watch NBA games and learn from them. Over time I had the opportunity to play ball with some really good coaches, and I guess maybe two years ago I wanted to share that knowledge that I learned."



Pennie joined a number of other wheelchair basketball coaches in West Point, New York, to work with the athletes at the 2014 Army Warrior Trials in June. Heading to the Warrior Games, Pennie says, "The meaning of coaching the Army team is everything. These women and men have sacrificed so much to make this world a better place. I look up to these women and men with the utmost of pride."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Quintarious Almon

RANK

Specialist

STATUS

Reserve

CURRENT OCCUPATION

Adaptive Sports Specialist

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Benning, Georgia

CURRENT UNIT

287th Transportation Company,
Anniston, Alabama

HOMETOWN

Anniston, Alabama

CURRENT LOCATION

Birmingham, Alabama

SCHOOL(S)

Saks High School, Anniston, Alabama;
Breckinridge School of Nursing at ITT
Technical Institute

INJURY OR ILLNESS

Traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OF ILLNESS

Alabama, 2010

EVENT(S)

Track



Before 2010, Spc. **Quin Almon's** dreams and goals centered on the gridiron, but a vehicle accident causing a traumatic brain injury and prompting vision and memory loss created a need for a new strategy. "I was depressed that I couldn't play football any longer," shared Almon. "Then, I was asked about running track. Now, I ran in high school, but it was still a little scary. I tried it, and loved it!"

It was a fellow Soldier at the Warrior Transition Unit at Fort Benning, Georgia, who opened up new and previously unforeseen opportunities for Almon. Since that dynamic shift, he has participated in the 2011, 2012 and 2013 Warrior Games and is looking forward to competing again in Colorado Springs this year.

"Running provides another way to still stay involved in sports and has helped me get over the depression of not playing football," said Almon. "Besides, it gives me energy to do my job and helps me with motivation and goal setting."

Right now, Almon has set goals for finishing his nursing program, which includes developing tips and resources to cope with short term memory retention. He is taking classes while helping fellow service members learn adaptive sports at a local Olympic/Paralympic facility.



***"I SEE MY DISABILITY AS AN EYE OPENER.
I'M GOING TO SEIZE THIS OPPORTUNITY
IN LIFE AND KEEP LIVING."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

John Arbino

RANK

Major

STATUS

Veteran

CURRENT OCCUPATION

Writer, Calibre Systems

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Belvoir, Virginia

FORMER UNIT

Army Special Programs Office
(Acquisition Corps)

HOMETOWN

Cincinnati, Ohio

CURRENT LOCATION

Williamsburg, Virginia

SCHOOL(S)

Turpin High School, Ohio;
University of Cincinnati, Ohio (BBA);
University of Phoenix (MBA)

INJURY OR ILLNESS

Multiple sclerosis

LOCATION AND DATE OF INJURY OR ILLNESS

2003

EVENT(S)

Shooting, Track, Field



Returning Warrior Games athlete retired Maj. **John Arbino** trained for this year's Warrior Games with a much different perspective. "Last year, I was nervous and anxious about the experience," said Arbino. "I wanted to win, but I didn't know how to respond when the pressure was on."

"This year, I know what to expect, so I'll spend more time with the new athletes to prepare them. I had some great coaches last year so I want to pay that forward," Arbino added.

When Arbino was first given a wheelchair, there was a time when he thought his involvement in competitive sports was over. Now, he focuses his energy into adapting to a new lifestyle. "The Warrior Transition Unit has provided me with the tools to succeed in my next chapter," Arbino said. "I may not be able to do the same activities I was familiar with, but through adaptive sports I found a new way to become active again."

After last year's Warrior Games, Arbino returned home and became a certified rifle coach. He says he enjoys working with new people interested in competitive shooting.

Aside from shooting, Arbino is an avid handcyclist. He cycles for Paralyzed Veterans Racing and plans to continue promoting adaptive sports through shooting and handcycling. "People see me handcycling and they're always curious," said Arbino. "I always stop and explain to them what the world of cycling is all about."

Arbino said he is looking forward to the competition and is grateful to his Family. "My Family has provided a vested interest by supporting the time I spend away from home to attend training and assessment clinics."



***"THE WARRIOR TRANSITION
UNIT HAS PROVIDED ME WITH THE TOOLS
TO SUCCEED IN MY NEXT CHAPTER."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Charles Armstead

RANK

Sergeant 1st Class

STATUS

Veteran

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

FORMER UNIT

Troop D 112th Cavalry Regiment,
Fort Hood, Texas

HOMETOWN

Needville, Texas

CURRENT LOCATION

Killeen, Texas

SCHOOL(S)

Needville High School, Texas

INJURY OR ILLNESS

Right hemipelvectomy (right leg
amputation), spinal cord injury
from a gunshot wound

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2012

EVENT(S)

Field



By his own admission, retired Sgt. 1st Class **Charles Armstead** is “real competitive.” He says this with a smile, but it is that competitive nature that has kept the Army veteran moving forward following the 2009 gunshot wound in Iraq that resulted in a spinal cord injury and the amputation of his right leg at the hip. “I spent two or three months feeling sorry for myself,” he said, “then I decided to do something.” That something was adaptive reconditioning.

Armstead was introduced to adaptive reconditioning at the Warrior Transition Battalion at Fort Sam Houston, Texas. A basketball player before he was injured, he naturally took to wheelchair basketball and handcycling. “The joy of cycling came naturally,” he said. “It wasn’t a forced effort.”

Competing in the 2013 Warrior Games was a “chance to compete for the Army,” he said. Since then, he has used his chosen sports and adaptive reconditioning to continue to grow and help his recovery, which is ongoing. “There’s still more rehabilitation in it for me. It builds confidence and shows that you can still go out there and accomplish something,” Armstead said.

He also enjoys the camaraderie with the other athletes. “I just like to compete. It’s always been in my nature. I enjoy meeting new people who are going through some of the same difficulties,” he said.

Armstead added that adaptive sports and competition “helps me stay active and gives me the chance to compete—beat up on some of the Marines and the Air Force and the Navy,” he grinned.



***“ADAPTIVE RECONDITIONING BUILDS
CONFIDENCE AND SHOWS THAT
YOU CAN STILL GO OUT THERE AND
ACCOMPLISH SOMETHING.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Allan Armstrong

RANK

Staff Sergeant

STATUS

Active

WARRIOR TRANSITION UNIT

Walter Reed National Military Medical Center, Maryland

HOMETOWN

San Antonio, Texas

CURRENT LOCATION

Bethesda, Maryland

SCHOOL(S)

Killeen High School, Texas; American Military University, West Virginia

INJURY OR ILLNESS

Vehicle collision resulting in right leg above-the-knee amputation

LOCATION AND DATE OF INJURY OR ILLNESS

South Carolina, 2013

EVENT(S)

Track, Swimming, Sitting Volleyball



Staff Sgt. **Allan Armstrong** delivered a strong performance in the 2014 Warrior Trials in June, bringing home one gold, two silver and three bronze medals. Competing in swimming and track, Armstrong has used adaptive reconditioning to regain strength, confidence and new skills following a September 2013 vehicle collision while riding his motorcycle.

“I knew my life would never be the same again,” he said. “I left work that day and was safely riding through the back roads when a vehicle lost control, instantly pinning my leg between the motorcycle and vehicle.”

Armstrong was treated at Walter Reed National Military Medical Center in Bethesda, Maryland. Through focused therapy, he worked hard to learn to walk again, and through adaptive sports, to learn to compete again. The support he received at Bethesda, coupled with the love and support of his wife and Family, helped him get to the Warrior Trials and has propelled him to his first Warrior Games, as well.

As Armstrong has learned, it is one step at a time. “It takes a step at a time to recover. Participating in track events helps me run faster, and if I can run faster, I can certainly walk faster,” he said. “Learning how to walk again is a challenge, but I have a valuable support system.”



“IT TAKES A STEP AT A TIME TO RECOVER. LEARNING HOW TO WALK AGAIN IS A CHALLENGE, BUT I HAVE A VALUABLE SUPPORT SYSTEM.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Jorge Avalos

RANK

Sergeant First Class

STATUS

Active

MOS

11B4V (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Bell Gardens, California

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Bell Gardens High, California;
Methodist University, North Carolina

INJURY OR ILLNESS

Lost left kidney, lower left limb salvage,
L3 replacement, spinal fusion, extensive
nerve damage to lower left limb

LOCATION AND DATE OF INJURY OR ILLNESS

Texas, 2011; Louisiana, 2012

EVENT(S)

Cycling, Swimming



Sgt. 1st Class **Jorge Avalos** participates in sports because it lets him “push himself to the max.” Avalos is an avid cyclist and says the Army’s adaptive reconditioning program allowed him to realize his potential in cycling. “The staff from the Warrior Transition Battalion at Fort Sam Houston have played such an integral part in my physical recovery, but more so in my mental recovery,” said Avalos. “Everyone, from my squad leader to the battalion commander, has given me so much support in not only my transitional needs but also in my cycling aspirations and endeavors.”

Cycling is not only a passion, but a source of strength for Avalos. He credits it with helping him through his recovery. “I broke my back and was initially paralyzed,” he said, in reference to the parachuting accident that caused him to freefall. “Cycling has given me strength and pushed me forward.”

Avalos, who has participated in rides for wounded, ill and injured Soldiers across the United States, hopes he will be able to compete in the 2016 Paralympic Games in Rio de Janeiro.

But before he gets there, he will focus his attention on the inaugural Invictus Games in London and the Warrior Games in Colorado Springs, where he will compete not only in cycling, but also in swimming.

“It’s an honor to represent the Army and show that life doesn’t have to stop just because it has changed,” he said.



***“CYCLING HAS GIVEN ME STRENGTH
AND PUSHED ME FORWARD.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Kadina Baldwin

RANK

Sergeant

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Campbell, Kentucky

FORMER UNIT

101st Airborne Division, Air Assault,
Fort Campbell, Kentucky

HOMETOWN

Columbus, Georgia

SCHOOL(S)

Westover High School, Fayetteville,
North Carolina; Winston-Salem State
University, North Carolina (BS);
Nashville Institute, Tennessee

INJURY OR ILLNESS

Lower back

LOCATION AND DATE OF INJURY OR ILLNESS

Fort Stewart, Georgia, 2011

EVENT(S)

Sitting Volleyball, Wheelchair
Basketball, Field



Sgt. **Kadina Baldwin** found a way to participate in her favorite sports in her post-injury life thanks to her Warrior Transition Battalion (WTB). “I started wheelchair basketball (WCB) in October at the WTB as part of adaptive reconditioning program. I like WCB, because I can’t play regular basketball anymore. This is my substitute,” said Baldwin. “I also played volleyball in high school. Sitting volleyball is the same sport with a few adjustments. It’s fun and different.”

Along with wheelchair basketball and volleyball, Baldwin has also picked up shot put, discus and the 50m freestyle swim. “Having coaches for each sport really helped,” said Baldwin at the 2014 Warrior Trials, where she took home three medals. “No matter what happens, I still came away from the trials learning a lot in each of my events.”

“I love the adaptive reconditioning program. I don’t know where I would be without it. I’m just excited to be here and I feel honored,” added Baldwin.

Beyond sports, Baldwin is building on her education. She is attending the Nashville Institute to learn video production and intends to get her masters in the next five years.



“I LOVE THE ADAPTIVE RECONDITIONING PROGRAM. I DON’T KNOW WHERE I WOULD BE WITHOUT IT. I’M JUST EXCITED TO BE HERE AND I FEEL HONORED.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Frank Barroquero

RANK

Captain

STATUS

Veteran

MOS

11A (Infantry Officer)

FORMER WARRIOR TRANSITION UNIT

Community-Based Warrior
Transition Unit, Orlando, Florida

FORMER UNIT

48th Infantry Brigade
Combat Team, Georgia

HOMETOWN

Brick, New Jersey

CURRENT LOCATION

Gainesville, Georgia

SCHOOL(S)

Brick Memorial High School, Brick,
New Jersey; University of Georgia –
Athens

INJURY OR ILLNESS

Gunshot wound

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

EVENT(S)

Archery, Shooting



Retired Capt. **Frank Barroquero** is returning to the Warrior Games with a refined sense of focus. Like many of the athletes, Barroquero has a routine to prepare for his archery and shooting competitions. “I make a routine with the coaches and use it as a script,” he explained. “It takes the whole tension in the room out.” Barroquero has a routine card for each part of the process—one for setup, one for sighting and one for shooting.

“I love archery, the therapeutic aspects,” says Barroquero. “It’s not about strength or physical ability, it’s the mental part.” Barroquero has been training at the Georgia National Guard facilities where his old chain of command is located.

He was not always certain he would be able to participate in sports again. While on assignment in Afghanistan as an Infantry Company Commander in 2009, Barroquero was shot in the arm during a fire fight. According to doctors, Barroquero’s arm was supposed to be amputated three times. His doctor said he would never shoot again. “It is still here and I am using it to compete in Warrior Games. Archery helps prevent losing my range of motion because I keep using my arm.”

Barroquero’s loved ones have also made his recovery easier. “My Family has been incredibly supportive with all the time it takes to prepare,” he said.



***“ARCHERY HELPS PREVENT LOSING
MY RANGE OF MOTION BECAUSE I
KEEP USING MY ARM.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Jason Blair

RANK

Specialist

STATUS

Active

MOS

11B (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion
Alpha Company, Fort Belvoir, Virginia

HOMETOWN

West, Texas

CURRENT LOCATION

Waco, Texas

SCHOOL(S)

Blair Christian Academy,
West, Texas; McLennan Community
College, Waco, Texas

INJURY OR ILLNESS

Traumatic brain injury (TBI),
Post-traumatic stress disorder (PTSD)

LOCATION AND DATE OF INJURY OR ILLNESS

2013

EVENT(S)

Cycling, Wheelchair Basketball,
Sitting Volleyball



First-time Warrior Games athlete Spc. **Jason Blair** has a “fresh take on life” thanks to the Army’s adaptive reconditioning program at the Fort Belvoir Warrior Transition Unit. “It is one of the best medications out there for me personally. That’s the way I see it,” said Blair. “It’s a way to process things in a healthy manner. Plus you stay in shape as well.”

Since his introduction to adaptive sports, Blair has shown strength and versatility as an athlete. He competed in a sitting volleyball tournament at the Pentagon, the Virginia wheelchair basketball tournament regional competition and the 2014 U.S. Army Warrior Trials at West Point, taking home a silver medal in men’s 20-kilometer recumbent cycling.

Blair feels that it is a privilege to be part of the Army team at this year’s Warrior Games. “Just being able to go to West Point was a great honor,” said Blair. “Looking back at where I was a year and a half ago, to where I am now, the Army has been there for me the whole time.”

Throughout the past year and a half, Blair quickly moved from adaptive reconditioning for leisure to competing for medals. “I went from just playing to actually competing,” said Blair. “It became my goal to compete at Warrior Games, and now it’s my goal to take home the Commander’s Cup.”



Blair says he never has to worry about whether he will have the proper equipment to train for his events. “If equipment breaks, my chain of command makes sure I have what I need.” He is thankful for the support and encouragement of his cadre, his family and in particular, Steve Smutak, the adaptive sports coordinator at the Warrior Transition Battalion at Fort Belvoir, Virginia.

“IT IS ONE OF THE BEST MEDICATIONS OUT THERE FOR ME PERSONALLY.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Brian Boone

RANK

Staff Sergeant

STATUS

Active

MOS

89D (Explosive ordnance disposal)

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

CURRENT UNIT

187th Medical Battalion

HOMETOWN

San Antonio, Texas

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Fair Hope High School, Alabama;
University of Alabama -Tuscaloosa

INJURY OR ILLNESS

Below-the-knee amputation,
brachial plexopathy

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2011

EVENT(S)

Swimming, Wheelchair Basketball,
Sitting Volleyball



Staff Sgt. **Brian Boone** began shooting an air rifle as part of the adaptive reconditioning program during his recovery at the Warrior Transition Battalion (WTB) at Fort Sam Houston, Texas, and competed for the first time in June at the U.S. Army Warrior Trials. “This experience is amazing, it is all new to me,” he said. “It’s nice to just get out of yourself in the competition of sports. It’s challenging, and I just enjoy the competition.”

Boone sustained severe injuries in Afghanistan in 2011. His team had to switch to a smaller truck due to mechanical issues, so Boone was harnessed in the back of the new, overloaded truck with his left leg over the wheel well when they drove over an improvised explosive device. The wheel under his left leg blew up, taking the bottom portion of his leg with it. The harness dug into his right shoulder, damaging the nerves so severely he could not use the arm for months.

Boone was fitted for a prosthetic upon his return to the U.S., and was walking within a month. He was assigned to B Company, 187th Medical Battalion at Fort Sam Houston, Texas and eventually stayed in the Army through a special program called Continuation on Active Duty (COAD). Boone calls his amputation a “golden injury,” because he was able to return to his normal routines fairly quickly, unlike many of his fellow WTB Soldiers.



“Sports really help me get out of myself,” said Boone, who currently plays for the San Antonio Spurs wheelchair basketball team. Boone is preparing to transition out of the Army and hopes to pursue a degree in biology. He cites his wife as being his biggest supporter throughout his training. “She takes care of everything at the house and allows me to completely focus on this without any stress.”

***“IT’S NICE TO JUST GET OUT OF YOURSELF IN THE
COMPETITION OF SPORTS. IT’S CHALLENGING,
AND I JUST ENJOY THE COMPETITION.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Jessica Brennan

RANK

Sergeant

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Gordon, Georgia

HOMETOWN

Colorado Springs, Colorado

CURRENT LOCATION

Fort Gordon, Georgia

SCHOOL(S)

Rampart High School, Colorado Springs,
Colorado; American Military University

INJURY OR ILLNESS

Lower back injury

LOCATION AND DATE OF INJURY OR ILLNESS

Germany, 2010

EVENT(S)

Field, Archery



If it's a sport—be it on land or in the water—Sgt. **Jessica Brennan** is probably focusing all her energy into mastering it. “I’ve been working on archery, swimming, discus, shot put, cycling... I’ve got all my eggs in every basket,” Brennan stated proudly. “I’ve always been a sports person, starting with tee-ball as a kid. The adaptive sports program is getting me into whole new arenas. Essentially, the Warrior Transition Unit showed me what they have, and I said I wanted to do everything.”

Brennan was involved in a car accident in Germany that injured her lower spine. Now she is stationed at the Warrior Transition Battalion at Fort Gordon, Georgia, where she was introduced to the adaptive reconditioning program and began her journey to gold.

“I chose to do adaptive sports because athletic activities are the only outlet I know that keep me going,” said Brennan, now competing in her first Warrior Games. “Now, not too many months later, I hope to place first, second or third in every event I compete in and to win the ultimate cup.”

That victory perspective is fueled by a strong support system. “We have a great atmosphere here, and the coaches and trainers are awesome. I know that being around positive people brings a positive outcome.”



***“I CHOSE TO DO ADAPTIVE SPORTS
BECAUSE IT KEEPS ME FOCUSED AND MAKES
MY BACK NOT BE IN PAIN ANYMORE.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Carlton Duncan

RANK

Staff Sergeant

STATUS

Active

MOS

11B (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Bragg, North Carolina

HOMETOWN

Rancho, California

CURRENT LOCATION

Fort Bragg, North Carolina

SCHOOL(S)

Rancho Cucamonga High, California;
Colorado Technical University, Colorado

INJURY OR ILLNESS

Traumatic brain injury (TBI), shoulder
injury, fractured back and neck

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2007

EVENTS TRAINING FOR

Track, Cycling



As a seasoned Warrior Games, Valor Games and an Invictus Games athlete, Staff Sgt. **Carlton Duncan** is one step closer to his long-term goal by participating in his second Warrior Games. “I would like to compete on the Velodrome in track cycling at the Olympics,” said Duncan. “I have been training ever since I was assigned to the Warrior Transition Unit two years ago.”

Duncan sustained neck, shoulder and back injuries and a traumatic brain injury in 2007 after his vehicle was hit by an improvised explosive device while deployed in support of Operation Iraqi Freedom.

The adaptive reconditioning program at the Warrior Transition Battalion at Fort Bragg, North Carolina, gave Duncan the opportunity to be back on a team. “Adaptive reconditioning has been instrumental in both my military career and my personal overall well-being,” said Duncan.

After he retires, he would like to get into coaching. “I have learned that I can be a valued inspiration to fellow wounded, ill and injured Soldiers just as they inspire me to face challenges I have never faced before,” said Duncan.

Duncan is proud to represent the Army team and believes that the Warrior Games reflect the true resilience of the American Soldier. “It is a chance to show fellow service members who are recovering from their sacrifices for freedom that they will not be forgotten and that they too can do the unthinkable,” said Duncan.



***“ADAPTIVE RECONDITIONING HAS
BEEN INSTRUMENTAL IN BOTH MY
MILITARY CAREER AND MY PERSONAL
OVERALL WELL-BEING.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Kelly Elmlinger

RANK

First Lieutenant

STATUS

Active

MOS

66H (Medical-Surgical Nurse)/
Registered Nurse

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Attica, Ohio

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Seneca East High School, Ohio;
University of North Carolina Chapel Hill;
University of Texas Arlington

INJURY OR ILLNESS

Synovial sarcoma, nerve damage, left
forearm nerve impairment

LOCATION AND DATE OF INJURY OR ILLNESS

2013

EVENT(S)

Swimming, Track and Field



Kelly Elmlinger has been training for months in cycling, track and field and swimming for the opportunity to compete in this year's Warrior Games. "It's an absolute honor to be chosen to represent the Army and compete in sports I love," she said. "This opportunity is not about me, but about the men and women on my deployments who did not return to their loved ones and always remembering the sacrifices so many have made."

Sports have consistently played an important role in Elmlinger's life. In high school and college, she ran track and cross country and played basketball. In 2013, she ran the Rock 'n' Roll Marathon, competed this year at the Inaugural Invictus Games and hopes to make the 2016 Paralympic team. "I have always been involved in athletics, and adaptive reconditioning offers a new way to continue competing. At times, it allows me to forget about my disabilities. I enjoy being a teammate and encouraging each other to push harder," she said. "My recovery has been slow with many ups and downs, but I am certain adaptive sports has tremendously aided in my recovery process."

Elmlinger was diagnosed with synovial sarcoma, a rare form of cancer, in her left lower leg with permanent foot drop, nerve damage and left forearm nerve impairment and is recovering at the Warrior Transition Battallion at Fort Sam Houston. "Although it will be me competing, there are many others who played an integral role in restoring my health, allowing me to get to this point. Without a doubt, I represent and thank those individuals who aided me."



***"THIS OPPORTUNITY IS NOT ABOUT ME,
BUT ABOUT REMEMBERING THE SACRIFICES
SO MANY HAVE MADE."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Chanda Gaeth

RANK

Staff Sergeant

STATUS

Veteran

MOS

CURRENT OCCUPATION

Training for adaptive sports

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

La Crosse, Wisconsin

CURRENT LOCATION

Kempner, Texas

SCHOOL(S)

Logan High School, Wisconsin;
Texas A&M University, Texas (MS)

INJURY OR ILLNESS

Traumatic brain injury (TBI),
Spinal cord injury (SCI)

LOCATION AND DATE OF INJURY OR ILLNESS

Texas, 2004

EVENT(S)

Swimming, Track and Field



Retired Army Staff Sgt. **Chanda Gaeth** is a seasoned adaptive sports athlete, arriving at this year's Warrior Games with three years' worth of gold medals. "I medal in most of my events," said Gaeth, "but the friendship and helping others improve themselves is more important." Gaeth competes in wheelchair racing, cycling, swimming, shot put and discus.

The wheelchair has been a part of Gaeth's life since 2004, when she sustained severe spinal cord injuries. At the Warrior Transition Battalion (WTB) Fort Sam Houston, Texas, Gaeth's adaptive reconditioning began with water therapy. She was on bed rest when her mentor, Master Sgt. Rhoden Galloway, convinced her to learn how to swim. "I was lost before I started doing sports," she explained. "I thought my life didn't have anything." Gaeth is proud that she went from not being able to swim to learning the backstroke.

Back in Texas, Gaeth competes in local competitions, such as triathlons and the Alamo Marathon. She also participated this fall in the first Invictus Games in London.

Competitions like these and the Warrior Games push Gaeth further toward her goal of becoming a member of the American team in the 2016 Paralympics in Rio de Janeiro, Brazil. "These games and the people I have met on the way will forever be part of my life."



***"THESE GAMES AND THE PEOPLE I
HAVE MET ON THE WAY WILL
FOREVER BE PART OF MY LIFE."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Rhoden Galloway

RANK

Master Sergeant

STATUS

Active

MOS

68W5F (Combat Medic)

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

CURRENT UNIT

Joint Base San Antonio

HOMETOWN

San Antonio, Texas

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Irving High School, Texas;
Wayland Baptist University, Texas

INJURY OR ILLNESS

Arthritis, dislocated disks in
neck and back

LOCATION AND DATE OF INJURY OR ILLNESS

Multiple dates

EVENT(S)

Swimming, Shooting



“Sports can lead to life after the military. It’s not just something for fun,” said Master Sgt. **Rhoden Galloway**, who heads to Colorado Springs, Colorado, as part of the Army team at the 2014 Warrior Games. A lifelong athlete, Galloway participated in adaptive sports and other activities as an outlet while he recovered at the Warrior Transition Battalion (WTB) at Fort Sam Houston, Texas from injuries sustained over multiple deployments.

Galloway found that swimming in particular helped him physically and emotionally. As his recovery improved, so did his prowess in the pool. Encouragement from coaches and others at the WTB led him to register for the 2011 Warrior Games. Three Warrior Games later, Galloway is a 12-time medalist: five gold and seven silver.

After participating in three Warrior Games, Galloway and a handful of other wounded, ill and injured Soldiers and Veterans wanted to bridge the gap between participating in adaptive sports at the WTB and competing at the high level that Warrior Games demands. The team of Soldiers and Veterans wanted to prove that adaptive reconditioning can motivate wounded warriors to start to pick up the pieces and get their lives back on track, and came up with a program called the Soldier Athlete Reconditioning Program, or SARP-Elite. “SARP-Elite is a program that really, truly works,” he said.

Adaptive sports and reconditioning activities inspired Galloway to help fellow wounded warriors, and after Warrior Games he will return to his role at the WTB at Fort Sam Houston as a member of the Cadre. There, he hopes to continue to help wounded, ill and injured Soldiers and Veterans achieve their own personal goals as they recover and rehabilitate.



“ADAPTIVE RECONDITIONING HELPED ME GET MY LIFE BACK TOGETHER AND LEARN TO SET AND ACHIEVE GOALS.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Samantha Goldenstein

RANK

Sergeant 1st Class

STATUS

Reserve

CURRENT OCCUPATION

Adaptive Sports Coordinator,
Warrior Transition Unit, Fort Leonard
Wood, Missouri

WARRIOR TRANSITION UNIT

Warrior Transition Unit,
Fort Leonard Wood, Missouri (Cadre)

CURRENT UNIT

325th Combat Support Hospital,
Independence, Missouri

HOMETOWN

Kansas City, Missouri

CURRENT LOCATION

St. Robert, Missouri

SCHOOL(S)

Winnetonka High School, Missouri;
University of Missouri, Missouri (BA);
Grantham University, Missouri (MBA)

INJURY OR ILLNESS

Hip injuries, including bilateral
femoral acetabular impingements
with labral tear

EVENT(S)

Cycling, Track



Shortly after arriving at the Warrior Transition Unit (WTU) at Fort Leonard Wood, Missouri, Sgt. 1st Class **Samantha Goldenstein** found a passion for cycling. She now serves as cadre at the WTU.

“It’s just finding new things I could do with my limitations,” said Goldenstein. “I was looking to participate in a long distance sport other than running. I found cycling. I had never cycled before I was stationed at the Warrior Transition Unit, and it’s a real blessing.”

Thinking toward the future, Goldenstein said she hopes to stay as mobile and competitive as she can while keeping a high level of athleticism.

“Staying active in sports helps me to forget my physical limitations,” said Goldenstein. “My limitations have forced me to find new activities to participate in, and because of this, I have found many more sports that I enjoy.”

Adaptive sports, especially cycling and track, have been an essential part of her rehabilitation, and she feels honored to represent the Army team for the first time at this year’s Warrior Games.

“For me and my position as the adaptive sports coordinator, it’s great to be able to show my Soldiers that this is something you can do post-surgery and post-injury,” said Goldenstein. “I want to be a role model for the Soldiers here.”



“STAYING ACTIVE IN SPORTS HELPS ME TO FORGET MY PHYSICAL LIMITATIONS.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Vester (Max) Maxwell Hasson, IV

RANK

Sergeant

STATUS

National Guard

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Carson, Colorado

CURRENT UNIT

Utah National Guard,
Medical Command

HOMETOWN

Winnie, Texas

SCHOOL(S)

Moore High School, Moore, Oklahoma

INJURY OR ILLNESS

Bilateral anterior cruciate ligament
(ACL) replacement, vertebrae fusion
and disc degeneration

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2007-2008

EVENT(S)

Cycling, Sitting Volleyball



Sgt. **Vester (Max) Maxwell Hasson, IV**, worked as a combat medic in support of Operation Iraqi Freedom (OIF) from 2007 to 2009. His job was to keep any Soldier in need of medical attention alive until the next stage of care, regardless of the circumstances. The wear and tear that occurs during combat weighed on Hasson, and he developed degenerative disc disease while deployed.

In January 2014, Hasson underwent back fusion surgery to address his disease. As he recovered at the Warrior Transition Battalion, Fort Carson, Colorado, Hasson figured out how to get back involved in a life-long passion—cycling. “I picked it up in the late ‘80s, and started competing in the ‘90s,” said Hasson. “It only made sense to pick it up as an adaptive sport.”

“When I’m worked up, I go for a 15- to 20-mile ride, and it helps calm me down,” he said.

After competing in the 2012 Warrior Games, Hasson is looking forward to the 2014

competition. He’s added sitting volleyball to his agenda this year. “I also played volleyball when I was young, but this is completely different,” Hasson said. “It’s a great transition going from an individual sport to a team event. It all comes together very quickly.”

Beyond the Warrior Games, Hasson is working on a sports kinesiology degree so he can help others who are recovering.



“I PICKED UP CYCLING IN THE LATE ‘80S, AND STARTED COMPETING IN THE ‘90S. IT ONLY MADE SENSE TO PICK IT UP AS AN ADAPTIVE SPORT.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Scotty A. Hasting

RANK

Sergeant

STATUS

Active

MOS

11-B Infantry

WARRIOR TRANSITION UNIT

Fort Riley Warrior Transition
Battalion, Kansas

HOMETOWN

Hebron, Kentucky

SCHOOL(S)

Conner High School, Hebron, Kentucky;
University of Maryland

INJURY OR ILLNESS

Gunshot wounds to right shoulder
and left hip and leg; nerve damage in
right arm and hand

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2011

EVENT(S)

Archery, Swimming



Athletic before he was injured, Sgt. **Scotty A. Hasting** rediscovered a passion while he recovered at the Warrior Transition Battalion (WTB) at Fort Riley, Kansas: sports. Hasting sustained severe wounds after being shot 10 times at a 10-foot range in Afghanistan in 2011.

Hasting started participating in sports about eight months into his recovery at the WTB. He took that determination and drive to the 2014 U.S. Army Warrior Trials, where he left with six medals: bronze in archery and shooting, and three gold and one silver for different swimming events.

“My wife has been with me through my whole training and continues to support me,” said Hasting of the motivation he receives from his family. “She encourages me to push past the limits I set for myself.”

Hasting takes that encouragement and enthusiasm to Colorado, where he represents team Army at the 2014 Warrior Games, competing in archery and swimming.

“After my injury, I did not think I would be able to compete or play sports,” he said. “Incredible—it’s going to be incredible being able to represent the Army and to be able to compete at that level.”



“AFTER MY INJURY, I DID NOT THINK I WOULD BE ABLE TO COMPETE OR PLAY SPORTS. IT’S GOING TO BE INCREDIBLE BEING ABLE TO REPRESENT THE ARMY AND TO BE ABLE TO COMPETE AT THAT LEVEL.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Sean Hook

RANK

Sergeant

STATUS

Veteran

MOS

11B (Infantry)

FORMER WARRIOR TRANSITION UNIT

West Point Warrior Transition Unit,
New York

HOMETOWN

Summerville, South Carolina

CURRENT LOCATION

Summerville, South Carolina

SCHOOL

Tyrone Area High School, Pennsylvania

INJURY OR ILLNESS

Traumatic brain injury (TBI),
shoulder injury

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2009

EVENT(S)

Field, Sitting Volleyball, Archery



The year 2014 has been a year of firsts for retired Army Sgt. **Sean Hook**. He had a strong performance at the first U.S. Army Warrior Trials, winning four gold medals, and has competed in the inaugural Invictus Games in London. This is Hook's third appearance at Warrior Games. "These games are an honor for me," said Hook. "I have been introduced to sports that I never competed in before my injury, and to represent my country in these sports is a reminder of how far I have come since I started adaptive sports."

During his deployments to Iraq, Hook was hit by an improvised explosive device (IED) on two occasions. He made a speedy return to duty after the first IED hit. Later in his deployment, a vehicle-borne IED (VBIED) hit his platoon. While conducting a dismounted patrol, the VBIED exploded approximately 150 meters from his location, throwing him against a wall barrier, where he was struck by shrapnel. He sustained substantial injuries to his shoulder and a traumatic brain injury.

Hook first participated in adaptive sports and reconditioning while recovering at the West Point Warrior Transition Unit. "Sports gave me goals, helped with my confidence and improved my focus. Sports alone didn't help me in my recovery, but my Family saw the positive change and the progression it brought to me," he said. "I picked sports that I've never done before that had top-notch coaches. I've already surpassed and set new goals for shot put and discus."

Hook, a Veteran not only in the Army but also in competing in athletic events with other wounded warriors, hopes to take the gold in field, archery and sitting volleyball.



***"SPORTS GAVE ME GOALS, HELPED WITH MY
CONFIDENCE AND IMPROVED MY FOCUS."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Sean Johnson

RANK

Staff Sergeant

STATUS

Veteran

FORMER WARRIOR TRANSITION UNIT

Fort Riley Warrior Transition
Battalion, Kansas

HOMETOWN

Aberdeen, South Dakota

CURRENT LOCATION

North Dakota

SCHOOL(S)

Mohall High School, Mohall, North Dakota

INJURY OR ILLNESS

Vision loss, traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2006

EVENT(S)

Cycling, Track and Field



“Life is not over just because of an injury,” said retired Staff Sgt. **Sean Johnson**, the first completely blind athlete to compete for the Army team at the Warrior Games. “I do it a little bit differently, but I can do the same thing as anybody else.”

Johnson first discovered the benefits of adaptive reconditioning activities like cycling and other sports during his recovery at the Warrior Transition Battalion at Fort Riley, Kansas. Johnson sustained injuries over multiple deployments, including vision loss and a traumatic brain injury (TBI).

“Sports definitely have an impact on recovery. You push yourself farther, you’re focused on something and you’re not worried about the pain,” said Johnson.

Of the opportunity to represent the Army team at Warrior Games, Johnson said, “I can use my injury to serve and help other Soldiers get through their injuries and be a positive role model.”

Johnson will compete in cycling and track and field at the 2014 Warrior Games.



“SPORTS DEFINITELY HAVE AN IMPACT ON RECOVERY. YOU PUSH YOURSELF FARTHER, YOU’RE FOCUSED ON SOMETHING AND YOU’RE NOT WORRIED ABOUT THE PAIN.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Ollie Knowland

RANK

Staff Sergeant

STATUS

Active

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion-Europe
(WTB-E), Kaiserslautern, Germany

CURRENT UNIT

Rheinland-Pfalz

HOMETOWN

San Antonio, Texas

SCHOOL(S)

Robert E. Lee High School,
San Antonio, Texas; Trident University

EVENT(S)

Cycling, Sitting Volleyball, Track



An avid cyclist, San Antonio, Texas native Staff Sgt. **Ollie Knowland** now uses the sport as a means to facilitate recovery. A wounded Soldier, Knowland participates in adaptive reconditioning activities like cycling and other sports at the Warrior Transition Battalion-Europe in Kaiserslautern, Germany.

“I participate in cycling, track and field, volleyball and basketball,” he said. “I like the teamwork.”

After taking home a silver medal in a track event at the 2014 U.S. Army Warrior Trials, he joins the Army team as an alternate in cycling, sitting volleyball and track at Warrior Games.



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Katie Kuiper

RANK

Sergeant First Class

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Miami, Florida

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Excelsior College, New York

INJURY OR ILLNESS

Gunshot wound to head

EVENT(S)

Track, Field, Cycling



Sgt. 1st Class **Katie Kuiper** suffered a gunshot wound to the head that proved to be challenging for her, but through the adaptive sports program at Warrior Transition Battalion at Fort Sam Houston, Texas, she is quickly reaching her goals. Kuiper brought home two medals this summer at the 2014 U.S. Army Warrior Trials.

Finding ways to recover from injuries can be difficult, but Kuiper finds swimming to be particularly therapeutic. Although she is not competing in swimming, she participates in swim practices to “relax my head injury.” “The water is soothing, and I can’t hear anything underwater which is therapeutic.” she said.

By participating in events such as the Army Warrior Trials, she is able to learn new techniques from new coaches. “I have great support from the coaches back home, but today’s lesson was new and insightful.” she said of swimming coach Bobby Brewer after a training session at Warrior Trials. Coach Brewer taught Kuiper and other service members the art of balancing the body correctly in the water.



“PARTICIPATING IN THESE EVENTS IS INSTRUMENTAL TO MY WELL-BEING. IT BRINGS GREAT JOY TO ME AND A HUGE SMILE TO MY FACE.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Delvin Maston

RANK

Sergeant

STATUS

Active

MOS

11B (*Infantry*)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Birmingham, Alabama

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Wenonah High School, Alabama

INJURY OR ILLNESS

Right leg above-knee amputee

LOCATION AND DATE OF INJURY OR ILLNESS

Alabama, 2009

EVENT(S)

Wheelchair Basketball, Sitting Volleyball



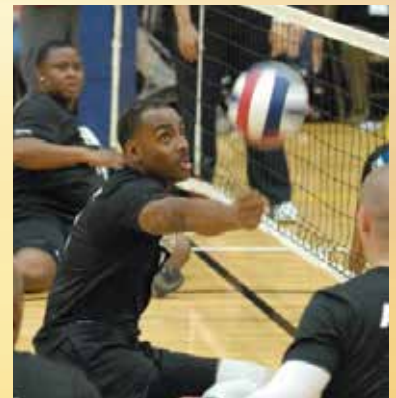
After representing the U.S. Army for the past three consecutive Warrior Games, Sgt. **Delvin Maston** brings a great deal of adaptive sports experience to this year's Warrior Games.

Maston, who served more than 47 months in a war zone, was injured in June 2009 in a vehicle accident in the United States. He has taken a positive outlook on life and has learned to focus on his abilities in order to make the best out of his disability.

Since his injury, Maston has played for the Parasport San Antonio Wheelchair Spurs and the USA Volleyball high-performance sitting volleyball team. Competing on national teams has taught him the importance of adaptive reconditioning.

"It allowed me to tap into my competitive nature which helped my recovery, physically and mentally," said Maston.

In the years ahead, he hopes to continue helping disabled youth through coaching adaptive sports. He advises youth, "to find that thing that they love to do and master it."



When asked about his support system during his recovery and transition, Maston said there were too many people to name, but added he was thankful for his, "entire Family and my Warrior Transition Battalion Family."

Maston is eager to show his recovery process to Family and friends while competing in the Warrior Games.

"ADAPTIVE RECONDITIONING ALLOWED ME TO TAP INTO MY COMPETITIVE NATURE WHICH HELPED MY RECOVERY, PHYSICALLY AND MENTALLY."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Andrew McCaffrey

RANK

Sergeant 1st Class

STATUS

Veteran

FORMER UNIT

6th Marine Regiment

HOMETOWN

Massapequa Park, New York

CURRENT LOCATION

Arlington, Virginia

INJURY OR ILLNESS

Below-the-elbow amputee (right)

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2002

EVENT(S)

Cycling, Track and Field

After retired Sgt. 1st Class **Andrew McCaffrey** lost part of his arm to a malfunctioning hand grenade in 2002, he decided to put everything into his recovery and rehabilitation. As a result, McCaffrey was not only wearing a prosthetic arm within four days, and attempting pushups within a month of his accident, but he was the first amputee from the conflict in Afghanistan to return to duty and continue to fight. “Exactly two years to the date after losing my hand, I was back in Afghanistan,” he said.

McCaffrey continues to fight, but these days his tour of duty is on a bicycle participating in warrior-athlete competitions. To date, he has competed in several wounded warrior events, including the 2013 Valor Games and the 2014 Army Warrior Trials, where he won a silver medal in men’s 30-kilometer cycling.



Adaptive reconditioning and rehabilitative sports have proven extremely beneficial to McCaffrey mentally, emotionally and physically. He says that sharing his experiences with Veterans who have gone through similar things is especially meaningful. “We can share our problems with each other. It’s great mentally to know that,” he said.

McCaffrey says that cycling has given him something to focus on after his military career ended, and he hopes that other wounded, ill and injured Soldiers will focus on a sport or activity that will help them heal, recover and move forward in their lives. “I’m very proud to be a member of the team and enjoy competing and watching my fellow teammates overcome adversity,” he said.

“I’M VERY PROUD TO BE A MEMBER OF THE TEAM AND ENJOY COMPETING AND WATCHING MY FELLOW TEAMMATES OVERCOME ADVERSITY.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Billy Meeks

RANK

Staff Sergeant

STATUS

Veteran

FORMER UNIT

2-1 Special Troops Battalion,
2nd Heavy Brigade Combat Team,
1st Armored Division, Fort Bliss, Texas

HOMETOWN

Weatherford, Texas

CURRENT LOCATION

Las Cruces, New Mexico

SCHOOL(S)

Abilene High School, Abilene, Texas

INJURY OR ILLNESS

Torn medial collateral ligament (MCL),
a torn labrum and other injuries

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2007

EVENT(S)

Archery, Shooting



While serving in Iraq in 2007, now retired Staff Sgt. **Billy Meeks** began noticing intense pain in his knee and hip. “I thought it was a normal Soldier thing, so why complain,” said Meeks. He was diagnosed with a torn medial collateral ligament or MCL, a torn labrum and other injuries. Meeks was unable to continue serving in his unit and medically retired.

His interest in archery developed before his retirement while supporting a senior leaders’ course at Fort Leonard Wood, Missouri. “I had to volunteer for one event. I was responsible for setting up archery and providing support,” said Meeks. “I picked it up, and it all took off from there.”

Meeks began practicing archery in the backyard. Then he started meeting people who attended archery tournaments and learning more. “Sports allow me to be competitive and allow me to be around like-minded people,” said Meeks. In April 2014 he took a trip to Las Vegas where he learned about the Warrior Games and adaptive sports.

“I really didn’t know that much about it. I thought I was just going to retire and move on with my life,” said Meeks. “My participation in archery and in the 2014 U.S. Army Warrior Trials opened up a new avenue for me. I’m now thinking of going professional with archery. It’s a big change.”

He credits his Family, friends and coaches for their support during his training. Meeks is also finishing his master’s degree in agricultural engineering.



***“SPORTS ALLOW ME TO BE
COMPETITIVE AND ALLOW ME TO BE
AROUND LIKE-MINDED PEOPLE.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Kawaiola Nahale

RANK

Sergeant

STATUS

Reserve

MOS

36B (Budget analyst)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Schofield Barracks Hawaii

HOMETOWN

Honolulu, Hawaii

CURRENT LOCATION

Wahiawa, Hawaii

SCHOOL(S)

West Hawaii Explorations Academy,
Hawaii; Honolulu Community College,
Hawaii

INJURY OR ILLNESS

Breast Cancer

LOCATION AND DATE OF INJURY OR ILLNESS

2013

EVENT(S)

Swimming



U.S. Army Reservist and native Hawaiian, Sgt. **Kawaiola Nahale** excels in the water. At the 2014 U.S. Army Warrior Trials, Nahale won gold in the women's 50-meter freestyle, 100-meter freestyle and silver in the 50-meter backstroke. She also competed in swimming in the Invictus Games in London before heading to Colorado for the Warrior Games.

In April 2013, Nahale was diagnosed with breast cancer, and adaptive reconditioning has been instrumental in getting her back in and on the water, as she also paddles canoes. A former competitive community and high school swimmer, Nahale credits adaptive reconditioning with helping her cope with the "bad days" associated with her recovery. "When I swim or paddle, I am able to focus on all the moving parts of the sport," she said. "It allows me to not think about the 'Why me?' traps that I sometimes fall into. Being able to be in the water is very healing for me."

She looks forward to testing herself against top warrior athletes from the other services. "Representing the Army is very humbling. I am very grateful to be doing so," she said.

In addition to setting her sights on medaling at the Warrior Games and continuing as a warrior athlete, Nahale would like to help other wounded Soldiers recover and reintegrate by serving as cadre at one of the Army's Warrior Transition Units. Her long-term goals include returning to active duty, becoming a drill sergeant, progressing in her career as a budget analyst and serving in the Army for 30 years.

***"BEING ABLE TO BE IN THE WATER
IS VERY HEALING FOR ME."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Ray O'Donnell

RANK

Major

STATUS

Active

MOS

11A (Infantry Officer)

CURRENT UNIT

Pacific Regional Medical Command,
Hawaii

HOMETOWN

Mililani, Hawaii

CURRENT LOCATION

Hawaii

SCHOOL(S)

University of Hawaii

INJURY OR ILLNESS

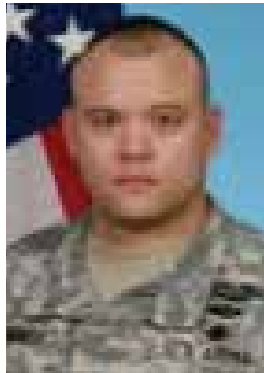
Traumatic brain injury (TBI),
damage to face, femur, hips,
pelvis and spinal cord

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2007

EVENT(S)

Swimming



In 2007 Maj. **Ray O'Donnell** sustained multiple injuries when ejected from his Humvee, while serving on an advisory team in Afghanistan in support of Operation Enduring Freedom. In addition to other injuries, he sustained a traumatic brain injury, damage to his face, femur, hips, pelvis and spinal cord. "I was essentially broken in some way from head to toe," O'Donnell said in a 2008 interview.

During his recovery, O'Donnell spent eight months as an inpatient, with stints at Walter Reed, Brooke Army Medical Center and the James A. Haley Veterans Administration. He then spent an additional 14 months as an outpatient at the Center for the Intrepid and Tripler Army Medical Center, before returning to the force with 2nd Brigade, 25th Infantry Division. There he commanded 2nd Brigade, Headquarters and Headquarters Company deploying them to Iraq, in support of Operation New Dawn.

He has since served at the Warrior Transition Battalion, Schofield Barracks, Hawaii, as executive officer and now works as an operations officer at Pacific Regional Medical Command.

"I believe sports and competition are so important in the recovery process and in the 'rehab for life' philosophy," said O'Donnell, who stays active by swimming.

After earning five gold medals in swimming at the 2014 Army Warrior Trials, O'Donnell is primed to take on the other services at the 2014 Warrior Games.



"I BELIEVE SPORTS AND COMPETITION ARE SO IMPORTANT IN THE RECOVERY PROCESS AND IN THE 'REHAB FOR LIFE' PHILOSOPHY."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Anne Oravec

RANK

Sergeant

STATUS

Veteran

CURRENT OCCUPATION

Owns a dessert catering and cake business

FORMER UNIT

855th Military police,
Phoenix, Arizona

HOMETOWN

Phoenix, Arizona

CURRENT LOCATION

Denver, Colorado

SCHOOL(S)

Marcos de Niza High School,
Tempe, Arizona;

Kinesiology at Arizona State University
(BS); Auguste Escoffier School of
Culinary Arts, Boulder, Colorado

INJURY OR ILLNESS

Traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2003

EVENT(S)

Swimming, Track



“Sports and exercise in general have become the best medicine for me,” said retired Sgt. **Anne Oravec**, who sustained a traumatic brain injury (TBI) while deployed to Iraq in 2003. “After making Team Army, I’ve really focused on making it more of a lifestyle and leading a healthier life.”

Oravec had always been interested in sports, even before her injury. Now, athletic activities like cycling and running play an even more integral role in her life. After competing in the 2014 U.S. Army Warrior Trials and leaving with two gold medals and one bronze in different track events, she was chosen to represent the Army team in this year’s Warrior Games. She will compete in track and her newly discovered sport, swimming.

“Making the team has encouraged me to work on reaching my athletic full potential,” Oravec said. “I never thought I would enjoy training in the pool, as I’ve always been a runner, but I find myself loving it. It’s a great sport that is more conducive to my injuries than running,” she added.

Oravec currently runs a dessert catering and cake business. She dreams of one day opening her own bakery and starting a non-profit organization that teaches Veterans new skills.

For now, she remains excited to be a part of the Army team at Warrior Games. “As a Veteran, it is an honor to be able to represent the Army again,” she said.



“AS A VETERAN, IT IS AN HONOR TO BE ABLE TO REPRESENT THE ARMY AGAIN.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Jennifer Pariona

RANK

Specialist

STATUS

Reserve (on Active Duty)

MOS

31B (Military Police)

FORMER UNIT

3rd Battalion, 309th Regiment,
Liverpool, New York

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Belvoir, Virginia

HOMETOWN

Union City, New Jersey

CURRENT LOCATION

Fort Belvoir, Virginia

INJURY OR ILLNESS

Anxiety and depression

EVENT(S)

Shooting



"I was in a dark place, and then was introduced to the sport of shooting. Life started to get better from then on," says Spc. **Jennifer Pariona**, a Reservist assigned to the Warrior Transition Battalion at Fort Belvoir, Virginia. The sport, she says, has changed her life for the better by giving her a way to get out instead of sitting around and focusing on her injuries.

Pariona struggles with depression and anxiety, but adaptive sports have helped her "calm down and cope with my illness," she said. Her favorite sport is air rifle, an event where she excels. At the 2014 Army Warrior Trials, Pariona won a gold medal in standing air rifle and a silver medal in prone air rifle.

"My sports have helped me socially and emotionally," she said. "It has been a long journey to recovery and without sports I really do not know where I would be in the journey of healing."

Training and competing mean a lot to Pariona, who said, "It keeps me focused and keeps my mind stable." She also enjoys cycling and sitting volleyball.

Pariona trains hard for her competitions and has a great team encouraging her. "My coaches, who are Air Force retirees, have supported me during my training. They've trained and motivated me," she said.



"IT HAS BEEN A LONG JOURNEY TO RECOVERY AND WITHOUT SPORTS I REALLY DO NOT KNOW WHERE I WOULD BE IN THE JOURNEY OF HEALING."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Michael Phillips

RANK

Captain

STATUS

Veteran

CURRENT OCCUPATION

Training in adaptive sports

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Benning, Georgia

HOMETOWN

Cullowhee, North Carolina

CURRENT LOCATION

Hamilton, Georgia

SCHOOL(S)

Cullowhee High School, North Carolina

INJURY OR ILLNESS

Post traumatic stress disorder (PTSD),
Traumatic brain injury (TBI),
Spinal cord injury (SCI) with implant

LOCATION AND DATE OF INJURY OR ILLNESS

Injuries sustained over multiple
deployments, 2009

EVENT(S)

Cycling, Shooting



Hanging on the wall next to the front door of retired Cpt. **Michael Phillips's** house are index cards that read, "Hang keys up" and "Empty pockets in the bowl." Another that says, "Feed Tiger," is taped by the coffee pot in the kitchen, a reminder to give his dog breakfast and dinner. Phillips has had trouble keeping track of things like that since sustaining multiple injuries on different deployments, ultimately culminating in a diagnosis of traumatic brain injury (TBI) and severe damage to his spinal cord and nerves.

"I knew I needed to find a way to get better so I could be an example for others," said Phillips. "I survived the war physically, but I have a responsibility to those who gave their lives in these conflicts to continue carrying on."

Phillips used this motivation at the Fort Benning Warrior Transition Battalion to adapt to what he calls his "new normal." Adaptive equipment alleviated the pain he felt while exercising, and he realized he could still be active and athletic. He continues to cycle and practices yoga in order to stay in tune with what his body needs. He engages in other adaptive reconditioning activities, as well, like gardening and hunting.

Crediting these activities and sports with helping him become an athlete again after being injured, Phillips' long-term plan is to develop an adaptive reconditioning program to work with local wounded warriors as they recover.

For now, Phillips is focusing on representing the Army team at the 2014 Warrior Games. "I thought that I would never be able to serve our great country again," said Phillips. "Words can't begin to explain how honored I feel to be able to represent the Army."



***"I WILL NOT BE DEFINED BY LIMITATIONS
THAT ARE PUT ON ME BY OTHER PEOPLE.
I AM DEFINED BY WHAT I CAN DO."***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Isaac Rios Jr.

RANK

Staff Sergeant

STATUS

Active

MOS

11B (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Joint Base Lewis-McChord, Washington

HOMETOWN

Coney Island, New York

CURRENT LOCATION

Joint Base Lewis-McChord, Washington

SCHOOL(S)

Ross High School, Brentwood, New York

INJURY OR ILLNESS

Damage to right shoulder, injuries to hip, knee, hands, neck, nerve damage, traumatic brain injury (TBI), arthritis and fibromyalgia

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan

EVENT(S)

Field, Wheelchair Basketball, Shooting



After sustaining multiple injuries in Afghanistan, Staff Sgt. **Isaac Rios Jr.** had developed a fear of falling and reinjuring himself that kept him from being physically active.

While recovering at his Warrior Transition Battalion at Joint Base Lewis-McChord, Washington, Rios was introduced to adaptive reconditioning by a fellow Soldier and quickly found that adaptive

sports allows him the opportunity to push himself physically in a safe environment. "When I started doing adaptive sports I realized I could still do things, just in a different way," said Rios. "That's the best part."

Adaptive reconditioning helped Rios build strength in muscles that he was once afraid to use. With a long-term goal to overcome his injury and make a career of adaptive reconditioning, Rios' outlook on life has completely changed.

"I want to be one of the people who work with wounded Soldiers, because it's made such a difference for me," Rios said. "I want to do something along those lines to help Soldiers who are in the same spot that I used to be."

As a Warrior Games athlete, Rios hopes to set an example for Soldiers who have been wounded, ill or injured. "I want to show people that injuries do not hold wounded warriors back," said Rios.



"I WANT TO SHOW PEOPLE THAT INJURIES DO NOT HOLD WOUNDED WARRIORS BACK."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Alexander Shaw

RANK

Staff Sergeant

STATUS

Veteran

FORMER UNIT

4Th Brigade Combat Team 506th Infantry Regiment, Fort Campbell, Kentucky

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion, Fort Campbell, Kentucky

HOMETOWN

Baltimore, Maryland

CURRENT LOCATION

Clarksville, Tennessee

SCHOOL(S)

Southern High School, Baltimore, Maryland

INJURY OR ILLNESS

Below-the-knee amputation, fractured third and fourth discs in his neck, hearing loss

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2009

EVENT(S)

Field, Sitting Volleyball, Wheelchair Basketball



Retired Staff Sgt. **Alexander Shaw**, a Baltimore, Maryland native, who now resides in Clarksville, Tennessee, was serving in Iraq in 2006 when he encountered an improvised explosive device (IED) that detonated. Shaw's injuries from the IED required a below-knee amputation, he suffered fractures in his third and fourth discs in his neck and hearing loss in his left ear.

Shaw recovered at the Warrior Transition Battalion at Fort Campbell, Kentucky, where he learned about adaptive sports, such as wheelchair basketball. He says today his favorite sports are basketball, volleyball and cycling. "Sports bring the camaraderie back between me and my fellow Soldiers and give me a desire to do things I didn't think I would ever do again," said Shaw.

Shaw shared that beyond the Warrior Games, participating in adaptive sports on a regular basis is important. He has physical therapists who continually encourage him to never give up. He worked with an Army Wounded Warrior Program



(AW2) Advocate to receive home equipment to help him pursue his goals, including competing on the Army team at the 2014 Warrior Games.

"SPORTS BRING THE CAMARADERIE BACK BETWEEN ME AND MY FELLOW SOLDIERS AND GIVE ME A DESIRE TO DO THINGS I DIDN'T THINK I WOULD EVER DO AGAIN."



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Michael D. Smith

RANK

Sergeant First Class

STATUS

Active

MOS

Awaiting orders, currently 79R (Recruiter)

WARRIOR TRANSITION UNIT

Fort Sam Houston, Warrior Transition Battalion, Texas

HOMETOWN

Dallas, Texas

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Palo Duro High School, Amarillo, Texas

INJURY OR ILLNESS

Above-the-elbow amputation (right)

LOCATION AND DATE OF INJURY OR ILLNESS

Tennessee, 2011

EVENT(S)

Swimming, Track, Field



This summer, Sgt. 1st Class **Michael D. Smith** heard important news: he was determined fit for duty by his medical board. The victim of a hit-and-run accident in 2011, his severe injury ultimately led to the amputation of his right arm above the elbow. Now, Smith will be able to continue his career in the military and will also become the first above the elbow amputee to return to active duty.

“It was one of the greatest days of my life. Knowing that it’s never been done before—that means a lot to me,” said Smith, recalling the day he heard the news.

It was a successful summer for Smith in other ways, too. He left the 2014 U.S. Army Warrior Trials with seven medals from competitions in cycling, track and swimming.

Smith exemplified resilience in all his events, perhaps most poignantly so in the cycling competition. He finished strong, even after his prosthetic arm broke off in the middle of the track, and took home a bronze medal.

He takes that resilient spirit with him to Warrior Games, where he will compete in swimming, track and field events.

“It feels like a huge accomplishment and a great achievement. I feel like I still have a lot to prove to myself, and I want to see all my hard work pay off,” Smith said. “Taking home the gold is the plan,” he added.



“IT FEELS LIKE A HUGE ACCOMPLISHMENT AND A GREAT ACHIEVEMENT. I WANT TO SEE ALL MY HARD WORK PAY OFF.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Monica Southall

RANK

Sergeant

STATUS

Veteran

MOS

92A (Automated Logistical Specialist)

CURRENT OCCUPATION

Training in adaptive sports

FORMER WARRIOR TRANSITION UNIT

Community-Based Warrior Transition Unit,
Virginia Beach, Virginia

FORMER UNIT

189th Engineer Company

HOMETOWN

Suffolk, Virginia

CURRENT LOCATION

Henrico, Virginia

SCHOOL(S)

Nansemond River High School, Virginia;
Virginia State University, Virginia;
University of Phoenix

INJURY OR ILLNESS

Bilateral shoulder rotator cuff/labrum
injury, right knee ACL/meniscus injury,
lower lumbar spinal stenosis

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

EVENT(S)

Field, Sitting Volleyball



Monica Southall was a civilian trainer in 2005 at Walter Reed National Military Medical Center when she took five soldiers to San Diego to participate in a Paralympic camp—her first experience with adaptive sports. Upon returning to Walter Reed, Southall began a sitting volleyball program for wounded, ill and injured Soldiers recovering there.

A few years later, Southall deployed and became injured herself. She had seen the power of adaptive reconditioning activities in the Soldiers she worked with before her deployment. “I played three sports in high school and four in college, so adaptive sports are helping me to keep going, keeping me active,” Southall says.

Southall was an obvious fit for competition, so in 2010, the inaugural year of the Warrior Games, she competed and won the gold in sitting volleyball and seated shot put. She continued to take home medals each following year and looks forward to another chance to earn a few more this year in Colorado Springs.

Southall credits her Family and friends with supporting her through her recovery. “They were always there for me to give me encouragement and support when I was dealing with a lot of pain, didn’t want to be bothered or felt like giving up.”



***“ADAPTIVE RECONDITIONING ALLOWED
ME TO TAP INTO MY COMPETITIVE
NATURE, WHICH HELPED MY RECOVERY,
PHYSICALLY AND MENTALLY.”***

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Matthew Spang

RANK

Sergeant

STATUS

Veteran

CURRENT OCCUPATION

Training in adaptive sports; Member of Denver Rolling Nuggets wheelchair basketball team

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion, Fort Sam Houston, Texas

HOMETOWN

Wisconsin Rapids, Wisconsin

CURRENT LOCATION

Colorado Springs, Colorado

SCHOOL(S)

Lincoln High School, Wisconsin

INJURY OR ILLNESS

Bilateral below-the-knee amputee, traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2011

EVENT(S)

Track and Field, Wheelchair Basketball, Swimming, Sitting Volleyball



“When you first get hurt, you think ‘I can’t do this, I can’t do that,’” said retired Army Sgt. **Matthew Spang**, who now plays wheelchair basketball competitively for the Denver Rolling Nuggets. After two improvised explosive devices struck his vehicle in Afghanistan in December 2011, Spang ultimately lost both of his legs below the knee. A basketball player and golfer since childhood, he was unsure of what sports he would be able to play after the injury.

Spang was introduced to adaptive sports at the Warrior Transition Battalion at Fort Sam Houston, Texas. “I forget about my injuries when I am playing sports. It’s part of my therapy,” said Spang. “Sports help a lot with calming me down and getting my mind off my injuries and my lack of some capabilities.”

“I’m excited to be a part of the whole Warrior Games event. I want to represent the Army and myself,” he said. “I’m doing it for my Family and my kids. I want to give them a good role model and to show them that if you do get injured, you shouldn’t stop what you’re doing because you get a little scratch.”

Spang’s Family supported him throughout his military career. His father in particular, a retired Army National Guard officer, was part of the reason he initially joined the Army, and is a resource to him now. His support system encourages him to reach his long-term goals of participating in the Warrior Games and eventually a Paralympics team. “I definitely feel like I am representing the Army—the wounded Veterans side of it,” said Spang. “I feel like it’s an obligation to push myself because I have a lot of people involved. It’s not just about swimming and being a part of the Army and doing this for myself. It’s a lot bigger than that.”



***“I FORGET ABOUT MY INJURIES
WHEN I AM PLAYING SPORTS.
IT’S PART OF MY THERAPY.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Willie Stafford

RANK

Specialist

STATUS

National Guard

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Stewart, Georgia

HOMETOWN

Daytona, Florida

SCHOOL(S)

Pine Ridge High School, Florida

INJURY OR ILLNESS

Knee injuries

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2011; Qatar, 2013

EVENT(S)

Track



Spc. **Willie Stafford's** deployment activities—Iraq (2011) and in Qatar (2013)—caused bilateral knee pains. The Daytona, Florida, native was assigned to the Warrior Transition Battalion at Fort Stewart, Georgia for his recovery. “Ms. Terry at Fort Stewart Warrior Transition Battalion has been huge in supporting me during my training,” explained Stafford.

At this year’s Army Warrior Trials, Stafford received the bronze medal in the 100m sprint and silver in the 200m sprint. “I like the thrill of the competition,” said Stafford.

Stafford has a long term goal of making the U.S. Paralympics track team. He explains “I draw inspiration from Olympian Usain Bolt and the Los Angeles Laker’s Kobe Bryant.”

He will be competing in the 100m and 200m sprint track events in the 2014 Warrior Games.



***“ADAPTIVE SPORTS ARE A
BIG MORALE BOOSTER.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Erin Stewart

RANK

Sergeant

STATUS

National Guard

MOS

1107th Theater Aviation Sustainment
Maintenance Group

FORMER UNIT

1107th Theater Aviation Sustainment
Maintenance Group

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Riley, Kansas

HOMETOWN

Springfield, Missouri

CURRENT LOCATION

Fort Riley, Kansas

SCHOOL(S)

Home schooled

INJURY OR ILLNESS

Back, right shoulder, sciatica,
migraines, multiple bulging discs,
winged scapula with rotator cuff tear

LOCATION AND DATE OF INJURY OR ILLNESS

Multiple locations, 2008-2011

EVENT(S)

Swimming, Shooting



For Sgt. **Erin Stewart**, adaptive reconditioning activities like sports are life changing. “It gives me something positive to focus on, and teaches me things I can do, instead of all the things I can’t,” she said. Stewart discovered the power of sports as she recovered at the Warrior Transition Battalion (WTB) at Fort Riley, Kansas, after injuring her back and right shoulder. “Sports give me the confidence I need to succeed in life,” she added.

While participating in athletic activities at the WTB proved beneficial to her recovery, Stewart also demonstrated natural talent. After proving her abilities at the 2014 U.S. Army Warrior Trials in June, she moves on to compete at the inaugural Invictus Games in London and in swimming and shooting in this year’s Warrior Games in Colorado.

“It is a great honor to represent the country I love so much,” she said. “It was a childhood dream of mine to go to the Olympics. Now being able to participate for the honor of my country is a dream come true.”



***“SPORTS GIVE ME THE CONFIDENCE
I NEED TO SUCCEED IN LIFE.”***



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Amanda Lyle

RANK

Specialist

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Campbell, Kentucky

HOMETOWN

Paducah, Kentucky

CURRENT LOCATION

Fort Campbell, Kentucky

SCHOOL(S)

Paducah Tilghman High School,
Kentucky; Kentucky Community College
System, Kentucky

INJURY OR ILLNESS

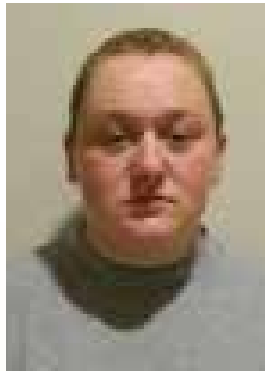
Traumatic brain injury (TBI),
post traumatic seizure, broken right
scapula and two broken vertebrae

LOCATION AND DATE OF INJURY OR ILLNESS

Texas, 2013

EVENT(S)

Cycling, Sitting Volleyball



There is a block of time that Spc. **Amanda Lyle** simply cannot remember. Lyle was in a car accident in November 2013 while in El Paso, Texas, that caused severe traumatic brain injury, bleeding in her brain, a broken scapula and two broken vertebrae. Her body allowed her memory to come back once it made some great strides in healing. “When my memory returned, I was able to do most regular things again, and I was ready to walk again,” said Lyle.

She credits keeping positive as a key component of her recovery. “I stayed positive because I wanted to walk again. Then I set a goal of throwing a softball again,” shared Lyle. “By the time I left the hospital, I could throw a tennis ball, not far, but I could do it.”

The Kentucky native is now well on her way to surpassing her pre-accident active lifestyle. “Before the accident, I was playing flag football on Sundays. Once my appointment schedule slowed down, I was able to get into the adaptive reconditioning program (ARP),” said Lyle. “It got me back in motion. It gave me hope. I had all these people telling me I couldn’t do things. The ARP showed me a way that I could.”

“The more involved I became, the more my confidence grew. Getting on a bike has helped build up my motivation and find hope again. I love it.” To prove it, she pedaled her way to a silver medal at the 2014 Army Warrior Trials in recumbent cycling after only riding for five months.



Lyle is excited about her first Warrior Games and is taking classes to become a physical therapist.

“GETTING ON A BIKE HAS HELPED BUILD UP MY MOTIVATION AND FIND HOPE AGAIN.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

James Taylor

RANK

Specialist

STATUS

Veteran

CURRENT OCCUPATION

Preparing to begin college,
University of Texas, San Antonio

FORMER WARRIOR TRANSITION UNIT

Fort Sam Houston,
Warrior Transition Battalion, Texas

HOMETOWN

Cleveland, Ohio

CURRENT LOCATION

Fort Sam Houston, Texas

SCHOOL(S)

Garfield Heights High School, Ohio;
Colquitt County High School, Georgia

INJURY OR ILLNESS

Back and neck injuries, traumatic
brain injury (TBI) and damage to
ligaments on left side

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2012

EVENT(S)

Track and Field, Sitting Volleyball



Retired Spc. **James Taylor** is self-described as “an athlete in every sense of the word.” A former basketball, football and track star, Taylor struggled with recovery at the Warrior Transition Battalion (WTB) at Fort Sam Houston, Texas, after sustaining injuries in Afghanistan in 2012, including back and neck injuries, ligament damage and a traumatic brain injury (TBI).

Taylor, who was recently scouted and offered a college scholarship for his prowess in track, uses sports as his outlet as he recovers. “When I’m running track, I’m a track star. When I’m doing archery, I’m an archer. Nothing else matters,” he said. “I don’t have to worry—all I have to do is focus on the task.”

For Taylor, “making the Warrior Games team is a dream come true.” After bringing home two gold medals in track events and a bronze in field at the 2014 U.S. Army Warrior Trials, Taylor has a chance to represent the Army again. “Even though I don’t get to wear the uniform anymore, I get to show my country and comrades that I’m still willing to fight,” he said of representing the Army in track and field and sitting volleyball at Warrior Games. “Competing makes me feel like I haven’t given up and that the Army hasn’t given up on me,” he added.

As for future goals, Taylor plans on pursuing a degree in physical therapy. Ultimately, he wants to work with other wounded, ill and injured Soldiers and Veterans. “It would be amazing to work with the military, to coach patients and tell them injury is not the end,” he said.



“EVEN THOUGH I DON’T GET TO WEAR THE UNIFORM ANYMORE, I GET TO SHOW MY COUNTRY AND COMRADES THAT I’M STILL WILLING TO FIGHT.”



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Ben Trescott

RANK

Sergeant First Class

STATUS

Veteran

CURRENT OCCUPATION

Retired

WARRIOR TRANSITION UNIT

Fort Jackson, South Carolina

HOMETOWN

Dover, Delaware

CURRENT LOCATION

Clarksville, Tennessee

SCHOOL(S)

Richwood High School;
Troy State College, Alabama

INJURY OR ILLNESS

Skeletal and muscular wounds,
traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2006

EVENT(S)

Shooting, Archery



Veteran and Purple Heart recipient **Ben Trescott** joined the Army right out of high school and recently retired after a 23-year career. While deployed in support of Operation Iraqi Freedom, Trescott sustained injuries to his back, shoulder and neck. Since then, he has undergone a number of surgeries and aggressive therapy.

Before his injury, Trescott had been shooting most of his life, growing up on more than 200 acres of farmland. He began archery a few years ago during his recovery when the Challenged Athlete's Foundation, a Warrior Transition Command Community Support Network organization, introduced him to an archery shop in South Carolina who sponsored Trescott with brand new, state of the art equipment. "I go to the furthest point I can in competition just to thank them for what they have given me," said Trescott.

He practices archery weekly with a friend back home. Shooting, however, is more difficult to keep up with. "The biggest hurdle with rifle and pistol practice is getting the compressed air," he explained. Trescott trains instead with a regular rifle.

This will be his third trip to Colorado Springs representing the Army, and he looks to add to his medal collection. Training for the Warrior Games helps Trescott find purpose, motivation and direction, and builds his concentration and focus.



2014 ARMY WARRIOR GAMES ATHLETE

NAME

Petrina Williams-Swaby

RANK

Staff Sergeant

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Benning, Georgia

HOMETOWN

Queens, New York

CURRENT LOCATION

Fort Benning, Georgia

SCHOOL(S)

Carnegie High School, Brooklyn,
New York; Post University

INJURY OR ILLNESS

Lower back

LOCATION AND DATE OF INJURY OR ILLNESS

Missouri, 2003

EVENT(S)

Sitting Volleyball, Wheelchair Basketball



Sgt. **Petrina Williams-Swaby** never doubt her life path. “I knew I wanted to be a Soldier, since I was eight,” shared Williams-Swaby. “However, I didn’t know I’d get a chance to be a Soldier athlete.”

An incident during basic training caused a lower back issue that changed the course of her life. At that point, her doctor told her she needed to get out of the military. Then she received word that she could participate in adaptive sports.

“We had a sports coordinator who would come and recruit. She had to beg me for some time, because I didn’t want to talk to anyone. Luckily she didn’t give up,” said Williams-Swaby. “I fell in love with it. It gives me something to look forward to, and it’s great hanging out with the guys.”

She’s looking forward to competing in her first Warrior Games, especially after the Army Warrior Trials. “Being in New York gave me a different outlook on being a wounded warrior,” shared Williams-Swaby.

“Sometimes the wounds are mental or TBI, PTSD. It’s not just what you can see, so you just have to get to a point where you respect everyone’s issues.”



Williams-Swaby is using her experiences “to motivate me to do better and want more.” She credits the occupational therapy department and her coaches with providing great support and preparing her for Colorado Springs.

***“I KNEW I WANTED TO BE A SOLDIER...
HOWEVER, I DIDN’T KNOW I’D GET A
CHANCE TO BE A SOLDIER ATHLETE.”***



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