

ATHLETE PROFILE



NAME	LETICIA BAUGHER
Grade and Rank	E-7/Chief
Status (<i>Active Duty, National Guard, Reserve or Veteran</i>)	Veteran
Primary Service Affiliation and MOS	Navy Chief Logistics Specialist
Hometown (<i>City, State</i>) and high school/college	Mexia, TX Mexia High School
Current Location	Independence, MO
Past Location	Bahrain
Injury or Illness (<i>Optional</i>)	Injury
2016 Warrior Games Event(s) participation	Cycling, Field, Shooting

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Do more volunteer work, finish my degree, mentor my kids, become a better shooter, be able to run again, and make it to the Paralympics one day.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
Suffered back injury during deployment and as a result, was medevac'd out to Germany for surgery.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior – Safe Harbor has provided me with the tools and resources not only for me, but for my family, to help me have a smoother recovery.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive reconditioning and sports have given me life again. They give me something to work towards and feel good about. I can't run anymore, so cycling has become one of my favorite sports.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
I am honored to continue to support our country through adaptive sports with my brothers and sisters.



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6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Competing gives me a sense of accomplishment. It has allowed me to work harder and challenge myself. I have set higher goals for myself to achieve.

7. Who has supported you in your training? How?

My family has supported me by motivating and believing in me. By my husband staying at home and taking care of our three children. My coaches supported me through their patience to work with me and teach me how to adapt to new ways of doing sports. And to Navy Wounded Warrior - Safe Harbor for giving me the opportunity to be here. If it wasn't for them, I would not be here today.

8. What advice do you have for future athletes?

Don't be afraid to fail and don't give up, but also understand that hard work does pay off.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I am one class away from finishing up my AA in Supply Chain Management from Coastline Community College. I plan on continuing my education and get my BA in Logistics. Navy Wounded Warrior – Safe Harbor has provided us with resources to help.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

We all do adaptive sports for many reasons. Just know that you are not alone and we are here for each other. In the end, we are all here for the same cause ... recovery.

ATHLETE PROFILE



NAME	RON CONDREY
Grade and Rank	E-7/Chief
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	Navy Explosive Ordnance Disposal Technician
Hometown (City, State) and high school/college	Salisbury, NC
Current Location	Navy Expeditionary Combat Command
Past Location	Virginia Beach, VA
Injury or Illness (Optional)	Hidden wounds
2016 Warrior Games Event(s) participation	Archery, Cycling, Track

- 1. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**

Through adaptive sports programs/opportunities
- 2. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**

Adaptive sports have taught me that I'm not alone in the struggles with injuries. I participate in archery, cycling, and track.
- 3. What does it mean to you to represent the Navy at Warrior Games?**

It's a great opportunity to represent Team Navy and to support the athletes of the DoD Warrior Games.
- 4. What is the significance of sports/competition? How has it helped you? What does it mean to you?**



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There is great teamwork and camaraderie with a healthy competition to help strengthen wounded warriors both physically and mentally.

5. Who has supported you in your training? How?

The coaches, my doctor, my PT.

6. What advice do you have for future athletes?

Try new things!

7. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Retire from Navy. Go to school for PT or recreational therapy.

ATHLETE PROFILE



NAME	CHRISTOPHER CUSTER
Grade and Rank	E-7/Chief
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	Machinist's Mate 3 rd Class (Submarine)
Hometown (City, State) and high school/college	Pittsburgh, PA
Current Location	
Past Location	
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Cycling, Field, Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
For 2016, my goal is to rededicate myself to my passion for nutrition and exercise. As I plan for medical retirement from the Navy, I would like to pursue a career as an advocate for men who are victims of sexual assault, focusing on military and LGBTQ communities.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
In 2015, I was sexually assaulted by a chief on my submarine and he committed suicide after I came forward. My battles are PTSD, depression, anxiety, TMJ, insomnia, and night terrors.
- 3. How did your Service's Wounded Warrior Program assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior – Safe Harbor has given me a sense of comradery that I lost once I transferred from my boat. I have a community of people who are only a text or call away at any moment's notice and for that, I am incredibly grateful. I feel they are an extension of my family.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Participating in adaptive sports has been amazing for my recovery. I have always been an athletic person, but I lost my zeal and love for sports after my assault. This program has allowed me to rediscover my identity. I will be competing in cycling, shooting (rifle), and track.
- 5. What does it mean to you to represent the Navy at Warrior Games?**
It is an honor for me to have this opportunity to represent my branch of service and to be a part

of something much bigger than a sporting event. It is allowing me to achieve a goal I would have never thought possible.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

There are so many ways sports has helped me throughout life, especially now. The feeling of accomplishment and confidence I experience cannot be purchased. I have struggled immensely with my self-worth but this has recharged me to a place where I feel like I can get through whatever obstacles life may throw my way.

7. Who has supported you in your training? How?

My Wounded Warrior family has been the best support by far. They give educated, loving advice as to how I can improve, resources that can help me in my sports, and a reassurance that I am capable. Also, my best friend Alex has been with me through everything and supported me without judgment, only love. I am a better person having him in my life.

8. What advice do you have for future athletes?

Do what you love and most importantly, HAVE FUN! The competition aspect is great but the most important thing is to truly immerse yourself into your passions (sports and otherwise) and let that be your focus. The injuries won't always go away...neither will the amazing memories you will make in this program.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program helped you?

My plan is to return to college once I am medically retired and pursue another degree. I am not 100% sure which route I want to take, but ultimately it will be toward a career field which allows me to help others. Wounded Warrior Program has been the reminder that I need--I am more than a victim of circumstances.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Please remember: no matter what you may be going through, whether physical, emotional, or mental, you WILL get through this storm in your life. Things may seem gloomy, you may feel alone and scared, but know that the sun will come out again. Never give up the fight for your life. It is a beautiful, wonderful thing and you are never alone.

11. Is there any other information you are willing/would like to share?

If anything, I would just like to bring more awareness to PTSD and MST (military sexual trauma). The injuries may not be physically apparent, but they are there. We battle a different war and I hope people do more research to understand the struggles and help others they may know who are suffering from it.

ATHLETE PROFILE



NAME	MICHAEL DAYTON
Grade and Rank	E-6 / First Class Petty Officer
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	Machinist's Mate 1 st Class (Submarine)
Hometown (City, State) and high school/college	Toledo, OH Central Catholic High School
Current Location	Intermediate Maintenance Support Facility Pacific Northwest, Bangor, WA
Past Location	USS Ohio (Gold) (SSGN-726) USS Emory S Land (AS-39) USS Topeka (SSN-754)
Injury or Illness (Optional)	Burns
2016 Warrior Games Event(s) participation	Archery, Shooting, Sitting Volleyball, Swimming

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My goals are to use the sports programs from Navy Wounded Warrior - Safe Harbor to keep me active and to push myself to set higher goals to achieve to better myself. With the experience I gain, I will find other injured/wounded/ill service members to share my experience to help them get into a similar program to aid in their recovery.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I was working in the Engine Room bilge on a pump, when a steam relief valve lifted above me, blasting my lower body with 650 degree dry steam at a 150 psi for about seven seconds, resulting in 22% full thickness steam burns.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior - Safe Harbor gave me a reason to get back into sports and to connect with other Sailors who have similar injuries and stories. Being able to talk with people who understand what you are going through from personnel experiences is one of the greatest benefits of these programs. You know that you are not going to be judged, but accepted.



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4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

Being active in sports helped me to regain confidence and accept that what happened to me doesn't define me; instead it helps to shape the person I can become. I participate in archery, swimming, shooting, and sitting volleyball.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It means a lot to me to represent the Navy at the Warrior Games. I hope that if there are other injured Sailors out there that see and hear my story, that it will let them know that you don't have to be wounded to join these programs and hopefully will at least get them to think about joining.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

The significance of competition is that it allows me to meet other Service Members and make new friends. To find out how they have dealt and adapted to their injuries so that I might learn new things or pass on knowledge to others.

7. Who has supported you in your training? How?

My wife has always supported me in my recovery and training. My son has also been a source of support. He looks up to me and sees everything that I do, so I want him to see me do my very best. And my coaches who refuse to accept excuses and always push for more.

8. What advice do you have for future athletes?

Just because you are not good at something now, doesn't mean that you won't be good at it later. Keep practicing and have fun with it. If you have fun, it won't feel like work and it will become something that you look forward to doing.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I plan on retiring from the Navy in three years and start another chapter in my life.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I currently play for my command's volleyball team. I'm finishing my associate degree in general studies from Vincennes University, and then starting my bachelor's program in workforce education

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Everything will be all right in the end. If it's not all right, it's not the end.

ATHLETE PROFILE



NAME JOSEPH DERBAK

Grade and Rank E-5/HM2

Status (Active Duty, National Guard, Reserve or Veteran) Veteran

Primary Service Affiliation and MOS Navy
8404 Hospital Corpsman 2nd Class

Hometown (City, State) and high school/college Westminster, MD
Onate High School Las Cruces, NM

Current Location Leland, NC

Past Location 2nd Marine Division

Injury or Illness (Optional) PTSD, TBI, lower back problem, left leg numb

2016 Warrior Games Event(s) participation Archery, Field

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Short-term goal are to get my garden and flowers growing. Long-term goal is to make my back yard into a paradise.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
TBI, PTSD, Lower spine injury, left leg numb
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive reconditioning and sports has kept me physically in shape
- 4. What is the significance of sports/competition? How has it helped you? What does it mean to you?**
To be able to shoot or throw with my medical condition shows that anyone can if they put their heart and soul into it.
- 5. Who has supported you in your training? How?**
My wife and kids have supported me through it all. They have cheered me on and made me want to push myself more.
- 6. What advice do you have for future athletes?**
Find something that you like to do and do it 100%.



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- 7. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?**

They have provided me with the coaching and equipment to do the sports that I enjoy doing.

- 8. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?**

When things are going rough just reach down and grab your boot laces pull them tight and keep moving.

- 9. Is there any other information you are willing/would like to share?**

Just because some body parts might not work right it doesn't mean that you can't do something.

ATHLETE PROFILE



NAME	NATHAN DEWALT
Grade and Rank	E4 PO3
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Master at Arms 3 rd Class
Hometown (City, State) and high school/college	YORK, PA WEST YORK AREA HIGH SCHOOL/Ashford University
Current Location	Tampa, FL
Past Location	Walter Reed National Military Medical Center
Injury or Illness (Optional)	SCI
2016 Warrior Games Event(s) participation	Field, Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My short term goal is simply to become a better version of me through education, training, and to be the best father. A long term goal of mine is teach my children, as well as myself, the Italian language.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
Complete Spinal Cord Injury at the T3 level.
July 11, 2008 in Belmar, NJ
Motor Vehicle Accident (taxi ran a stop sign and I was on a motorcycle)
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior-Safe Harbor provided opportunities to explore multiple adaptive sports while competing, and also the chance to regain the family and brotherhood I was used to have in my circle. It was a breath of fresh air.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I have transitioned from a novice adaptive sport athlete, to a professional athlete competing at the International level. I have been able to find a passion and drive that has pushed me to my furthest limits. The sport I compete in is Paratriathlon which entails swim, bike, and run.



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5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

We all carry some type of pride for our service branch. For me it is quite honestly one of my greatest achievements. Competing among these top notch athletes is always a humbling experience.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Competition is fuel for the soul. I have been to the depths of my mind during some of the hardest times in a race, when you dig harder and deeper than you ever have in your lifetime. Racing is the ultimate reward for all of my training efforts.

7. Who has supported you in your training? How?

I try my best to invest in my own book of knowledge and read a lot. I have been to many USOC Olympic training camps, as well as supported with equipment and training from NSH.

8. What advice do you have for future athletes?

Never expect to make the team. Go into every race thinking you are going to win, and challenge yourself to be the best because there is always someone who is thirsty for your spot!

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I hope to achieve an executive position in the near future. I want to be a young professional who was touted as a great leader.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

It begins here, but it surely does not stop here. This is a stepping stone in many respects. Use it mentally, physically, and emotionally.

ATHLETE PROFILE



NAME	ROBERT ALAN DODD SR
Grade and Rank	E-6/BU1
Status (Active Duty, National Guard, Reserve or Veteran)	Retired
Primary Service Affiliation and MOS	Navy Builder 1 st Class
Hometown (City, State) and high school/college	Glen St. Mary, Fla. Ed White High School Florida Community College
Current Location	Glen St. Mary, Fla.
Past Location	Navy Wounded Warrior - Safe Harbor Navy Yard in Washington, D.C.
Injury or Illness (Optional)	PTSD, TBI, Low back injury, and bilateral knee injury
2016 Warrior Games Event(s) participation	Air Pistol and Archery Recurve Bow

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
To become proficient in my sports and target the qualifications to one day coach in shooting and archery.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
PTSD, TBI, Low back injury, and bilateral knee injury
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior – Safe Harbor has influenced my desire to stick with my therapy and to work hard to improve my capabilities.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive sports has motivated me and helped improve my depression and my PTSD through involvement with my teammates. I currently shoot air pistol and archery and I'm training to ride the recumbent bike for next year.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**



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Representing the Navy gives me sense of the highest level of pride and a desire to perform in the support of my teammates.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

In competition I have made friends and a sense of self worth, and a desire to compete and conquer my challenges of competition.

7. Who has supported you in your training? How?

The Navy Wounded Warrior - Safe Harbor staff and coaches, and especially my teammates have supported me in my training.

8. What advice do you have for future athletes?

Ask questions and listen to the coaches.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

My goals are to conquer my chosen sports and to become a master in those sports. Navy Wounded Warrior - Safe Harbor has helped me to realize my lifelong dreams of being a competitor.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Participation, I have found that participation enriches and fulfills my life and is good for the soul so I don't isolate as I did in the past. I get out and participate.

ATHLETE PROFILE



NAME	ROEL ESPINO
Grade and Rank	E-5 / HM2 (FMF)
Status (Active Duty, National Guard, Reserve or Veteran)	Retired Veteran
Primary Service Affiliation and MOS	Navy Field Medical Service Technician
Hometown (City, State) and high school/college	Pasadena, CA Pasadena High School California ST Northridge
Current Location	Pasadena, CA
Past Location	Naval Health Clinic Hawaii Joint Base Pearl Harbor-Hickman, HI
Injury or Illness (Optional)	TBI
2016 Warrior Games Event(s) participation	Compound Archery / Prone Rifle

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Short term is to get used to becoming a civilian again and finish my bachelor's degree in medicine. Long-term goal is to get my masters degree and travel around Europe before I start a career.
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
They provided me the tools I needed to start my recovery process and exposed me to new endeavors such as Warrior Games. I firmly believe that if it wasn't for the help of Chief Lee, Master Chief Howell, and Ms. Margo Crane, I would be walking a much darker path today.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
It keeps my mind occupied. I can practice my bow or shooting without having to think about the stigmas of my condition because my coaches showed me how to leave worries and doubts at the door. I compete locally in archery leagues and I am moving forward with shooting competitively on the Olympic level.



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4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It means the world to me personally. It is funny the things you miss when you leave active duty, waking up early shaving and putting on the uniform know that today may be the day you change someone's life directly or indirectly because its just another day. At Warrior Games I can do it all over again by helping my teammates or even motivating someone who is watching me as I compete while I wear the Navy's colors and represent my service.

5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

It's important. When you step out there you represent your service and you always want to do better than the other branches. My first games, I was oblivious and humbled to the level of skill that my teammates and my fellow competitors from the other services put out, my last year, my second games, I went in a little more prepared but, again, humbled to the level of my competitor's skills. I'm gunning for the top because I know my competition will be better than last year so I'm training harder and longer than I have in the past.

6. Who has supported you in your training? How?

Chief Lisa Lee got me exposed and signed up for my first games. With her guidance and help I don't know what I would be doing right now. Master Chief Dean Howell and Ms. Margo Crane, who took over after Lee transferred, continued her work and with that they got me to my second games. Even now that I am no longer active duty, they continue to support me and keep me in the loop about the games. My folks have always supported me throughout all my life and continue to do so today by asking me about how my training is going and making sure I go to train even when I don't want to. I appreciate our coaches who have a million other things to do but take the time to coach us.

7. What advice do you have for future athletes?

Just do it. You never know what you can accomplish if you don't try. I'm a city boy from Los Angeles, I never picked up a bow in my life until I got involved in this and now all I do is practice, fine tune my bow, and always work on getting to the next competitive level.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Growing up, I was always turned off by the idea of being in medicine, serving in the Navy as a corpsman exposed me to the rewarding career that the medical field provides. Being retired now, Navy Wounded Warrior-Safe Harbor has educated me about all the benefits I am entitled to and set me on a path to a career I one dreaded.

9. What career and education activity are you participating in? If you are a Veteran, what activity did you participate in while assigned to your Service's Wounded Warrior Program?

During my medical board process, I made it clear I wanted to be found fit for full duty or not at all, so my process was a little more fast-tracked. Navy Wounded Warrior-Safe Harbor told me about the internships available to us while on active duty and about the job fairs that cater to service branch members, but unfortunately, I wasn't able to experience those in the time I had.



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10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

It is never over, no matter how bad you are hurt, or how much you want to quit, it can always be worse, so get up and dust yourself off and get back in the fight.

ATHLETE PROFILE



NAME	MATTHEW JAMESON ESTES
Grade and Rank	AT2 (AW)
Status (Active Duty, National Guard, Reserve or Veteran)	RETIRED VETERAN
Primary Service Affiliation and MOS	Navy Aviation Electronics Technician 2 nd Class
Hometown (City, State) and high school/college	Medford, OR South Medford High School
Current Location	Boise, ID
Past Location	Norfolk, VA
Injury or Illness (Optional)	Serious Injury
2016 Warrior Games Event(s) participation	Field, Track, and Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
 Short term goals: I recently tested with Boise police department and am hoping to be hired on in January 2017 as a patrol officer. After that I will work up to S.W.A.T. Long term goals: own and operate a powerlifting/Olympic lifting/strength and conditioning gym with my cousin, Austin Romine, who is in the U.S. Air Force.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
 My injury consists of spinal and nerve damage. I had my l5/s1 disc operated on and mostly removed after it was ruptured. The rupture did some damage to my sciatic nerve, leaving me with excruciating pain and numbness down my leg and into my foot, along with loss of strength. My vertebrae have shifted and have offset my hips, leaving me with labral tears in both hips.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
 Navy Wounded Warrior - Safe Harbor provided me the opportunity to participate in activities and sports with fellow veterans who have also been injured. I have met many great people along with doctors who have given me great advice and helped me to deal with the pain using certain stretches and other procedures. Although the pain will never go away, it's nice to know I will always have the help I need to tame it.

4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

Adaptive sports have helped keep my mind off of the things I can't participate in that I would like to. I used to strive to be a power lifter or Olympic lifter, but since my injuries and surgeries, I have come to terms with the fact that I won't be able to do those things without risking further injury. I was in a rut thinking that I would never be able to participate in sports that I enjoy, but Navy Wounded Warrior - Safe Harbor turned me on to the Warrior Games and adaptive sports, giving me the opportunity to try new sports and compete with my fellow veterans. I no longer think about being a power lifter or Olympic lifter; my focus is now on competing with team navy and being the best I can be for our team.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

I have participated in sports throughout my entire life, but none have driven me more than being a part of team navy. Myself and my fellow adaptive athletes push past our injuries and illnesses to compete at the highest level we can, and in doing so we motivate each other more than any other team sport I've ever been a part of. My fellow veterans are the definition of courage and heart. Nothing can keep us down, and it's proven through competing in adaptive sports. Go Team Navy!!!!

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Two words signify sports: teamwork and competition. During our team sports, we work side by side with our fellow athletes to compete and be the best we can be. We refuse to let each other down and we feed off each other to be the best we can be for the team. Competition is a very healthy thing for the individual sports because it forces you to do better and be better than the person next to you. Sports keep you active, keep you healthy, and they help keep your mind off of your struggles outside of competition.

7. Who has supported you in your training? How?

The entire staff, coaching staff, and team from Navy Wounded Warrior have supported me. From day one they brought me in and it was like I had been a part of the team for 10 years. That support and that brotherhood really help me feel like important. We were complete strangers, now we're brothers and sisters.

8. What advice do you have for future athletes?

I would tell future athletes to use adaptive sports to your advantage. Training for the Warrior Games gives me the drive and dedication to not only get better with my training, but to do better in life outside of adaptive sports as well. Being a part of a team helps in more ways than you can imagine. We will always share a bond that can't be shared between anyone else. Train hard, kick butt, and never forget those who can't be here competing with us because they've given the ultimate sacrifice.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I am on the tail end of obtaining my degree in exercise science. I will finish my degree through Boise State University and use it to my advantage when I open my gym. I also plan to obtain my



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personal trainer certification and train individuals to become healthier and stronger. In the mean time, I aspire to work for Boise police department and help protect the city I live in.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

We will be out there competing with the other branches, but at the end of competition, we are all brothers and sisters. Do your best, love your brothers, and never forget those we have lost.

ATHLETE PROFILE



NAME AUSTIN FIELD

Grade and Rank E-3/Airman

Status (Active Duty, National Guard, Reserve or Veteran) Veteran

Primary Service Affiliation and MOS Aviation Electronics Technician

Hometown (City, State) and high school/college Elk City, OK

Current Location Amarillo, TX

Past Location Fleet Logistics Support Squadron
NAS North Island
San Diego CA

Injury or Illness (Optional) Injury

2016 Warrior Games Event(s) participation Cycling, Wheelchair Basketball, and Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Finishing college and making a Paralympic team are my short and long-term goals. I'd also like to one day become a high school tennis coach.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I became a paraplegic due to a motor vehicle accident.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
These programs weren't around when I was injured but now they've pushed me closer to achieving my goal of being a Paralympian. It's also nice to learn about how my teammates deal with their injuries.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**



2016 DOD WARRIOR GAMES

Without it there's no telling where I'd be. Adaptive sports have allowed me to set both short and long term goals and focus on those rather than my injury.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It means everything. I think the worst part about my injury was leaving the Navy and now I get to represent the Navy again.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you? Without it there's no telling where I'd be. Adaptive sports has allowed me to set both short and long term goals and focus on those rather than my injury.

7. Who has supported you in your training? How?

My whole family and my friends have supported me. I also have an amazing tennis coach, Jan Munch-Soegaard, without him I wouldn't be playing sports.

8. What advice do you have for future athletes?

Only you can determine what happens in your future. Write your own story.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I'd like to finish my college degree and become a high school tennis coach.

10. What career and education activity are you participating in?

College

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

"Be the author of your own story."

ATHLETE PROFILE



NAME	SHANE GILLEY
Grade and Rank	E-6/HM1
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	8425 – Independent Duty Corpsman Navy Hospital Corpsman 1 st Class
Hometown (City, State) and high school/college	Victoria, MN
Current Location	Navy Operational Support Center, Minneapolis MN.
Past Location	
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Shooting and Sitting Volleyball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
 Short term – Be able to retire at 20 yrs
 Long term – Transition into civilian life and become a Physician Assistant.
- 2. How did your Service’s Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
 Navy Wounded Warrior - Safe Harbor was a tremendous help in my case. Being stationed in Minnesota at the time of my accident away from any MTF things were really confusing to my mother and sister since they’ve never been in the military. I was the medical representative for my unit and was in no mental capacity to even process what happened. Jill Hollinger, the first representative I met, was a tremendous help through everything. Since then I was welcomed to hear from LCDR Christopher Leblanc and his staff after Jill retired. Through LCDR Leblanc I was able to participate in the Navy Wounded Warrior training and trials.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
 It’s welcoming to be around people that understand just because I’m injured it doesn’t mean I’ve been defeated. I participate in air pistol shooting and sitting volleyball.



2016 DOD WARRIOR GAMES

4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

The opportunity to represent the Navy in these games is awesome. I'm closing in on retirement fast and it is an honor to have one last go at some inter service competition with these teammates.

5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

I was a very avid softball and hockey player prior to my accident. I was told for a while that I would lose my lower right leg, I was devastated at this news because I thought I'd never be able to compete again. My surgeon was able to save the lower leg but the impending feeling of never competing at a high level again was mentally exhausting. Being able to compete on a stage such as this with the level of athletes that I have met makes the sports I've played seem so minuscule, there were no barriers to overcome.

6. Who has supported you in your training? How?

My family, the coaches, my unit, and the staff of the Navy Wounded Warrior – Safe Harbor team have been the greatest supporters of not just me but the athletes also.

7. What advice do you have for future athletes?

No matter what you may think you can't do, the coaches will show you what you can do and are capable of!

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Retire from the Navy next year after 20 years of service and go back to school to become a physician assistant.

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I'm still active so I support the command in day-to-day tasks.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Don't let your deficit define you. Find your new normal and keep pushing you just might be surprised how far you can go!

ATHLETE PROFILE



NAME	MARIA GOMEZ
Grade and Rank	O-4/LCDR
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty Navy
Primary Service Affiliation and MOS	Navy Surface Warfare 1110
Hometown (City, State) and high school/college	Hamden, CT Hamden High School San Diego State University / USD
Current Location	Naval Base San Diego (32 nd Street) TSC San Diego
Past Location	Iraq Southeast Asia Europe Middle East
Injury or Illness (Optional)	Cancer
2016 Warrior Games Event(s) participation	Field, Shooting and Sitting Volleyball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My personal short-term goal is to give my very best at the WW Games. My professional goals are that after nearly 25 years of continued military service I am planning on retiring this year. My long-term goal is to continue to fight the cancer fight and I plan to win this battle.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I was diagnosed with Cancer. I have ongoing surgeries and treatments and continue the Cancer FIGHT.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
The athletic programs that were offered to me greatly helped my physical recovery. This is an ongoing journey and I appreciate the encouragement from my teammates, friends, and family.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**



2016 DOD WARRIOR GAMES

After six months of chemotherapy adaptive sports has helped me to rebuild my body strength and recondition my muscles. I enjoy participating in: shooting, sitting volleyball, field, and wheelchair basketball.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It is a complete honor to represent the U.S. Navy. It also allows me to interact with my fellow Sailors in different ways and to build new friendships with other service members in friendly competitions.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

I have made some wonderful friendships in these sporting camps. I have learned through the sporting events that I can challenge myself in new ways. This has assisted me to feel like I CAN conquer my illness.

7. Who has supported you in your training? How?

My husband Tom has supported me in every step of my illness and my recovery. With his love and support I have survived numerous surgeries and he encourages me to continue to improve my physical training. Together we have become stronger and I can't imagine my life without him.

8. What advice do you have for future athletes?

Don't be afraid of the changes you have endured. Come join our team and you will find a camaraderie that gives you strength and understanding. We all help to improve ourselves and each other while having fun. You can make lifelong friendships and continue to look forward to something new in your future with a variety of sports.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I have completed nearly a quarter century of military service and plan to retire this year. Navy Wounded Warrior - Safe Harbor has helped me find an inner strength by challenging my physical disabilities and pushing me to accomplish my personal best records. The coaches and teammates help you succeed.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Currently Active Duty, working full time, not participating in other educational activities.

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Get involved and come have some fun. This is a great program for meeting other Wounded Warriors with similar illnesses. They understand some of the very things that have changed your life.

12. Is there any other information you are willing/would like to share?

ATHLETE PROFILE



NAME	JERROD GRIFFIN
Grade and Rank	E-\$ / EN3
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Engineman 3 rd Class Master at Arms
Hometown (City, State) and high school/college	Melbourne Beach, FL
Current Location	Melbourne Beach, FL
Past Location	
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Field, Sitting Volleyball, Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My personal goal is to settle down and get my life back on track. I have not reached the point of setting a professional goal, yet. My recovery goal is to get back to the best shape I can and progress forward from that.
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior - Safe Harbor made sure I got my needed appointments. They also helped my command at that time understand my problems.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive reconditioning and sports has helped me meet new people and learn how to train for a sport in a different way. I participate in wheelchair basketball and sitting volleyball.
- 4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
It's an honor to represent the Navy at Warrior Games.



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5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

I'm just glad I'm still lucky enough to play. It has gotten me up and out, which is better than sitting on the couch.

6. Who has supported you in your training? How?

Navy Wounded Warrior - Safe Harbor has supported my training by providing camps, great coaches and a lot of motivation.

7. What advice do you have for future athletes?

My advice is to try your best and have fun with it.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I have no career or education goals at the moment. Navy Wounded Warrior - Safe Harbor has helped in my separation process, helped with most of my medical, and informed me of a lot of benefits that I did not know I was eligible for.

ATHLETE PROFILE



NAME JOAN E. HILL

Grade and Rank O-3/Lieutenant

Status (Active Duty, National Guard, Reserve or Veteran) Veteran

Primary Service Affiliation and MOS U. S. Navy
 Surface Warfare Officer

Hometown (City, State) and high school/college Annapolis, MD
 Broadneck Senior High
 Virginia Tech

Current Location Norfolk, VA

Past Location

Injury or Illness (Optional)

2016 Warrior Games Event(s) participation Cycling, Field and Swimming

ATHLETE PROFILE



NAME	ADAM HYGEMA
Grade and Rank	E-3/HN
Status (Active Duty, National Guard, Reserve or Veteran)	veteran
Primary Service Affiliation and MOS	Navy Hospital Corpsman
Hometown (City, State) and high school/college	Cudahy, WI
Current Location	Carrollton, GA
Past Location	Naval Hospital Portsmouth Field Medical Service School, Jacksonville NC Naval Hospital Camp Lejeune
Injury or Illness (Optional)	Left below knee amputee
2016 Warrior Games Event(s) participation	Cycling, Field, Track and Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My goal for the Warrior Games is to medal in at least two of the three events I am registered in.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I am a left below knee amputee, along with right foot drop.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
I wasn't assigned to any Service Wounded Warrior Program during my rehabilitation, and only recently started participating with Navy Wounded Warrior - Safe Harbor.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**



2016 DOD WARRIOR GAMES

I have been participating in Wheelchair Basketball for the last 5 years. It has kept me in shape, round is a shape right? It has also kept my competitive drive going to keep doing better.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It means that I get to continue in a way to stay in touch with some type of military background.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

The significance of the competition is to further my drive to compete at the highest of my abilities. It has also helped me understand that just because I am injured, it does not mean that I am incapable of doing other things.

7. Who has supported you in your training? How?

My family, Kim and Ray Coolen, and Loran and Melanie Hygema, along with Chelsea Whittle, my girlfriend, have supported my training.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

My current career plan is to return to work as a phlebotomist, which has given me the opportunity to work in medicine once again.

ATHLETE PROFILE



NAME	ABBIE JOHNSON
Grade and Rank	MU3/E-4
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	US Navy Musician 3 rd Class
Hometown (City, State) and high school/college	Rochester, MN
Current Location	Kailua, HI
Past Location	(Current) Navy Wounded Warrior - Safe Harbor, Pearl Harbor, Hawaii
Injury or Illness (Optional)	PTSD
2016 Warrior Games Event(s) participation	Swimming, Cycling, and Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My short-term goal is to keep as active, engaged, and as healthy as possible while transitioning from Active Duty. Long-term goals include finding my place in a new community in California, learning more about managing recovery, and eventually using my experiences to help others to the best of my abilities. I also am hoping to compete more and progress even more as an athlete, and hopefully be involved in the Invictus Games in the future representing Team USA!
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
PTSD
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I am competing in Swimming, Cycling, and Track in the Warrior Games, but I am also an avid triathlete, distance runner and surfer.
Sports and athleticism have been crucial to my recovery. What really helped me get through was setting goals and achieving them bit-by-bit, active living really changed my life. Sometimes, you can feel so out of control, with symptoms and it can feel as though the world is completely collapsing around you. By taking that step, trying something new, whether it is a new hobby, entering a race, or trying a new skill set on something you are already accomplished at, you are creating something in your life that is all you, taking your power back and giving you something to look forward to and be proud of.



2016 DOD WARRIOR GAMES

4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It means so much to me to represent Navy. I am very honored! I am currently transitioning from Active Duty, and through all of the challenges, it is so amazing to still be able to be a part of a team, and represent the Navy in this way. I'm going to give it my all to make my service proud!

5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Competition is all about progress. I started out with the goal to run a half marathon in the XTerra World Championship Trail Race. It proved to be a race with challenging terrain and incline, so after that, I thought that doubling the distance with a more level surface would be interesting. I have now run three marathons, including one in the Australian Outback, have cycled the 100 mile Honolulu Century the Haleiwa Metric Century Ride, and have done many Olympic and Sprint Triathlons. I will be going to the USA Triathlon Olympic Distance National Championships this year and am aiming to complete an Ironman Triathlon in the near future. I also have a life goal of running a marathon on every continent, including Antarctica to be a member of the Seven Continents Club. Dream big, train hard!

6. Who has supported you in your training? How?

My Navy Wounded Warrior – Safe Harbor Division and my teammates have been the best supporters, we really cheer each other on in our success and help other when we have setbacks, on and off the field. They have helped me through some very challenging times, and have inspired me with their resilience and courage. Also, I am very grateful that my command has given me the time to compete and train to my best ability

7. What advice do you have for future athletes?

Do not be afraid to try something new, you never know what can turn out to be your next passion! Also, through recovery, something I have learned is to see life as an adventure every chance you can, and approach it with as much curiosity as possible. Finally, you are never alone, and don't be afraid to reach out for guidance. If something has happened or something doesn't feel right, report it to someone, no one needs to face PTSD or the ramifications of traumatic events alone. It can be so scary, but you are worth it!

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I am hoping to continue my career as a freelance musician. I will always be very passionate about my music and performing, it is such a huge part of who I am and I have studied and performed nearly my whole life. I am also pursuing training to become a Victim's Advocate. If I can help even one person feel as if they are not alone in what can be a very difficult, isolating and confusing experience, my recovery and experiences can be used for a greater purpose. I'm also very interested in Therapeutic Horsemanship, and potentially becoming a Therapeutic Riding Instructor.

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?



2016 DOD WARRIOR GAMES

I am currently looking into Vocational Rehabilitation when I leave Active Duty.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible” – Francis of Assisi

Just keep moving forward the best that you can on each given day. It can be so hard, but always remember you are worth it. Some days are going to be better than others, and your abilities may be varied as each day goes by, but as long as you put forth your best effort in the right direction every day, you are doing great.

ATHLETE PROFILE



NAME	ANDREW JOHNSON
Grade and Rank	E-6 Petty Officer First Class
Status (Active Duty, National Guard, Reserve or Veteran)	Retired Veteran
Primary Service Affiliation and MOS	Navy / AM1 Aviation Structural Mechanic 1 st Class
Hometown (City, State) and high school/college	San Antonio, TX
Current Location	Oklahoma City, OK
Past Location	NWW Regiment San Antonio Medical Center
Injury or Illness (Optional)	TBI, Hemiparesis, Brain Cancer
2016 Warrior Games Event(s) participation	Cycling, Rifle, Track, and Seated Volleyball

1. What are your short and long term goals (personal, professional, recovery-related, etc.)?

Short term to continue to recover and get stronger. I have helped start a Veteran and Para row team in OKC and I would like to see that grow. In the Long-term I want to see my son graduate high school and eventually college.

2. Brief Description of Injury or Illness (5Ws): (Optional) 2009

Brain Cancer

3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?

Navy Wounded Warrior-Safe Harbor program assisted in getting my family bedside during my surgery and initial recovery. They have been there every step of my recovery.

4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

Being involved in adaptive sports has given me a new lease on life. The Warrior Games have been the carrot on the string in front of my nose making me push myself every year,

5. What does it mean to you to represent the Army/Marine Corps/Navy/Airforce/SOCOM at Warrior Games?

It gives me great honor to represent the US Navy at the 2016 games.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Sports are great companion is better. It pushes me to get off the couch every day and to go out and look for others to get involved in adaptive sports. No matter what colors they wear getting them involved means more



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competitors.

7. Who has supported you in your training? How?

The coaches that NWW has provided, with training plans and assistance in getting equipment.

8. What advice do you have for future athletes?

Try out

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I got introduced to cycling while assigned to the SAMMC

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Everything happens for a reason. It's up to us to slow down and see what that reason is.

ATHLETE PROFILE



NAME	BRITTANY JORDAN
Grade and Rank	E3- Airman
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran- Medical Retired
Primary Service Affiliation and MOS	PR- Parachute Rigger
Hometown (City, State) and high school/college	Mobile, AL
Current Location	Lawrenceville, GA
Past Location	Naval Air Station Jacksonville
Injury or Illness (Optional)	TBI
2016 Warrior Games Event(s) participation	Archery, Cycling, Field, Swimming

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
 Short Term: To get physically and mentally stronger. To do well at the Warrior Games.
 Long Term: To become more independent. Work at a Veterinarian Clinic.
- 2. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
 Made me physically stronger. Helped me be more outgoing
- 3. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
 I am very proud and honored to be representing the Navy and excited to meet the other branches' athletes and watch us all do well.
- 4. What is the significance of sports/competition? How has it helped you? What does it mean to you?**
 To always do my best and to never give up. Just to "Keep Swimming" even if you're in last place your teammates are and will always be behind you. It means that I can do anything I set my mind to. I need to work out and get strong and make sure I am doing it correctly and to believe that I can do it and for team sports trust my teammates they are always there to help me.
- 5. Who has supported you in your training? How?**



2016 DOD WARRIOR GAMES

My family, my sister mostly, she was always there for me when I was injured and in the hospital and in rehab. She always pushes me to do my best. She has always come to the camps and trails leaving her husband and other son behind.

6. What advice do you have for future athletes?

That is may be scary at first and you may not be the best but everybody was a beginner and wasn't that great. I wasn't the best at all but I listened to my coaches and did everything they told me and I got way better than I would have ever thought and have more confidence in myself.

7. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Volunteer at a animal shelter. Help with visually impaired vets.

8. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

PRRC

9. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

"Just Keep Swimming" *Finding Nemo*

ATHLETE PROFILE



NAME	MELISSA KLOTZ
Grade and Rank	E-4/OS3
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	Navy Operations Specialist 3 rd Class
Hometown (City, State) and high school/college	Kearny, NJ Kearney High School CUNY – John Jay College of Criminal Justice
Current Location	Naval Medical Center San Diego
Past Location	USS Harpers Ferry (LSD49)
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Cycling, Field, Swimming

1. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

I have always competed in sports: rowing, triathlons, Thai boxing, trail running, and etc. My injury keeps me from doing most of those now. Adaptive sports allow me to compete again and it has restored my zest for life.

2. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It is an extreme honor to be able to compete in these events. The fact that I can represent the Navy and other wounded warriors ... I can't even put in words.

3. What is the significance of sports/competition? How has it helped you? What does it mean to you?

It gives me a reason to train. It keeps me focused. Keeps me from having "lows" in training. I need to train hard so I do not let my team down and so I will represent the Navy well.

4. Who has supported you in your training? How?

NMCS Health and Wellness has wonderful classes to help me cycle, swim, and strength train.

5. What advice do you have for future athletes?

No matter how "able" you are, any one can be an athlete, as long as they have drive and determination.



2016 DOD WARRIOR GAMES

- 6. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?**

I would like to go to graduate school for Doctorate of Physical Therapy. Once complete, I would like to work with wounded warriors because I can truly relate.

- 7. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?**

I am currently active duty in my medical board process. I am actively involved in the cycling, hiking, and golf program at NMCSO. Also, I am a team member on the Warrior Sailing Program team. Just this April, we placed third in the offshore race in the _____ Regatta.

- 8. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?**

What ever caused you to come to this program; don't look at it as a "crippling" effect to your fortune. It is merely a chapter in your book.

- 9. Is there any other information you are willing/would like to share?**

Programs like Navy Wounded Warrior – Safe Harbor and the Warrior Games are my savior. I had a rough two years, once I started with adaptive sports, my quality of life is high and my confidence is coming back.

ATHLETE PROFILE



NAME	DANIEL KREGSTEIN
Grade and Rank	E5/AWO2
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Naval Aviation Warfare Systems Operator
Hometown (City, State) and high school/college	Denver, CO
Current Location	Denver, CO
Past Location	Joint Base Pearl Harbor Hickman, Hawaii
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Archery, Sitting Volleyball, Swimming

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My short-term goals are to get in the best competing shape I can and to give a full effort at the Warrior games. My long-term goals include furthering my education and work experience.
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior – Safe Harbor program offered me the opportunity to get involved with sports, which has encouraged me to stay in shape and work towards a goal.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I compete in Archery, Swimming and Sitting Volleyball
- 4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
Being able to compete representing the Navy gives me a sense of camaraderie and sportsmanship.
- 5. What is the significance of sports/competition? How has it helped you? What does it mean to you?**



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The significance of sports/competition to me is that it gives purpose to and a sense of accomplishment. It provides something to look forward to.

6. Who has supported you in your training? How?

The Navy Wounded Warrior – Safe Harbor staff and coaches have supported me in my training.

7. What advice do you have for future athletes?

My advice to future wounded warrior athletes is to give the program a shot as it can help lift you up and get you outside of your comfort bubble in a good way.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

My career goals are to obtain an advanced degree and to find career that will blend a passion of mine with a means of employment.

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Thus far adaptive sports is the only program that I have utilized through the wounded warrior services.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

"Persistence can change failure into extraordinary achievement"—Matt Biondi

ATHLETE PROFILE



NAME	STEVEN LEE
Grade and Rank	E-6 / AM1
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Aviation Structural Mechanic First Class
Hometown (City, State) and high school/college	North East, PA
Current Location	Jamestown, NY
Past Location	Center for Naval Aviation Technical Training Unit NAS Oceana, Virginia Beach, VA
Injury or Illness (Optional)	Paraplegic
2016 Warrior Games Event(s) participation	Archery, Cycling, and Shooting

1. Brief Description of Injury or Illness (5Ws):(Optional)

Paraplegic

2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?

It got me off the couch and back outside working to get in better shape. It also helps meeting others that have injuries also and talk with them about their experiences that they have had.

4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

I got back into cycling; skiing, (both cross country and adaptive downhill) and I got involved in archery, which is new to me. To be able to get out and do these things again helps me feel like I can overcome my injury and it wont hold me back like I let it before.



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5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

It feels great to be part of a team again! I was injured over six years ago, so to be a part of a group of people is amazing

6. Who has supported you in your training? How?

My wife. She encourages me to try new things and to just keep going when I am tired or don't feel like doing something some days.

ATHLETE PROFILE



NAME SONNY LEMERANDE

Grade and Rank E5/HM2

Status (*Active Duty, National Guard, Reserve or Veteran*) Veteran

Primary Service Affiliation and MOS US Navy
Hospital Corpsman

Hometown (*City, State*) and high school/college Baraga, MI

Current Location Twentynine Palms, CA

Past Location

Injury or Illness (*Optional*) PTSD, Right Leg Injury

2016 Warrior Games Event(s) participation Field, Wheelchair Basketball, Sitting Volleyball

1. **What are your short and long term goals (personal, professional, recovery-related, etc.)?**
To continue my education and obtain my bachelor's degree in Sociology
2. **Brief Description of Injury or Illness (5Ws): (Optional)**
I was injured May 20, 2009 in Southern Afghanistan when the Humvee I was driving was struck by an antitank mine. I sustained injuries to my right leg as a result of the blast.
3. **How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior - Safe Harbor has greatly impacted my recovery in a positive way by introducing me to the Warrior Games.
4. **How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
It has helped me compete in sports that I loved before my injury at a competitive level again.
5. **What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
I'm honored and humbled by the opportunity to represent my team and my service in this year's warrior games.



2016 DOD WARRIOR GAMES

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

It has provided me with a safe environment where I can feel like I'm normal again.

7. Who has supported you in your training? How?

My teammates, my family and close friends have helped me with my training by giving my support and encouragement when I need it the most.

8. What advice do you have for future athletes?

Don't ever let anyone tell you that you can't do something instead find a way to accomplish what they told you that you can't do and then smile when you observe the look of shock on their face when you accomplish what they said you couldn't.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I plan to obtain my Bachelor of Arts degree in Sociology. Navy Wounded Warrior - Safe Harbor has helped me build a network of people who I could potentially get help from in the future to gain employment.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I'm currently finishing up my associate degree in Sociology.

ATHLETE PROFILE



NAME	CHRISTOPHER G LOWE
Grade and Rank	Retired MM2
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Machinist's Mate 2 nd Class
Hometown (City, State) and high school/college	Long beach, California Thomas Edison State College
Current Location	Memphis, TN
Past Location	Served in New York, Washington, Virginia, Connecticut, and Japan
Injury or Illness (Optional)	Sacral tumor
2016 Warrior Games Event(s) participation	Archery, Shooting, Sitting Volleyball, Swimming, and Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
With a long history of athleticism within the military and multiple years on the all navy rugby team, Navy Wounded Warrior – Safe Harbor offered me the opportunity to return to a competitive state of mind and discover new physical and mental outlets through adaptive sports.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
Sacral Tumor
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Kendall Hiller, Navy Wounded Warrior – Safe Harbor staff member, introduced me to opportunities available in the program while I was initially being treated for my tumor. She assisted my family during our transition from military to civilian life and was an incredible resource for us.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**



2016 DOD WARRIOR GAMES

I am currently on Team Navy's archery, swimming, shooting, sitting volleyball, and wheelchair basketball teams. I am utilizing these opportunities to explore interests and challenge my own physical limitations. In addition, I am gaining invaluable insight and training from the top notch coaches that serve us during the Navy Wounded Warrior – Safe Harbor adaptive sports training camps.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

My service in the Navy was about me serving my country. Especially now, I want to represent the united states for the incredible freedoms and civil liberties it believes in and protects for **all** people.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

For me, sports are not just about competition with others, but also competition with oneself. I find it rewarding to challenge myself and push myself to continue to learn and excel. The comradery has also been helpful in creating new friendships and exchanging helpful information about recovery and military/veterans resources.

7. Who has supported you in your training? How?

I have a great support system. My wife, Marissa Lowe, spoils me and thinks I am the best at everything, or that I should be. She is always a positive voice in my ear. Her parents, my in-laws, have continued to encourage me since my diagnosis and will be there at the games to cheer me on. My friend Geoff Brown has been my family and a consistent source of support since I was a young. He gets credit for my sense of humor. I literally wouldn't be here without those guys. And coach bob, officially Mr. Robert McMullen, has been a major positive influence in my confidence and mental outlook on my ability to pursue the sport of shooting pistol after the games.

8. What advice do you have for future athletes?

Just come and try it out. Go to each sport and see what you think. Hop in the pool or pick up a bow. Try something you have never done before. Recovery implies you have to get back to where you were before your injury or illness. That may not be possible. There may be a whole new you now and by trying out new things you could find something that makes you happier than you ever were before. Anything is possible.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I have always wanted to follow my entrepreneurial spirit into a joint venture with my wife. With a passion for music, we have considered starting up a little mom and pop recording studio. I have a background in nuclear technology and she is a registered nurse. There really isn't anything that we couldn't do. What do they say: the world is your oyster.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?



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I was not assigned to a unit, so that is not applicable. However, since medical retirement, I have attended MBA school in Memphis, sailed around the Caribbean with my wife and our dog, and undergone extensive and serial medical procedures. I think all of those experiences ultimately helped me and will continue to help me carve out an exciting and inspiring future.

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Live brave or die scared.

ATHLETE PROFILE



NAME	B. GAVIN LOWE
Grade and Rank	HM3 – E4
Status (Active Duty, National Guard, Reserve or Veteran)	Retired
Primary Service Affiliation and MOS	U. S. Navy Hospital Corpsman
Hometown (City, State) and high school/college	Sandy, UT Hillcrest High School Utah Valley University
Current Location	Sandy, Utah
Past Location	
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Cycling, Shooting, Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Achieve financial independence through online business. Find a good, steady, long-term relationship. Play and coach tennis. Buy my own home with a yard. Practice good nutrition and regular exercise, including weights and cardio.
- 2. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive reconditioning and sports helps me stay active and involved, I'm kept busy, focused and engaged so I feel productive and well. I participate in cycling, running, and tennis.
- 3. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
Representing the Navy in the Warrior Games means I can compete for the first time on a national level with vets like myself. I am proud to represent myself and my country in a spirit of camaraderie and willpower, despite immense struggle and conflict.
- 4. What is the significance of sports/competition? How has it helped you? What does it mean to you?**
I have always enjoyed sports and now I can do it in a large arena with similar competitors and feel true spirit, energy, and adrenaline like never before. It has inspired me to achieve all I can and it means a lot to me.



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5. Who has supported you in your training? How?

My family supports me, along with some friends and my whole Navy team. They are coming to the games, and I can call anyone at any time for support.

6. What advice do you have for future athletes?

Be prepared for challenging circumstances and make sure you truly desire to do this; otherwise you may falter and give up. Also, reach out to others and you will see how friendly, accepting, and supportive everyone is and you are not that much different. There is a spirit of brotherhood and it feels wonderful to be part of the team.

7. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

For right now, I want to build a huge passive income via online business and travel as much as possible, unless I can get married and care for my wife, and hopefully, start a family.

8. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I have a bachelors of science in Aviation Administration and worked for the airlines. Now I cherish my free time, have a puppy dog and love being outdoors.

9. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

No pain, no gain, never give up. People don't care unless you show them you do first.

10. Is there any other information you are willing/would like to share?

There is always another veteran who has suffered or experienced harder times than you, be grateful, and cheerful for who you are and all you have.

ATHLETE PROFILE



NAME	STEPHAN MILLER
Grade and Rank	ABH2 (Ret)
Status (Active Duty, National Guard, Reserve or Veteran)	VETERAN
Primary Service Affiliation and MOS	Navy Retired Aviation Boatswain's Mate 2 nd Class
Hometown (City, State) and high school/college	Lakewood, OH
Current Location	Lakewood, OH
Past Location	San Diego, CA Norfolk, VA I served on board the USS RONALD REAGAN and USS TARAWA.
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Cycling, Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
To improve myself in every aspect
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
I was referred to the Adaptive Sports program by my Navy Wounded Warrior – Safe Harbor recovery care coordinator, Lollie Merencillio, and my recovery has been much better ever since!
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I participate in Warrior Games and Invictus Games. I also recently participated in the Face of America Ride and the Warrior Sailing Program.
- 4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
It means I'm still a part of something.



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5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

It's awesome. It helps me feel like I'm still part of a team.

6. Who has supported you in your training? How?

My teammates from Navy Wounded Warrior – Safe Harbor do! They always send me events I can participate in and support me at the events!

7. What advice do you have for future athletes?

KNOW YOU'RE MORE IMPORTANT THAN YOU THINK :-)

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

To pursue astronomy!

9. Is there any other information you are willing/would like to share?

Don't crash!

ATHLETE PROFILE



NAME	BRETT PARKS
Grade and Rank	E-3/Airman
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Airman Flight Engineer
Hometown (City, State) and high school/college	Miami, FL
Current Location	
Past Location	
Injury or Illness (Optional)	Gun Shot Victim
2016 Warrior Games Event(s) participation	Field, Sitting Volleyball, Swimming, Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
I want to better myself both on and off the field, as well as reach the Paralympics in 2020.
- 2. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?**
Navy Wounded Warrior – Safe Harbor got me out of bed and gave me a goal to strive for. My ultimate goal is to reach the Paralympics in 2020.
- 3. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?**
Getting shot hurts. I don't recommend it.
But seriously, life is hard. It's going to be hard. It's what you do with that hard that makes you who you are.
- 4. Is there any other information you are willing/would like to share?**
Brett Parks travels around the nation, speaking about his injuries and how he uses everyday principals to survive. He has also written a book "Brett Parks: Miracle Man" that can be found on Amazon, Barnes and Noble, and Books and Books.

ATHLETE PROFILE



NAME	STEPHANIE PURPISH
Grade and Rank	AG1 (IDW) E6/PO1
Status (Active Duty, National Guard, Reserve or Veteran)	Retired
Primary Service Affiliation and MOS	Navy Aerographer's Mate
Hometown (City, State) and high school/college	Canton, OH Revere High School
Current Location	Magnolia, OH
Past Location	San Diego, CA Fleet Weather Center, San Diego
Injury or Illness (Optional)	MST PTSD, loss of organs *Associated injuries/surgeries
2016 Warrior Games Event(s) participation	Archery, Shooting

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
I will continue to use adaptive athletics to help me in my recovery goals. In the future, I would like to start an after school program to bring archery to our community.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
MST PTSD occurred at work. While testifying at the trial while pregnant, my placenta ruptured early and caused me to lose organs. I have had four surgeries as of this date. My daughter also suffered as she has only one moderately functioning kidney.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
I did not know about Navy Wounded Warrior – Safe Harbor until I was checking out of the Navy. Since they day I met them they have been involved.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Archery and rifle shooting give me so much in the form of being part of a team again, and having a mission with my shipmates.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**



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I feel honored to represent Team Navy! I am a sailor through and through and to be able to wear the same uniform as my teammates brings me so much joy!

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Sports competition has given me a hobby and changed my daily life in a positive. No matter how bad the day is, I can get outside and practice. My team can count on me.

7. Who has supported you in your training? How?

My husband, children, and parents have all come to watch me practice and shown a sense of pride in what I'm doing.

8. What advice do you have for future athletes?

Try all the events. I know I will next year! Give it your all and don't let your injuries hold you back. "We are not disabled, just adaptive!"

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Recovery through adaptive sports has given me the confidence and strength both physically and mentally to reach my goals.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I am currently working on bringing programs such as "Explore Archery" to my community. I am a USA Archery Level I coach for the Girl Scouts. I also volunteer as a park and pool board member.

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

There are resources for you to utilize! Navy Wounded Warrior is there for you! Spread the word and network as much as possible. I have learned about many resources from teammates as well!

12. Is there any other information you are willing/would like to share?

The Navy IS there for you. They are your family. I am so grateful to have had supportive, awesome command leadership while dealing with my injury!

ATHLETE PROFILE



NAME	KATHLEEN RAY
Grade and Rank	E-4 / AT3
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Aviation Electrician Technician 3 rd Class
Hometown (City, State) and high school/college	Palmdale, CA / Palmdale High School University of Kentucky University of Phoenix
Current Location	Winchester, KY
Past Location	NAS JRB Willow Grove, PA VR - 52
Injury or Illness (Optional)	Traumatic Brain Injury
2016 Warrior Games Event(s) participation	Cycling, Swimming

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Get as much of who I was back living with the facts of who I am now. Get a degree and a job.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I will never tell how I got hurt, but I will tell how bad I got hurt.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
I grew up swimming and they got me back in the pool. In the water I can relax, get a workout from head to toe, and smile.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
It introduced me to the real world of today in a safe environment. It allowed me to prove to myself that I can still do things, and even a few new things, that I'm not just alive, but living.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
Can tell how strong my branch is. Let anyone who comes to the Games know that anything is possible.



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6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

I am a person who is a visual learner, one who works with hands, and is in the action. Sports keep me moving.

Sports > Get fit > Take on whatever the world throws at me.

7. What advice do you have for future athletes?

Check out an introductory adaptive athletics sports camp. You're one of a kind, don't let anybody demean you. If you never try anything you'll never know who you are.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

BS in Natural Resources and Environmental Sciences with a focus in Environmental Education and Water. Minor in Outdoor Recreation Activities with Forest Services.

ATHLETE PROFILE



NAME	JASON REYES
Grade and Rank	E-4/Retired
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Fire Controlman 3 rd Class
Hometown (City, State) and high school/college	Miami, FL
Current Location	San Diego, CA
Past Location	USS Princeton CG59 San Diego, CA Naval Station Great Lakes, IL Naval Support Facility Dahlgren, VA
Injury or Illness (Optional)	T-9 Paraplegic
2016 Warrior Games Event(s) participation	Hand Cycling, Wheelchair Basketball, and Wheelchair Track

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
I want to become a professional athlete in wheelchair basketball and wheelchair track. These have become passions for me to stay healthy and progress.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
T-9 Paraplegic
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
It helped me become more focus and self-preservation and progression. In order to become better at what I love. Also, helping me be more active helps me feel as if I can do anything.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive reconditioning and sports help me stay healthy and push me to do more. I am currently involved in wheelchair basketball, wheelchair track, and WCMX (Wheelchair Skatepark Motocross).



2016 DOD WARRIOR GAMES

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

To represent the NAVY, to me, means everything. To be a part of something that I love to be a part of. To show that even being paraplegic I can still serve proudly ... just differently.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Sports and competing is something that helps me let out aggression and push myself as hard as I possibly can. Being a part of a team makes me feel as if I'm not alone, I know that my brothers and sisters in arms will always be there for me.

7. Who has supported you in your training? How?

My wife and friends and coaches have supported me in everything I train for. They help me with what I need and are there for me with emotional support.

8. What advice do you have for future athletes?

Never give up. Always want to be better, regardless of your situation. Always adapt and overcome, because when you do, no one can take that feeling of victory. Nothing worth having comes easy.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I want to keep on playing wheelchair basketball and competing in wheelchair track. Hopefully I would also like to complete my bachelor's degree. Navy Wounded Warrior – Safe Harbor is always there to help me progress and motivate me to do better.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

None at this time. Soon I will be signing up for school to see where that endeavor takes me. This will be my first Wounded Warrior competition.

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Nothing worth having comes easy. You have to work hard and earn it. It will never be given to you.

12. Is there any other information you are willing/would like to share?

Awesomeness

ATHLETE PROFILE



NAME	MICHAEL ROGGIO
Grade and Rank	E-4 / AT3
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Electrician's Mate 3rd Class
Hometown (City, State) and high school/college	Orlando, FL
Current Location	Orlando, FL
Past Location	
Injury or Illness (Optional)	TBI and spinal cord injury sustained in an accident at an aircraft hangar
2016 Warrior Games Event(s) participation	Cycling, Swimming, Track

Roggio joined the Navy in 2006 to see the world and to right some of the wrongs he experienced growing up. During his naval career, he particularly enjoyed working on drug and human trafficking enforcement missions, as well as executing rescues. In 2009, shortly after returning home from deployment, he was injured in the aircraft hangar at Helicopter Anti-Submarine Squadron Light 46 (HSL-46). He could not stand up or move his legs after his injury, and was later diagnosed with spinal cord damage and a traumatic brain injury (TBI). He spent years rehabilitating and recovering the full use of his limbs. In 2009 he earned a Navy and Marine Corps Achievement Medal. Roggio retired from the Navy in 2013. He is currently focused on his recovery, hoping to reach a point where he can be independent of a caregiver. He said adaptive sports have been a very positive influence throughout that process. "I am an athlete that never gives up. I was given a dismal chance at recovery and that did not stop me. I rebuilt my life from the ground up and I want to motivate others to fight the odds and find quality in life again," said Roggio.

ATHLETE PROFILE



NAME	LAURA ROOT
Grade and Rank	O-2 / LTJG
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Intelligence Lieutenant Junior Grade
Hometown (City, State) and high school/college	University of Washington
Current Location)	St. Pete, FL
Past Location	Washington, DC
Injury or Illness (Optional)	Muscular Dystrophy
2016 Warrior Games Event(s) participation	Cycling, Shooting, Sitting Volleyball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
Cycle a century ride and three days in Yellowstone. Cycle Vienna to Budapest and New Zealand. Win a shooting competition in small bore. Become a published author.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
Muscular Dystrophy
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Navy Wounded Warrior-Safe Harbor introduced me to adaptive sports.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I've recovered some strength and balanced and gained a community by participating in shooting, rowing, cycling, and volleyball.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
#chosenfamily – it's the hashtag we started at the first Invictus Games. To me it says everything.
- 6. What is the significance of sports/competition? How has it helped you? What does it mean to you?**



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#chosenfamily – Losing a career in the military means losing your community, health, livelihood, and sense of purpose and quality of life. These programs literally save our lives and our quality of life.

7. Who has supported you in your training? How?

My coaches, teammates, and Navy Wounded Warrior-Safe Harbor staff always support me and push me to believe I can do them proud, not matter how little the physical body wants to cooperate.

8. What advice do you have for future athletes?

Find one thing everyday to be grateful for. "All it takes is one." One step, one lap, one smile, one perfect shot, one more happier day, one more new contact to completely redefine your life and abilities. Take it all one at a time, and you will not only always overcome, you will flourish again.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I need to settle VA claims before I can work, but I want to coach shooting, teach international relations, and write. Navy Wounded Warrior-Safe Harbor gave me everything – access to shooting, community, and blogspots on which to write.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I am applying now!

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

"When you are through hell, keep going." Winston Churchill

We might have to overcome our trials, but veterans who strive for better are always the best hope for our country, because it takes bravery, honor, and commitment to keep our country great!

ATHLETE PROFILE



NAME	HENRY SAWYER
Grade and Rank	E4/EM3
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy
Hometown (City, State) and high school/college	Jacksonville, FL
Current Location	Jacksonville, FL
Past Location	Naval Station Mayport, Naval Air Station Jacksonville
Injury or Illness (Optional)	Spinal Cord Injury
2016 Warrior Games Event(s) participation	Archery, Field, Shooting

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
I really would love to win a medal in Shooting at the Games. I'm in school and my goal is to finish school and, some day, start my own business.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
I had a Spinal Injury at the C4 level.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
My local Navy Wounded Warrior – Safe Harbor staff is always sending out emails to keep me active in the program in my local area.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
I play wheelchair rugby back in Jacksonville Fla., I also compete in the National Veteran Wheelchair Games, and last but not least the WWG.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
It means a lot. I count it as a privilege to represent the United States Navy.
- 6. What is the significance of sports/competition? How has it helped you? What does it mean to you?**



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Sports and competition are significant to me because as long as I can remember, I played sports and loved to compete. It has helped me not to give up on sports and it has pushed me to work harder and to dig deeper.

7. Who has supported you in your training? How?

My loving wife and my sons have always been there and never left me, my extended family always supported my family and me.

8. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Good luck to everyone and have fun.

ATHLETE PROFILE



NAME RYAN SHANNON

Grade and Rank E-6

Status Veteran

Primary Service Affiliation and MOS Navy

Hometown (City, State) and high school/college Morris, Illinois
Morris Community High School, Aurora University

Current Location Morris, IL

Past Location COMSUBPAC
Pearl Harbor, Hawaii

Injury or Illness (Optional) TBI, PTSD, Complex Regional Pain Syndrome, Incomplete Paralysis Left Foot

2016 Warrior Games Event(s) Field, Seated Volleyball, Swimming, Track

1. What are your short and long term goals (personal, professional, recovery-related, etc.)?

Short Term goals include finishing my bachelor's degree in teaching and graduating with honors. Long term goals are to get more involved in Paralympic track and qualify for the Paralympics in 2020. I also want to teach high school students.

2. Brief Description of Injury or Illness (5Ws): (Optional)

While underway on the USS Pasadena in 2013 I got hit in the head during a fire drill which resulted in a mild TBI with residuals. In October of 2014 I broke my foot at the beach with my family and due to misdiagnosis it took three months for the hospital to realize it, by the time they caught it I had done severe irreparable nerve damage and developed Complex Regional Pain Syndrome which then resulted in a Spinal Cord Implant to help alleviate pain and regain the ability to walk.

3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?

Through the Navy Wounded Warrior - Safe Harbor program I regained my ability to compete in these sports when I was told I wouldn't be able to run again. It also helped create this new network of friends who I now consider family. Without them and the support we give each other, life would be immensely more difficult.

4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

Reconditioning and sports has taught me I am a lot stronger mentally and physically than I give myself credit for. These activities give me that shot to show my sons that it doesn't matter what



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happens to you, the only things that matters is what you do about it.

5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

Towards the end of my time on active duty it hit me that I don't get to wear my uniform anymore or serve my country in the fashion that I wanted, to be on Team Navy gives me that feeling I lost. It may not be the same uniform or the same capacity to serve as before but I still have ties to the Navy I thought would disappear once I retired.

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

For me the significance of competition is that I have attainable goals that I can work towards every day and go out on the track and measure myself against other elite warriors like myself. I ran track in high school and college and every time I go out to the track to practice or compete it brings back that self-pride I had then.

7. Who has supported you in your training? How?

My Navy Wounded Warrior - Safe Harbor family is always there, from the staff to the athletes. My wife, Jasmine, is first and foremost my biggest fan, she didn't marry me in this state but she embraced and tackled every obstacle that has come my way and hers through this journey. Without her, I'm not sure I would be here today. My little boys are my motivation and that in itself is support. Lastly, my family, my little brother plays college football and he constantly challenges me to work harder each day. My mom and dad are there no matter what and are huge soundboards for me when I need them.

8. What advice do you have for future athletes?

You may be told a lot of things about what abilities you no longer are capable of doing or what your body no longer can handle but it's not up to doctors to decide those things for you. It's going to be hard as hell but if you want to participate and compete, go do it. The only person who can decide what you can and can't do is yourself.

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I want to graduate with honors in the education field and ultimately teach high school students' history. The program helped me get into the right mindset to tackle college. I'm applying for a service dog to help with my anxiety and mobility issues and I learned about the service dog organizations through fellow Navy Wounded Warrior-Safe Harbor athletes.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Nothing is stopping you from doing the activities you want to, your success is dependent on your drive. I truly believe that if you want something you go out and get it. Life can change in the blink of an eye but if you have the ability to adapt and take the punches, you will accomplish anything you put your mind to.

ATHLETE PROFILE



NAME	SAMANTHA SILKE
Grade and Rank	E-5/MA2
Status (<i>Active Duty, National Guard, Reserve or Veteran</i>)	
Primary Service Affiliation and MOS	Navy Master-At-Arms
Hometown (<i>City, State</i>)	Front Royal, VA
Current Location	Linden, VA
Past Location	Walter Reed National Military Medical Center
Injury or Illness	TBI, lower extremity injury
2016 Warrior Games Event(s) participation	Shooting and Wheelchair Basketball

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My long term goal is to apply for my masters degree in social work.
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
I was able to be around others who were experiencing similar recovery therapies as myself and going through the emotional toil that comes with it. Navy Wounded Warrior-Safe Harbor also allowed the opportunity to get away from the stress of appointments and the outside world and spend time healing in various ways such as camping and adaptive sports.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
The sports and activities brought me out of a depression and mindset that I will never be the same as I was before the incident, that I can get out of the house and be around others. I have participated in camping, surfing, sailing, water skiing, wheelchair basketball, shooting and archery, all of which I have enjoyed immensely.
- 4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
It makes me proud to be a part of my Navy's team. I am honored to participate, to be a role model for my son, showing him to never give up even when life puts you down. My saying to him is "when you fall off the horse, you get back on it." Persevere and never give up on yourself.
- 5. What is the significance of sports/competition? How has it helped you? What does it mean to**



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you?

It gives me a purpose. I have always loved sports and competition but after my incident, I quit everything.

6. Who has supported you in your training? How?

My family, son, three sisters, mom, dad, and friends. My family has helped take care of my son and dogs while I am away, my son cheers me on and is so proud of me. Everyone is 100 percent the decision to participate.

7. What advice do you have for future athletes?

Don't give up, you can do it!

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I would like to eventually go back to school for my masters degree in social work so that I can work with troubled youth in some form.

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I'm currently a child advocacy supervisor working as a court appointed special advocate for abused and neglected children in Manassas, VA.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

There are far better things ahead than any we leave behind. – CS Lewis

ATHLETE PROFILE



NAME	SCOTTIE SMITH
Grade and Rank	E-T1
Status (Active Duty, National Guard, Reserve or Veteran)	Active Duty
Primary Service Affiliation and MOS	Electronics Technician 1 st Class
Hometown (City, State) and high school/college	Lakeside, CA
Current Location	
Past Location	
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Archery, Cycling, and Shooting

ATHLETE PROFILE



NAME	LUIS SURLA
Grade and Rank	E-6/ HM1
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Hospital Corpsman
Hometown (City, State) and high school/college	Temecula, CA
Current Location	Temecula, CA
Past Location	Naval Medical Center San Diego
Injury or Illness (Optional)	
2016 Warrior Games Event(s) participation	Archery and Shooting

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My wife and I are planning on opening a small business in 5 years. She is currently attending college for pastry chef. I will run the front end of the bakery and she will bake the best pastries in Temecula, Calif.
- 2. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
Knowing that there are people you can call, ask question and help you with any issue that may come up daily is the best resource any wounded warrior can have.
- 3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive sports have changed my life; it has awakened the spark that was extinguished by my injuries. Shooting my rifle helps me concentrate better, and know that I can control my emotions and not let it control me.
- 4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**



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To represent the Navy is a great honor.

5. What is the significance of sports/competition? How has it helped you? What does it mean to you?

Competition has always been in my blood and doing the best is what we always want to do in life. But I have found out is that, just being around my Navy brothers and sister is enough to make me want to make the team every year. Now it's not about how many medals you make but how many more brothers and sisters you will meet.

6. Who has supported you in your training? How?

Coach Travis, Coach Jessie, Coach Bob, Coach David are great mentors. They helped me overcome my fears and are very motivating.

7. What advice do you have for future athletes?

Do it, you will find that you are not alone and we are here to help or just be here when you need someone.

8. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

Navy Wounded Warrior - Safe Harbor is a great resource and they have helped with smooth transition after retirement.

9. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I participated in archery and shooting while on medical holding company in Balboa hospital.

10. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Recovery does not happen by itself ... you have to make it happen.

ATHLETE PROFILE



NAME JEANNETTE TARQUENO

Grade and Rank E-7 / Chief Petty Officer

Status (Active Duty, National Guard, Reserve or Veteran) Active Duty

Primary Service Affiliation and MOS Gunners Mate

Hometown (City, State) and high school/college Tinley Park, IL

Current Location NS Great Lakes

Past Location USS Cowpens –Yokosuka, Japan
USS Nitze – Norfolk, VA
Center for Security Forces – Chesapeake, VA
USS Port Royal – Honolulu, HI
Joint Base Pearl Harbor, HI
Global Logistics Support Rock Island, IL
NS Great Lakes

Injury or Illness (Optional) TBI/PTSD

2016 Warrior Games Event(s) participation Shooting and Swimming

1. What are your short and long term goals (personal, professional, recovery-related, etc.)?

I'm looking at going back to school to get a degree in kinesiology so that I can eventually work with adaptive sports programs.

2. Brief Description of Injury or Illness (5Ws): (Optional)

Dec. 11, 2011, while deployed to the Persian Gulf onboard the USS Port Royal, I was struck in the left side of the head by a 30 pound armor plate bracket that was thrown down from one deck above me.

3. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?

Adaptive sports really helped to show me that I was not alone, that there were people out there who understood what it was like when everyone else around you didn't. It provided me with inspiration that you can't get anywhere else. To see your teammates, who have had some pretty



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traumatizing experiences, have such great attitudes and are so motivated. Where else can you watch someone who has been shot, paralyzed, or lose a limb grow as an athlete and a person? Where else can you be inspired by those who are going through the same things as you?

4. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?

I am always grateful to represent team Navy, but it means more to me to show everyone that it doesn't matter what branch you are in or what team you are on, we are all here for each other.

5. What advice do you have for future athletes?

Don't give up. Reach out, there is always someone who knows something about what you are going through.

ATHLETE PROFILE



NAME	MARIA ALEJANDRA TORRES
Grade and Rank	E-7/Chief Petty Officer
Status (Active Duty, National Guard, Reserve or Veteran)	USN Active Duty
Primary Service Affiliation and MOS	Leading Culinary Specialist
Hometown (City, State)	Sonora, Mexico
Current Location	San Diego, CA Naval Medical Center San Diego, CA
Past Location	Navy Food Management Team Pearl Harbor, HI
Injury or Illness	Metastatic Cancer
2016 Warrior Games Event(s) participation	Archery, Shooting and Field

- 1. What are your short and long term goals (personal, professional, recovery-related, etc.)?**
My short term and professional goal is to obtain my Certification of Dietary Manager through Navy COOL program. My long-term goal is to continue my education and get a master's degree in Holistic and Integrative Medicine. My recovery goal is beat this cancer and live a long, happy and healthy life.
- 2. Brief Description of Injury or Illness (5Ws): (Optional)**
2009 diagnosed with breast cancer, 2014 diagnosed with metastatic breast cancer in bones.
- 3. How did your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) assigned or previously assigned to enhance your recovery?**
It has helped me focus on other things rather than my illness.
- 4. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
It has kept my mind away from feeling sorry about my situation and it has turned around those thoughts to a sense of accomplishment. I'm participating in shooting, archery and field.
- 5. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
I feel very blessed to have the opportunity to represent the Navy. I want to focus on keeping a positive attitude during this chapter of my life and definitely take advantage and share some of



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the experiences and knowledge with anybody that is going through a similar situation and most of all have fun!

6. What is the significance of sports/competition? How has it helped you? What does it mean to you?

The significance for me is more of an accomplishment that not everybody gets to reach, it has helped me realize that there are many things that are possible even during my physical status.

7. Who has supported you in your training? How?

My loving husband Carlos, my mother and sister. They are so supportive and motivating, always making me feel like I can accomplish anything I set my mind and body to do! My husband even got a bow and we both go out and practice.

8. What advice do you have for future athletes?

Always keep a positive attitude throughout your health journey, remember that your illness or disability WILL NEVER stop you if that's what you choose to do!

9. What are your specific career and education goals? How has your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

My goal after I get medically retired is to become more knowledgeable about holistic and integrative medicine and share that information with whomever is willing to listen and have an open mind about other resources and a way to help one's body heal from the root of the problem.

10. What career and education activity are you participating in? If you are a Veteran, activity did you participate in while assigned to your Service's Wounded Warrior Program (Warrior Transition Unit, Wounded Warrior Regiment, Other Service Wounded Warrior Unit) helped you?

I'm currently still serving on active duty. I haven't had a chance to interact with the Wounded Warrior Transition Unit.

11. Any words of inspiration/quote you would like to share with other wounded, ill or injured service members?

Do not keep your feelings hidden, always share or vent what you are going through and you will be surprised how many people have gone through the same or similar situations and have a lot of good knowledge to share. God has given me hope in the darkest moments of my journey, my faith has become stronger and it helps me continue to keep a positive outlook even in the middle of the storm, one of the most significant verses in the bible that has made a huge difference in my life is: "I can do all things through Christ who strengthens me" Philipians 4:13

12. Is there any other information you are willing/would like to share?

Do not feel sorry for yourself! You are a fighter! There is always a reason to keep on fighting. That reason might be standing next to you or they are back home praying for you to get better. Find that warrior inside of you and let him/her out!

ATHLETE PROFILE



NAME	HECTOR VALERA
Grade and Rank	E-7 GMC
Status (Active Duty, National Guard, Reserve or Veteran)	Veteran
Primary Service Affiliation and MOS	Navy Chief Gunner's Mate
Hometown (City, State) and high school/college	Fabens, TX
Current Location	Temecula, CA
Past Location	San Diego, CA
Injury or Illness (Optional)	Above the knee amputee from a motorcycle accident
2016 Warrior Games Event(s) participation	Sitting Volleyball and Wheelchair Basketball

Varela joined the Navy in April 1988; he wanted to leave the small farm town where he grew up and see the world. He is very proud of his many career achievements – particularly being promoted to chief petty officer and leading great sailors – as a result of all his hard work. He has long been active in sports, and he especially enjoyed soccer, softball and basketball when he was younger. His sports hero is Muhammad Ali. He was injured in February 2012 in a motorcycle accident, which resulted in the amputation of his left leg above the knee. Since his injury, he has enjoyed playing wheelchair basketball and participating in adaptive surfing. Now retired, he hopes to pursue a position within preventive medicine to aid others in recovering from physical injuries. He has a wife, Anna, and two daughters, Ashley and Amanda.

- 1. How has adaptive reconditioning and sports helped in your transition and recovery? What adaptive reconditioning activities do you participate in?**
Adaptive sports helped me in recovery by keeping me out of depression. It has also helped in me maintaining my weight and staying active.
- 2. What does it mean to you to represent the Army/Marine Corps/Navy/Air force/ SOCOM at Warrior Games?**
It is an honor to represent the Navy at the Warrior Games
- 3. Who has supported you in your training? How?**



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I have the support of friends and family and I am influence because I don't want to let them down.

4. What advice do you have for future athletes?

Stay active, always train to win and even if you don't win but you gave 100% that is what really matters.