

USMC WOUNDED WARRIOR REGIMENT



2010 ALL-MARINE WARRIOR GAMES TEAM

INAGURAL WARRIOR GAMES

MAY 2010

**'Etiam In Pugna'
'Still In The Fight'**



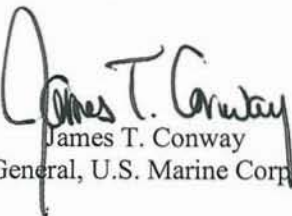
A MESSAGE FROM THE COMMANDANT OF THE MARINE CORPS

On behalf of all Marines, it is my pleasure to extend heartiest congratulations to the All-Marine Warrior Games Team for earning the Chairman's Cup at this year's games! It is always great to hear that we have additional bragging rights over the other services, and I want to specifically commend you on your sportsmanship and thank you for serving as superb representatives of our Corps. Your many hours of training and preparation truly paid off, and your fellow Marines could not be prouder of your performance.

These games are yet another fine example of the warrior ethos you each embody. Your service to this country has been nothing less than valiant, and the sacrifices each of you made in defense of freedom have earned you the admiration and gratitude of all Marines and all Americans. Your determination and continued commitment to excellence serve as an inspiration to all Marines. As you prepare for your next competition, know that you have the full support of your brothers- and sisters-in-arms.

Many thanks for your dedicated service, and congratulations on a magnificent win! Keep up the great work!

Semper Fidelis,


James T. Conway
General, U.S. Marine Corps

*The whole Corps
watched you for those
several days in May!*



A MESSAGE FROM THE WOUNDED WARRIOR REGIMENT COMMANDING OFFICER

Congratulations to the All-Marine Warrior Games Team who claimed the Chairman's Cup at the recent Inaugural Warrior Games. Our Marines excelled as a team and demonstrated the Marine Corps' unmatched 'esprit de corps.'

The pride and spirit of the Marine Corps was clearly on display throughout the Games. The Wounded Warrior Regiment (WWR) commends our dedicated warrior athletes. Through their hard work and perseverance, the All-Marine Warrior Games Team set shining examples of how Wounded, Ill and Injured (WII) service members can improvise, adapt, and overcome. Our Marine athletes dominated the games to take 53 medals. They are truly awe-inspiring and have set the bar for those who will follow them.

Heartfelt congratulations go to all Warrior Games' athletes for their hard work. The Marine Corps looks forward to next year's games and the opportunity to further grow the competitive spirit and camaraderie of the inaugural Warrior Games.

Finally, sincerest thanks to the U.S. Olympic Committee and the many groups and individuals who gave so selflessly to make the Warrior Games a success. The Games have proven to be an effective force in empowering WII service members. The Marine Corps looks forward to fielding more winning athletes – there is no doubt, their pride in our Corps runs deep and they should be representing our Corps.

Semper Fidelis!

A handwritten signature in black ink that reads "Gregory A. D. Boyle".

Gregory A. D. Boyle

Commanding Officer

Wounded Warrior Regiment



A MESSAGE FROM THE WOUNDED WARRIOR REGIMENT SERGEANT MAJOR

Marines, it was truly an honor watching you bring home the Chairman's Cup. However, the most vivid memories were of the All-Marine Warrior Games Team working together, in action throughout the competition. Due to the incredible spirit and teamwork that each Warrior exhibited, the All-Marine Warrior Games Team triumphed on the courts, pools, and fields, and in their daily life.

I wish each one of you the very best as you continue to focus on your abilities while competing in the future. Throughout the games, you demonstrated the same dedication and perseverance that it took to make it through OCS and recruit training in order to earn the title Marine. Your example proves that "once a Marine, always a Marine" is not just a slogan but also, more importantly the fuel that burns in the heart and soul of all Marines. Your ability to excel through your wounds and injuries has set the standard for all Marines within our Corps' and is nothing short of phenomenal.

I must also acknowledge the coaches and support staff for their unwavering excellence in training and taking care of our most precious asset throughout the inaugural Warrior Games. We could not have done it without you and look forward to your assistance in future competitions.

Semper Fidelis Warriors!

John P. Ploskonka

Sergeant Major

Wounded Warrior Regiment

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Jeremy Williams, 2010 All-Marine Warrior Games Team Member

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CHAPTER 1

AN IDEA IS BORN

“When I saw the invitation for the Warrior Games I thought of my wife and how it would help us. She sees the Games as me continuing forward with my life. I see it as an opportunity to celebrate our life and relationship.”

William DeRoche, 2010 All-Marine Warrior Games Team Member

The Wounded Warrior Regiment (WWR) has encouraged its Marines to participate at all levels in reconditioning sports activities - novice to elite. Marines are motivated by competition. The WWR staff works to develop programs that use competition to drive Wounded, Ill and Injured Marines to set recovery goals. The Warrior Athlete Reconditioning (WAR) program was founded to provide opportunities for Marines to engage in both physical and cognitive activities outside of the traditional therapy setting. The WAR program provides reconditioning sports opportunities for Marines to train as athletes while increasing their strength so they can continue with military service or develop healthful activities for life post active duty service.

Colonel Gregory Boyle, Commanding Officer, WWR, John Wordin, Ride 2 Recovery Founder, and Brigadier General Gary Cheek, Commanding General, Army Warrior Transition Command, are credited with the idea of the Warrior Games. The idea was met with enthusiasm and leaders from all branches of service came together to discuss an athletic competition on a national scale. The U.S. Olympic Committee and the United Service Organizations (USO) quickly jumped on board and helped to develop the concept. The ultimate goal for all involved in the Games was to encourage participants to focus on their abilities and to empower them with the incorporation of athletics into each service's wounded warrior program. Once the details were in place, the WWR began to recruit athletes. In order to obtain qualified athletes, the Regiment looked to a proven program, the WAR program. This served as a stepping stone for the inaugural Warrior Games. Marines who were already prepared to compete at an elite level were encouraged to apply.









CHAPTER 2

COACHES AND TEAM

“I think being selected for the 2010 All-Marine Warrior Games Team in itself is an accomplishment I will never forget. Just having this opportunity helps in all aspects of the recovery process. Getting out away from home and being with other people/Marines is a large part of the process.”

Daniel Govier, 2010 All-Marine Warrior Games Team Member

With the Warrior Games plan underway, the WWR began selecting coaches and recruiting for the All-Marine Warrior Games Team. The Regiment wanted to ensure the team had the best support necessary as they prepared, trained and competed at the Games. The eleven coaches selected had extensive athletic backgrounds and experience coaching their sport. The coaching staff was world class and included: one Olympic gold and silver medalist, one four-time Paralympian, two U.S. Olympic Trials qualifiers, one 2012 Olympic hopeful, and two U.S. Marine Corps Rifle Team members. It was soon apparent that the selected coaches had passion for their sport and coaching wounded warriors. The coaches would train the athletes effectively and expect the very best from each Marine.

The next step was to determine eligibility for participation in the Warrior Games. All involved worked hard to ensure that the process for the selection of athletes was equitable among all services. The U.S. Olympic Committee set the rules for eligibility which included the following categories: upper and lower body impairments, spinal cord injuries (SCI), traumatic brain injuries (TBI), and post-traumatic stress (PTS). A total of 200 athletes would be drawn proportionally from each armed service and distributed as follows: 100 from the Army, 50 from the Marine Corps, and 25 each from the Navy and Air Force.

The news of the Warrior Games spread quickly among Marines. WWR staff and selected coaches worked hard to recruit the fifty Marines slotted for competition. Active duty, reservist, and veteran Wounded, Ill, or Injured Marines were invited to participate. The recruiting process was active up to the start of the games, but eventually the perfect match of dedicated Marines was found. By April 2010, fifty motivated Marines from across the country were selected for competition according to the following category maximums: eighteen lower body impairments, 18 upper body impairments, 10 SCI, 10 TBI, and eight PTS.



CHAPTER 2

ATHLETE BIOGRAPHIES



Rejy Bacchus

Cpl. Richard Bacchus (USMC, ret.) is from Bryan, Texas. In the 2010 Warrior Games, Cpl. Bacchus won a gold medal as a member of the Marine Corps sitting volleyball team, placed 5th in the 200 meter run, 9th in shotput, and competed in the 100 meter freestyle. He originally applied for the inaugural Warrior Games because it “will help me to remain physically fit.” As a result of his Warrior Games success, Cpl. Bacchus was selected for the U.S. Paralympic A2 program in sitting volleyball. His future plans include graduating from college with a Sports Management degree and qualifying for the U.S. Paralympic Team.



Angel Barcenas

GySgt. Angel Barcenas (USMC, ret), is a runner from Manassas, Virginia. In the 2010 Warrior Games, he represented the Marine Corps in the Ultimate Champion Competition, where he won a silver medal in the 1500 meter run, placed 4th in the 100 meter run, 7th in air rifle, and 28th in shotput. GySgt. Barcenas actively participates in numerous Soldier Rides and runs regularly. He hopes to compete for the United States in the Paralympics



Travis Bartlett

Sgt. Travis Bartlett is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He won a silver medal in cycling and placed 4th in discus at the 2010 Warrior Games. He applied for the inaugural Warrior Games to “overcome my injuries and do something bigger than just me.” Sgt. Bartlett was inspired by other Warrior Games athletes stating, “even though some of the Marines participating in the Games have more injuries than mine, they are still continuing the fight.” He has participated in several week-long Ride 2 Recovery events and bikes five to six times a week. Sgt. Bartlett plans to stay in the Marine Corps.

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Nick Beach

Cpl. Nick Beach (USMC, ret.), from Dresden, Ohio, won three individual medals at the 2010 Warrior Games: gold in the 100 meter run, gold in the 200 meter run, and silver in air rifle (prone). As a member of Team Semper Fi, Cpl. Beach loves to compete and primarily focuses on his technique and endurance. “I give 100% in all my workouts. Motivation and inspiration come from within. I leave my workouts knowing that I worked harder than my opponent on that given day.”



Matthew Benack

SSgt. Matthew Benack is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He achieved his goal “to rebuild my confidence in my competition and to continue the rehabilitation process,” by winning three silver medals in compound archery, standing air rifle, and prone air rifle at the 2010 Warrior Games. SSgt. Benack has been participating in archery through the Warrior Athlete Reconditioning Program. Training for the Warrior Games has improved his upper body strength, concentration, and mental attitude. “I am inspired to have a coach, a wounded veteran himself, who is so eager to pass all his experience, knowledge and time to me,” said SSgt. Benack. He plans to retire from the Marine Corps in 2010.



Ricardo Bengochea

Sgt. Ricardo Bengochea is recovering at Wounded Warrior Battalion West at Camp Pendleton, California. At the 2010 Warrior Games, he took the opportunity “to regain my competitive edge and to prove to myself that all things are possible,” where Sgt. Bengochea won a gold medal as a member of the Marine Corps sitting volleyball team. He also won a bronze medal in discus and competed in the shotput. “I am very grateful and thankful for the selection. It is such a motivation boost to get to compete with such great athletes,” said Sgt. Bengochea. He participates in both the Warrior Athlete Reconditioning Program and the Return 2 Readiness Program. He intends to remain on active duty and train for the Paralympics in power lifting or field events.

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Michael Blair

Sgt. Michael Blair is recovering at Walter Reed Army Medical Center. He competed in the inaugural Warrior Games to develop his skills as a future Paralympian and to represent the Marine Corps with honor. “The Warrior Games will provide mental, physical, and spiritual endurance, strength, and a sense of accomplishment,” said Blair. At the Games, he won a gold medal as a member of the wheelchair basketball team, and an individual gold and silver medal in handcycling and sitting discus, respectively. Sgt. Blair trains in wheelchair basketball, practices twice a week at Walter Reed, and attends physical therapy/aquatic therapy five times a week. Blair said his future plans include “continuing an active lifestyle and creating an environment for wounded and disabled people to explore physical and mental wellness activities.” He has since earned his sport pilot’s license.



Kevin Blanchard

Cpl. Kevin Blanchard (USMC, ret.) won a gold medal as a part of the wheelchair basketball team at the 2010 Warrior Games. He also placed 10th in cycling and competed in the 50 meter freestyle. He competed in the inaugural Warrior Games for the opportunity to learn from world-class coaches and to further develop his cycling skills. Cpl. Blanchard bikes each day for one hour. “Cycling helps my overall daily activities by strengthening my legs and relieving pain,” said Blanchard. When asked what inspires him he replied, “During my workouts I am inspired by how physical exercise has energized and transformed my life. I look in the mirror and see someone that was confined to a wheelchair and now is competing in the Warrior Games. By competing in the Warrior Games, I feel that I am one step closer to recovering to my best ability.”



Robert Bridges

SSgt. Robert Bridges is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. At the 2010 Warrior Games, he won a gold and bronze medal in the 50 meter breaststroke and 50 meter freestyle, respectively. “Swimming is ideal for me because I get a good cardio workout each time I’m in the pool,” said SSgt. Bridges. He wants to continue to represent the Marine Corps and be able to compete again, training four to five times a week in swimming. “Swimming will be a lifelong activity for me,” he said.

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Matthew Brown

LCpl. Matthew Brown (USMC, ret.) won a gold medal as a part of the sitting volleyball team at the 2010 Warrior Games. He also placed 6th in air rifle and 10th in air pistol. He competed “for a chance to show what a disabled veteran can do,” said LCpl. Brown. “Even though we are hurt, we aren’t useless,” he said. At the Warrior Games, LCpl. Brown was grateful for the chance to meet fellow Marines and compete with other service members.



Matthew Cheramie

LCpl. Matthew Cheramie is recovering at Brooke Army Medical Center in San Antonio, Texas. He competed in the 2010 Warrior Games where he won an individual gold medal in the 50 meter breaststroke. He also placed 5th in both the 50 and 100 meter freestyles. LCpl. Cheramie wants to be a positive role model for Wounded, Ill and Injured service members. “I want to show them it’s not over just because you’ve been injured,” said Cheramie. Everybody goes through that ‘I’m ugly nobody will love me, I’m stuck in a wheelchair’ depression. You have to move on,” he said. Following his recovery, LCpl. Cheramie plans to study biology.



Steve Clendenning

SSgt. Steve Clendenning is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He competed in the 2010 Warrior Games in both the 50 meter breaststroke and cycling, where he placed 5th. He is a competitive individual who trains six days a week. Additionally, SSgt. Clendenning is a member of Team Semper Fi and the Warrior Athlete Reconditioning Program. “Cycling has changed me in so many different ways. Every day I wake up, I look forward to riding and if I can’t deploy with my brothers, I’ll be here representing them,” said SSgt. Clendenning. Future plans include competing in the Ironman Triathlon in Kona, Hawaii.

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William Demers

Cpl. William Demers is recovering at 2nd Battalion 8th Marines at Camp Lejeune, North Carolina. Despite a shoulder injury during the recurve archery competition at the 2010 Warrior Games, he managed to place 8th and was selected by the Paralympic archery coaches to train for the 2012 Paralympics. He also placed 9th in the air rifle. Cpl. Demers has participated in several shooting camps and is now focusing on archery.



William DeRoche

Sgt. William DeRoche is one of two USMC veterans from Desert Storm competing on the inaugural Warrior Games team. He designed a vigorous training schedule for the Warrior Games, which included running, swimming and biking to compete in the Ultimate Champion Competition. He placed 9th in the 1500 meter run and 14th in the air rifle. He enjoys physical activities and is an avid martial arts athlete. "When I saw the invitation for the Warrior Games I thought of my wife and how it would help us. She saw the Games as me continuing forward with my life. I saw it as an opportunity to celebrate our life and relationship together," said Sgt. DeRoche.



Jon Disbro

Capt. Jon Disbro is on active duty with Marine Corps Tactical System Support Activity at Camp Pendleton, CA. He competed in the Ultimate Champion Competition at 2010 Warrior Games, where he won the gold in the 1500 meter run, 4th in air rifle, 5th in 100 meter run, and 13th in shotput. In addition to training for the Warrior Games, Captain Disbro also competes in other sporting events including the Devil Dog Duathlon at Camp Pendleton, California and running the Big Sur Marathon in 2008 and 2009. Captain Disbro wants newly injured Marines to remember that they are lucky to be alive. "Try to make the most of what you have now and you will regain some of those abilities you want to get back," states Disbro. "You might have to learn how to do things differently than before, but remember you are not alone in the process," he said.

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William Gibson

MSgt. William Gibson serves on active duty at the Marine Corps Office of Legislative Affairs at the Pentagon. He competed at the 2010 Warrior Games in the Ultimate Champion competition, where he won a silver medal in the 100 meter run. He also placed 7th, 20th, and 26th, respectively, in the 1500 meter run, air rifle, and shotput. MSgt. Gibson competed in the inaugural Warrior Games “for the enjoyment of competition.” His training routine includes jogging, swimming, and biking. When asked how training for the Warrior Games would help him achieve his recovery goals Gibson replied, “It will decrease my limitations and increase my capabilities.”



Angel Gomez

Cpl. Angel Gomez, a USMC veteran from California, won a silver medal in recumbent cycling at the 2010 Warrior Games. He also placed 12th in air rifle and 15th in air pistol. Cpl. Gomez participated in the California Bike Tour in 2009 and continues to explore opportunities to enhance his shooting skills.



Jose Gonzales

Sgt. Jose Gonzales is recovering at the National Naval Medical Center in Bethesda, Maryland. He won one gold and two silver medals in the 400, 200, and 1500 meter run, respectively. Sgt. Gonzales competed in the inaugural Warrior Games because “I want to represent the fallen and wounded warriors who have put their lives on the line.” Sgt. Gonzales copes with his stress and pain by training, which includes a regular physical fitness routine that includes both weight training and cardio. After the Marine Corps, Sgt. Gonzales hopes to own a small business and continue to give back to the community through sports.

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Daniel Govier

Sgt. Daniel Govier, a USMC veteran, placed 4th in the recurve archery competition at the 2010 Warrior Games. “I want to develop my archery skills and possibly inspire other veterans with disabilities to try the sport of archery,” said Govier. He practices his archery skills three to four times a week and is a member of the 300 Five-Spot League. With help from his father and coaches, Sgt. Govier has competed in various 3-D Archery Shoots throughout southeastern Wisconsin. “I think being selected to the 2010 All-Marine Team in itself is an accomplishment I will never forget,” said Govier. “Just having this opportunity helps in all aspects of the recovery process. Getting out away from home and being with other people and Marines is a large part of the process,” he said. He plans to continue his pursuit of archery at the Paralympic level.



Travis Greene

Cpl. Travis Greene (USMC, ret.) won four medals at the 2010 Warrior Games. He won two gold medals as a member of both the wheelchair basketball and sitting volleyball teams. In addition, he won a silver medal in shotput and a bronze in handcycling. “Since hearing about the Warrior Games, I have gained a lot of motivation to get back in shape. I lost a bunch of weight,” said Cpl. Greene. He went to the inaugural Games to compete and win. Cpl. Greene lifts weights and trains cardio four days a week while practicing wheelchair basketball regularly. “I feel healthier and look better and I am still improving,” he said. Future plans for Cpl. Greene include starting an adaptive sports program in Boise, Idaho.



Nicholas Hafertepen

Cpl. Nicholas Hafertepen is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He won three medals at the 2010 Warrior Games in swimming: gold in the 50 meter breaststroke, silver in the 100 meter freestyle, and silver as a member of the Marines’ 200 meter freestyle relay. He competed at the inaugural Games “because I just enjoy swimming, its relaxing for me,” said Hafertepen. He swims three days a week. Future plans include going back to school to obtain a nursing degree to help newly injured Marines and Sailors.

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Raymond Hennagir

Cpl. Raymond Hennagir is recovering at Walter Reed Army Medical Center in Washington, D.C. He won two gold medals in the 2010 Warrior Games as a member of the winning wheelchair basketball and sitting volleyball teams. Cpl. Hennagir also placed 5th in both the discus and 50 meter freestyle. He competed in the inaugural Warrior Games “to get more involved in recreational sports and see how others cope with their injuries.” Cpl. Hennagir practices wheelchair basketball two times a week for two hours. He believes the Warrior Games offers each Wounded Warrior an opportunity to further their skill set.



Brittney Hutchins

Cpl. Brittney Hutchins is recovering at Wounded Warrior Battalion West at Camp Pendleton, California. At the 2010 Warrior Games, she won a gold medal as a member of the winning sitting volleyball team. She also won a gold medal in the 50 meter freestyle, silver in cycling, and placed 4th in the 50 meter backstroke. Cpl. Hutchins gained the experience she wanted by participating in the Games and continues to participate in Ride 2 Recovery bike rides. She stated, “Training contributes to my motivation and how far I’ve recovered.”



Christopher Iazzetta

Major Christopher Iazzetta serves at the Wounded Warrior Regiment Headquarters in Quantico, Virginia. Maj. Iazzetta won a silver medal in the 50 meter freestyle and a bronze in the 100 meter freestyle at the 2010 Warrior Games. He regularly trains for triathlons and decided to compete in the inaugural Warrior Games to “represent the Marine Corps and experience the camaraderie of being a member of a team comprised of American heroes.” Iazzetta continued, “The camaraderie of being with the wounded warriors and seeing them succeed in their goals will be beneficial to my recovery goals.” Maj. Iazzetta’s plans include pursuing a career as a scuba diving instructor and to continue participating in triathlons.

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Nick Johnson

Cpl. Nick Johnson is recovering at Wounded Warrior Battalion West at Camp Pendleton, California. At the 2010 Warrior Games, he won a bronze medal in the 100 meter freestyle. He also placed 8th in air rifle (prone) and 10th in air rifle (standing). “Competition contributes to my motivation to get better,” said Johnson. He plans to continue training for shooting.



Alan Kissinger

Sgt. Alan Kissinger is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He placed 4th in the 50 meter freestyle and 7th in discus at the 2010 Warrior Games. Sgt Kissinger looks forward to returning to Camp Lejeune to take advantage of the opportunities offered by the Warrior Athlete Reconditioning Program.



Justin Knowles

LCpl. Justin Knowles is recovering at Walter Reed in Washington, D.C. He competed in the inaugural Warrior Games “to bring home the gold,” which he achieved as a member of the Marine Corps’ wheelchair basketball team. He also placed 9th in recurve archery and competed in the 50 meter backstroke. The Warrior Games was an opportunity for LCpl. Knowles to have fun and get playing time. He remains focused on his goal of becoming a Paralympian.

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James Krebs

Sgt. James Krebs is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He won three individual medals at the 2010 Warrior Games: silver in the 50 meter backstroke, and bronze in both the 50 and 100 meter freestyles. He competed at the inaugural Games to “show that despite my injuries, I can be competitive.” Sgt. Krebs began participating in the Warrior Athlete Reconditioning Program at Wounded Warrior Battalion East in July 2009. Not only has he experienced an improvement in his athletic ability, but swimming has also helped him overcome social anxieties. Future plans for Sgt. Krebs include attending college to study forensic science, helping run the family remodeling business, and to continue swimming.



Jack Lowder

Cpl. Jack Lowder is recovering at 2nd Battalion, 8th Marines at Camp Lejeune, North Carolina. He won a bronze medal in the 400 meter run and placed 4th in the 1500 meter run during the 2010 Warrior Games. Cpl. Lowder also placed 9th in air rifle. He competed to “represent my fellow wounded brothers in 2nd Battalion, 8th Marines, as well as the fallen.” Cpl. Lowder trains several times a week. “By maintaining a constant training regimen it will help me keep pace to a full recovery both physically and mentally,” states Cpl. Lowder.



Joseph Lowe

LCpl. Joseph Lowe (USMC, ret.) won a silver medal in the 100 meter freestyle and placed 4th in handcycling at the 2010 Warrior Games. He competed in the Games for the same reason he joined the Marine Corps: “to push and challenge myself.” LCpl. Lowe hopes to inspire others with his abilities stating, “I want to do things people wouldn’t expect a T-4 para to do. I want them to look inside themselves and say ‘I haven’t done half of the things this guy does.’ Maybe that will push them to make a change in their life.”

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Scott Martin

SSgt. Scott Martin (USMC, ret.) won the overall title of Ultimate Champion at the 2010 Warrior Games, the Games highest individual honor. He won the gold medal in the 100 meter run, silver in the 1500 meter run, bronze in the 50 meter freestyle, and placing 10th in air rifle. He competed in the inaugural Warrior Games “to represent the Marine Corps and myself and prove to myself that my injuries cannot slow me down from accomplishing my goals. I also think that it would be a great learning experience.” He trains regularly in running, weight training, swimming, and biking. “Being alive another day and getting better” are just a few things that inspire SSgt. Martin. His future plans include graduating from nursing school, earning a doctorate degree, competing in triathlons, and earning a berth on the U.S. Olympic Team.



Justin Martin

LCpl. Justin Martin is recovering at Water Reed Army Medical Center in Washington, D.C. During the 2010 Warrior Games, he achieved his goal to compete in the inaugural Games for one reason - to win. LCpl. Martin won a gold medal as a member of the Marine Corps’ wheelchair basketball team. He also won a silver medal in the 50 meter backstroke and competed in the 50 meter freestyle. He wants to continue “playing basketball, having fun, and learning from other Marines.”



Joshua McDaniel

LCpl. Joshua McDaniel is recovering at Brooke Army Medical Center in San Antonio, Texas. He won three medals in swimming at the 2010 Warrior Games, a gold in the 50 meter freestyle, and silver in both the 100 meter freestyle and as a member of the 200 meter freestyle relay. He competed because “I love to swim and I am good at it,” said LCpl. McDaniel. During his workouts, he is motivated by the reality of being in the Marines. While swimming seven days a week, he believes training for the Warrior Games increased his recovery speed. LCpl. McDaniel’s plans for the future include attending college to become a marine biologist and underwater photographer.

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Dennis Ndaanee

Sgt. Dennis Ndaanee is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He brought home double gold medals at the 2010 Warrior Games in sitting discus and sitting shotput. Sgt. Ndaanee said “I want to try to push myself to see what I can do despite my injuries.” He believes in the philosophy “no pain, no gain.”



Beau Parra

Cpl. Beau Parra is recovering at Wounded Warrior Detachment Hawaii. He won the Marine Corps’ first gold medal at the inaugural Warrior Games in compound archery. Subsequently, he placed 5th in air pistol. Cpl. Parra has extensive experience shooting both the bow and pistol and wants to compete to gauge his skill level and enjoy the competition with fellow Marines. Prior to the Games, he stated the competition will “give me the confidence to know I can live a normal, healthy life. I am a natural competitor and believe I will do great,” said Cpl. Parra.



Brandon Pelletier

LCpl. Brandon Pelletier is recovering at Brooke Army Medical Center in San Antonio, Texas. At the inaugural Warrior Games, he earned more gold medals than any other Marine, winning gold in the 100 and 200 meter run and 50 meter freestyle. He also won a silver medal as a member of the Marines’ 200 meter freestyle relay. When asked why he was participating in the inaugural Games, LCpl. Pelletier’s answer was simple, “to win.” He swims and runs regularly and hopes to compete in the Paralympics.

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Michael Pride

LCpl. Michael Pride is recovering at the Wounded Warrior Battalion West at Camp Pendleton, California. At the 2010 Warrior Games, he won a silver medal in the 100 meter run and a bronze medal in the 200 meter run. He ran track in high school and continues to keep in shape by running regularly.



Kelvin Rosado

Cpl. Kelvin Rosado is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He won two gold medals at the inaugural Warrior Games as a member of the Marines' wheelchair basketball and sitting volleyball teams. He also placed 5th in handcycling and raced in the 50 meter backstroke. He wants to show himself that he can still play sports. Prior to the Games, Rosado said, "I want to be one of the best handcyclists." He has been handcycling three times a week, swimming twice a week and weight training five times a week. He now rides a regular bicycle and has participated in week-long Ride 2 Recovery cycling events.



Jese Schag

PFC. Jese Schag is recovering at the National Naval Medical Center in San Diego, California. At the inaugural Warrior Games, he won double gold medals as a member of both the wheelchair basketball and sitting volleyball teams. He also won a bronze medal in the 50 meter backstroke and competed in the 100 meter freestyle. PFC Schag hopes to represent the Marine Corps at next year's Warrior Games.

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Sam Schoenheit



SSgt. Sam Schoenheit is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. At the inaugural Games, he won a bronze medal in the 50 meter backstroke, placed 4th in the 100 meter freestyle, and competed in the 50 meter freestyle. Prior to the Games, Schoenheit said he was motivated to participate for several reasons: “The Games will give me something to do, it’s an opportunity to meet others who are wounded and to hear their stories, and it provides an opportunity for me to gauge how far I’ve come.” SSgt. Schoenheit trains regularly and his workout regimen includes one to two-hour swim practices, aerobics, and circuits. He succeeded in beating his expectation that the Games would “help me regain some confidence that I have lost.”

Charles Sketch



LCpl. Sketch (USMC, ret.) was selected by his teammates to serve as the torchbearer during the Opening Ceremonies at the inaugural Warrior Games. He competed in both the 50 and 100 meter freestyles, where he placed 7th in the latter. LCpl. Sketch participated in the Warrior Games “to get competitive experience so that I can make both the Paralympic swimming and biathlon teams.” He trained regularly in anticipation of the Games by swimming and surfing near his home in San Diego, California. Sketch said, “The extra work will give me the motivation to meet and even exceed my previous level of fitness.” Prior to the Games, he expressed confidence in knowing the hard work will pay off in the long run. “Adaptive competitions are terrific venues for proving to yourself and others what you are truly made of. I can’t wait to get to Colorado.” Focusing on his ability, LCpl. Sketch provided motivation for all service members and spectators at the Games.

Joey Smith



Sgt. Joseph Smith is a USMC veteran. In the 2010 Warrior Games he placed 10th in compound archery and 24th in air rifle. He also competed in the 50 meter backstroke. Prior to the Games, he stated he was competing “to have a feeling of camaraderie with fellow veterans and active duty military, and to continue to improve myself.” Sgt. Smith hopes to continue participating in disabled sports programs and to help fellow disabled veterans. He was selected by Homes For Troops to receive a new home that will help him live more independently and plans to represent the Marine Corps at the 2011 Warrior Games and win.

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Richard Tack

Sgt. Richard Tack is serving at the Wounded Warrior Regiment at Quantico, Virginia. At the inaugural Warrior Games, he won a gold medal as a member of the Marine Corps' sitting volleyball team. He also won a bronze medal in air rifle (prone) and placed 7th and 11th in shotput and air rifle (standing), respectively. Prior to the competition, Sgt. Tack stated that competing in the inaugural Games will "help to aid myself and others in recovery." He also enjoys being around other veterans. Sgt. Tack is training for more than just the Warrior Games and said, "I hope training will help me get back into shape." He declared, "I am going to use my athletic ability and motivation to do better than my best." Sgt. Tack plans to become a member of Team Semper Fi and continue working with wounded warriors in the future.



Joseph Tarkett

Cpl. Joseph Tarkett is recovering at National Naval Medical Center in Bethesda, Maryland. His training prior to the inaugural Warrior Games with the University of Hawaii throwing coaches paid off and he won a gold medal in shotput. Cpl. Tarkett also placed 8th in discus. Cpl. Tarkett had been participating in throwing practices, running and lifting weights three times a week. He believes in the Marine motto, "Once a Marine, always a Marine." Tarkett said, "even though I am a wounded warrior, I would like to continue training like a Marine, what better way than through competition." He plans to either continue his career in the Marine Corps or finish his teaching degree.



Christopher Trebus

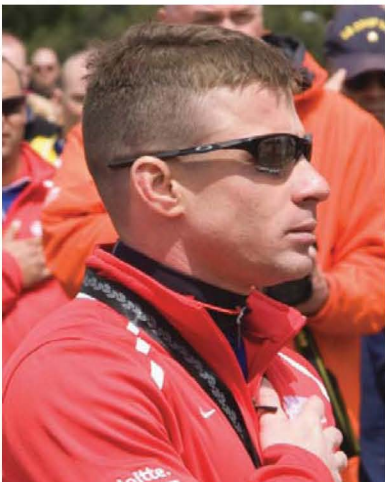
Cpl. Christopher Trebus is recovering at Wounded Warrior Battalion East at Camp Lejeune, North Carolina. At the inaugural Warrior Games, he surprised himself by winning two medals in his secondary sport, running. He won a silver and bronze in the 400 and 100 meter run, respectively. He placed 8th in cycling. He has participated in several Ride 2 Recovery cycling events. With cycling as his passion, he plans to continue to train and race on the bike.

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Bradley Walker

Sgt. Bradley Walker (USMC, ret.) competed in the inaugural Warrior Games to “maintain his competitive edge,” winning a gold medal as a member of the Marine Corps’ sitting volleyball team. He placed 6th in handcycling, despite receiving a flat tire within seconds of the start and also placed 6th in shotput. Sgt. Walker bikes three to four times per week for an average of 12 miles per ride. He also works out at the gym several times a week, stating that his training and preparation for the Games “gives me something to be competitive in and a goal to strive for.”



Justin Wess

Sgt. Justin Wess is recovering at the Wounded Warrior Battalion East at Camp Lejeune, North Carolina. He won an individual gold medal in the cycling competition and two silvers in swimming, both in the 50 meter freestyle and as a member of the Marines’ 200 meter freestyle relay. Prior to the Games, he said he is motivated because he simply wants “to compete again.” Sgt. Wess hopes to compete professionally and will continue to “see how far I can push myself,” he said. Since his success at the Warrior Games, he has been recruited to compete for a Paralympic National Team slot.



Jeremy Williams

LCpl. Jeremy Williams is a USMC veteran, placing 4th and 17th, respectively, in both the air rifle (standing) and air rifle (prone) during the inaugural Warrior Games. He wants to “follow my dreams and accomplish my goals,” he said, prior to the Games. He competed for his late father, also a Marine. “My father taught me how to shoot a rifle and he was the reason I joined the Marine Corps.” LCpl. Williams also said, “training for the Warrior Games has given me a better outlook on life; knowing that physically I am getting stronger and I am strengthening my mind as well. I have an avenue and outlet for my stress.” After the Games he hopes to compete nationally. “I will do my best to represent the United States Marine Corps and our history and traditions,” he said.

CHAPTER 2



Marcus Wilson

GySgt. Marcus Wilson is recovering at Walter Reed Army Medical Center in Washington, D.C. He won four medals for the Marine Corps at the inaugural Warrior Games: double gold in wheelchair basketball and sitting volleyball, and double bronze in shotput and discus. GySgt. Wilson's daily practice of volleyball serves paid off for the Marines. He also participates in wheelchair basketball practices twice a week and attended a sitting volleyball clinic in Oklahoma City, Oklahoma. He realized the Warrior Games would be a great opportunity to meet other wounded Marines. Competing in the Warrior Games and running a marathon are just two of Wilson's goals for 2010. It "gives me another boost of confidence toward my ultimate goal of running a marathon," said Gysgt. Wilson.

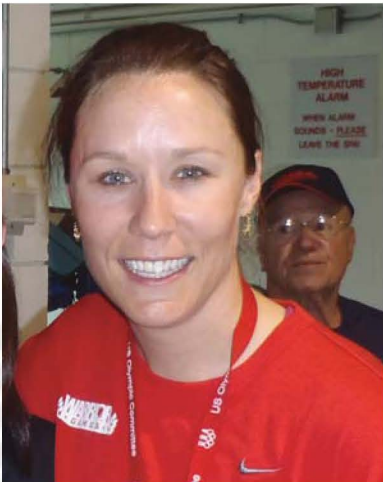
CHAPTER 2

COACHES BIOGRAPHIES



Benjamin Hermantin

Lieutenant Colonel Benjamin Hermantin, USMC served as the Warrior Games Officer In Charge for the 2010 All-Marine Warrior Games Team. As well as being an all-around athlete, he is a Cobra helicopter pilot. He has also served as Traditional Combatant Commander Activities Coordinator with U.S. Southern Command, District OIC with Marine For Life, Marine Detachment OIC for Bethesda National Naval Medical Center, and as the USMC Liaison to Joint Task Force Capital Regional Medical. Originally from Brooklyn, New York, LtCol Hermantin is an airline captain and is piloting Canadair regional jets in his civilian career.



Susan Stark

Major Susan Stark, USMC, served as Head Coach and Operations Officer for the 2010 All-Marine Warrior Games Team. She is a U.S. Olympic Trials qualifier in triathlon (2004). As a seven-time Military World Championship member, Maj Stark won a gold medal in the Interallied Confederation of Reserve Officers (CIOR) Pentathlon (2000, Berlin Germany) and four bronze medals in triathlon (2000-2003). Maj. Stark is a two-time U.S. Marine Corps Athlete of the Year (1999, 2000). Currently, she serves as the Warrior Games Action Officer for the Wounded Warrior Regiment.



Samuel Tickel

Lieutenant Commander Samuel Tickle, USN, served as Sitting Volleyball and Ultimate Champion Coach for the 2010 All-Marine Warrior Games Team. He is a competitive triathlete, adventure racer, and runner, having participated in the 1996 U.S. Olympic Marathon Trials. A graduate of the USC Navy Seal Preparatory Team, he has served as a UH1-1N Flight Instructor HMLA (T)-303 USMC and now serves as Assistant Air Operations Officer for Commander, Strike Force Training Pacific.

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Joaquim Cruz

Joaquim Cruz, Track Coach for the 2010 All-Marine Warrior Games Team, is a three-time Olympian, earning a gold medal in the 800 meter run at the Olympic Games in Los Angeles (1984) and a silver medal in the same event at the Olympic Games in Seoul, Korea. Currently, Coach Cruz is the U.S. National Team Coach for Ambulatory Athletes, USOC Paralympics & Resident National Team Sprints Coach, and Resident National Team Middle Distance Track & Field Coach at the Olympic Training Center in Chula Vista, CA.



Bill Demby

Billy Demby volunteered as Wheelchair Basketball Coach for the 2010 All-Marine Warrior Games Team. He is a four-time wheelchair basketball Paralympian (1988 Seoul, 1992 Barcelona, 1996 Atlanta, 2000 Sydney) and has played or coached wheelchair basketball for 14 years. After retiring from elite competition, he continued to play recreational wheelchair basketball. Currently, he coaches wheelchair basketball in the Washington, D.C. area at Walter Reed Army Medical Center and National Naval Medical Center Bethesda.



John Fuller

1stSgt John Fuller (USMC, ret.) served as Archery Coach for the 2010 All-Marine Warrior Games Team. He served in the Marine Corps from 1958 to 1986. He currently coaches wounded warriors in archery at Camp Lejeune. Coach Fuller is a Certified Regional Archery Coach, a 2007 gold medalist (North Carolina Senior Games, tying NC State Record), and a Life Member of the Military Order of the Purple Heart.