

## SSG Carlton Duncan (Active)



*“Representing the United States at the Invictus Games symbolizes just what it means to be an American soldier; resilient and steadfast.”*

**Current Location:**

*Fort Bragg, North Carolina*

**MOS/Current Occupation:**

*11B (Infantry)*

**Warrior Transition Unit:**

*Warrior Transition Battalion, Fort Bragg, North Carolina*

**Hometown:**

*Rancho, California*

**School(s):**

*Rancho Cucamonga High, California; Colorado Technical University, Colorado*

**Events training for:**

*Track, Cycling, Wheelchair Rugby, Swimming, Rowing*

**Injury or Illness:**

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



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

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

Adaptive reconditioning has given Duncan the opportunity to be back on a team. “Adaptive reconditioning has been instrumental in both my military career and my personal overall well-being,” said Duncan.

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

“Representing the United States at the Invictus Games symbolizes just what it means to be an American soldier; resilient and steadfast,” said Duncan. “It is also a chance to show fellow service members that are recovering from their sacrifices for freedom that they will not be forgotten and that they too can do the unthinkable.”

