

SGT Ryan McIntosh (Active)



"Any able-bodied sport I used to play, I still play."

Current Location:

San Antonio, Texas

**Current Unit:**

World Class Athlete Program (WCAP)

Warrior Transition Unit:

Warrior Transition Battalion, Fort Sam Houston, Texas

Hometown:

Rifle, Colorado

School(s):

Rifle High School, Colorado

Events training for:

Track, Field, Wheelchair Basketball, Seated Volleyball

Injury or Illness:

Right leg below-knee amputation

An avid high school athlete, McIntosh competed in track and football, even playing at the semi-professional level. Today, as a right-leg below-the-knee amputee, McIntosh trains in swimming, track and field, sitting volleyball and wheelchair basketball. At the 2012 Warrior Games, he took gold in wheelchair basketball, silver in two track events and a bronze medal in swimming. He competed in the 2013 Warrior Games, as well, crediting adaptive reconditioning with showing him that he is "capable of doing anything regardless of injury."

McIntosh was injured in December 2010, after stepping on a pressure-plate landmine while performing a routine mission in Afghanistan. McIntosh is assigned to Army World Class Athlete Program and resides in San Antonio. He trains in track and field at Trinity University.

"I'm helping other Soldiers with their physical therapy by finding sports for them to get back into," he said. "The Soldiers are pretty positive toward me because they see I'm still serving my country, and it motivates them."

McIntosh credits his Family and friends for their encouragement in getting him back into sports. "Some people have told me that I wouldn't be able to do a lot of things, but I don't limit myself," he said. "Without adaptive sports, I would not be where I am today. Through sports, I realized that I am the same person as I was before."

