

SGT Monica Southall (Veteran)



“Adaptive reconditioning has given me the opportunity to continue to be active in a way that works with my injuries instead of against them.”

Current Location:

Henrico, Virginia

MOS/Current Occupation:

92A (Automated Logistical Specialist)

Warrior Transition Unit:

Community Based Warrior Transition Command, Virginia Beach, Virginia

Hometown:

Suffolk, Virginia

School(s):

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

Events training for:

Field, Power Lifting, Sitting Volleyball

Injury or Illness:

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



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

A few years later, Southall deployed and became injured herself. She had seen the power of adaptive reconditioning activities in the Soldiers she worked with before her deployment. “I played three sports in high school and four in college, so adaptive sports are helping me to keep going, keeping me active,” Southall says. She was an obvious fit for competition, so in 2010, the inaugural year of the Warrior Games, Southall competed and took home gold in sitting volleyball and seated shot put.

“It is an honor and a privilege to represent the United States,” she said of the Invictus Games. “Being selected shows faith in me that I can compete at a high level. I will do all that I can to make the United States proud.”



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