

2014 ARMY WARRIOR GAMES ATHLETE

NAME

John Arbino

RANK

Major

STATUS

Veteran

CURRENT OCCUPATION

Writer, Calibre Systems

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Belvoir, Virginia

FORMER UNIT

Army Special Programs Office
(Acquisition Corps)

HOMETOWN

Cincinnati, Ohio

CURRENT LOCATION

Williamsburg, Virginia

SCHOOL(S)

Turpin High School, Ohio;
University of Cincinnati, Ohio (BBA);
University of Phoenix (MBA)

INJURY OR ILLNESS

Multiple sclerosis

LOCATION AND DATE OF INJURY OR ILLNESS

2003

EVENT(S)

Shooting, Track, Field



Returning Warrior Games athlete retired Maj. **John Arbino** trained for this year's Warrior Games with a much different perspective. "Last year, I was nervous and anxious about the experience," said Arbino. "I wanted to win, but I didn't know how to respond when the pressure was on."

"This year, I know what to expect, so I'll spend more time with the new athletes to prepare them. I had some great coaches last year so I want to pay that forward," Arbino added.

When Arbino was first given a wheelchair, there was a time when he thought his involvement in competitive sports was over. Now, he focuses his energy into adapting to a new lifestyle. "The Warrior Transition Unit has provided me with the tools to succeed in my next chapter," Arbino said. "I may not be able to do the same activities I was familiar with, but through adaptive sports I found a new way to become active again."

After last year's Warrior Games, Arbino returned home and became a certified rifle coach. He says he enjoys working with new people interested in competitive shooting.

Aside from shooting, Arbino is an avid handcyclist. He cycles for Paralyzed Veterans Racing and plans to continue promoting adaptive sports through shooting and handcycling. "People see me handcycling and they're always curious," said Arbino. "I always stop and explain to them what the world of cycling is all about."

Arbino said he is looking forward to the competition and is grateful to his Family. "My Family has provided a vested interest by supporting the time I spend away from home to attend training and assessment clinics."



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