

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Charles Armstead

## RANK

Sergeant 1st Class

## STATUS

Veteran

## FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,  
Fort Sam Houston, Texas

## FORMER UNIT

Troop D 112th Cavalry Regiment,  
Fort Hood, Texas

## HOMETOWN

Needville, Texas

## CURRENT LOCATION

Killeen, Texas

## SCHOOL(S)

Needville High School, Texas

## INJURY OR ILLNESS

Right hemipelvectomy (right leg amputation), spinal cord injury from a gunshot wound

## LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2012

## EVENT(S)

Field



By his own admission, retired Sgt. 1st Class **Charles Armstead** is “real competitive.” He says this with a smile, but it is that competitive nature that has kept the Army veteran moving forward following the 2009 gunshot wound in Iraq that resulted in a spinal cord injury and the amputation of his right leg at the hip. “I spent two or three months feeling sorry for myself,” he said, “then I decided to do something.” That something was adaptive reconditioning.

Armstead was introduced to adaptive reconditioning at the Warrior Transition Battalion at Fort Sam Houston, Texas. A basketball player before he was injured, he naturally took to wheelchair basketball and handcycling. “The joy of cycling came naturally,” he said. “It wasn’t a forced effort.”

Competing in the 2013 Warrior Games was a “chance to compete for the Army,” he said. Since then, he has used his chosen sports and adaptive reconditioning to continue to grow and help his recovery, which is ongoing. “There’s still more rehabilitation in it for me. It builds confidence and shows that you can still go out there and accomplish something,” Armstead said.

He also enjoys the camaraderie with the other athletes. “I just like to compete. It’s always been in my nature. I enjoy meeting new people who are going through some of the same difficulties,” he said.

Armstead added that adaptive sports and competition “helps me stay active and gives me the chance to compete—beat up on some of the Marines and the Air Force and the Navy,” he grinned.



***“ADAPTIVE RECONDITIONING BUILDS CONFIDENCE AND SHOWS THAT YOU CAN STILL GO OUT THERE AND ACCOMPLISH SOMETHING.”***

