

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Frank Barroquero

RANK

Captain

STATUS

Veteran

MOS

11A (Infantry Officer)

FORMER WARRIOR TRANSITION UNIT

Community-Based Warrior
Transition Unit, Orlando, Florida

FORMER UNIT

48th Infantry Brigade
Combat Team, Georgia

HOMETOWN

Brick, New Jersey

CURRENT LOCATION

Gainesville, Georgia

SCHOOL(S)

Brick Memorial High School, Brick,
New Jersey; University of Georgia –
Athens

INJURY OR ILLNESS

Gunshot wound

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

EVENT(S)

Archery, Shooting



Retired Capt. **Frank Barroquero** is returning to the Warrior Games with a refined sense of focus. Like many of the athletes, Barroquero has a routine to prepare for his archery and shooting competitions. “I make a routine with the coaches and use it as a script,” he explained. “It takes the whole tension in the room out.” Barroquero has a routine card for each part of the process—one for setup, one for sighting and one for shooting.

“I love archery, the therapeutic aspects,” says Barroquero. “It’s not about strength or physical ability, it’s the mental part.” Barroquero has been training at the Georgia National Guard facilities where his old chain of command is located.

He was not always certain he would be able to participate in sports again. While on assignment in Afghanistan as an Infantry Company Commander in 2009, Barroquero was shot in the arm during a fire fight. According to doctors, Barroquero’s arm was supposed to be amputated three times. His doctor said he would never shoot again. “It is still here and I am using it to compete in Warrior Games. Archery helps prevent losing my range of motion because I keep using my arm.”

Barroquero’s loved ones have also made his recovery easier. “My Family has been incredibly supportive with all the time it takes to prepare,” he said.



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