

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Katie Kuiper

RANK

Sergeant First Class

STATUS

Active

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Sam Houston, Texas

HOMETOWN

Miami, Florida

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Excelsior College, New York

INJURY OR ILLNESS

Gunshot wound to head

EVENT(S)

Track, Field, Cycling



Sgt. 1st Class **Katie Kuiper** suffered a gunshot wound to the head that proved to be challenging for her, but through the adaptive sports program at Warrior Transition Battalion at Fort Sam Houston, Texas, she is quickly reaching her goals. Kuiper brought home two medals this summer at the 2014 U.S. Army Warrior Trials.

Finding ways to recover from injuries can be difficult, but Kuiper finds swimming to be particularly therapeutic. Although she is not competing in swimming, she participates in swim practices to “relax my head injury.” “The water is soothing, and I can’t hear anything underwater which is therapeutic.” she said.

By participating in events such as the Army Warrior Trials, she is able to learn new techniques from new coaches. “I have great support from the coaches back home, but today’s lesson was new and insightful.” she said of swimming coach Bobby Brewer after a training session at Warrior Trials. Coach Brewer taught Kuiper and other service members the art of balancing the body correctly in the water.



“PARTICIPATING IN THESE EVENTS IS INSTRUMENTAL TO MY WELL-BEING. IT BRINGS GREAT JOY TO ME AND A HUGE SMILE TO MY FACE.”

