

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Amanda Lyle

## RANK

Specialist

## STATUS

Active

## WARRIOR TRANSITION UNIT

Warrior Transition Battalion,  
Fort Campbell, Kentucky

## HOMETOWN

Paducah, Kentucky

## CURRENT LOCATION

Fort Campbell, Kentucky

## SCHOOL(S)

Paducah Tilghman High School,  
Kentucky; Kentucky Community College  
System, Kentucky

## INJURY OR ILLNESS

Traumatic brain injury (TBI),  
post traumatic seizure, broken right  
scapula and two broken vertebrae

## LOCATION AND DATE OF INJURY OR ILLNESS

Texas, 2013

## EVENT(S)

Cycling, Sitting Volleyball



There is a block of time that Spc. **Amanda Lyle** simply cannot remember. Lyle was in a car accident in November 2013 while in El Paso, Texas, that caused severe traumatic brain injury, bleeding in her brain, a broken scapula and two broken vertebrae. Her body allowed her memory to come back once it made some great strides in healing. “When my memory returned, I was able to do most regular things again, and I was ready to walk again,” said Lyle.

She credits keeping positive as a key component of her recovery. “I stayed positive because I wanted to walk again. Then I set a goal of throwing a softball again,” shared Lyle. “By the time I left the hospital, I could throw a tennis ball, not far, but I could do it.”

The Kentucky native is now well on her way to surpassing her pre-accident active lifestyle. “Before the accident, I was playing flag football on Sundays. Once my appointment schedule slowed down, I was able to get into the adaptive reconditioning program (ARP),” said Lyle. “It got me back in motion. It gave me hope. I had all these people telling me I couldn’t do things. The ARP showed me a way that I could.”

“The more involved I became, the more my confidence grew. Getting on a bike has helped build up my motivation and find hope again. I love it.” To prove it, she pedaled her way to a silver medal at the 2014 Army Warrior Trials in recumbent cycling after only riding for five months.



Lyle is excited about her first Warrior Games and is taking classes to become a physical therapist.

**“GETTING ON A BIKE HAS HELPED BUILD UP MY MOTIVATION AND FIND HOPE AGAIN.”**

