

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Andrew McCaffrey

RANK

Sergeant 1st Class

STATUS

Veteran

FORMER UNIT

6th Marine Regiment

HOMETOWN

Massapequa Park, New York

CURRENT LOCATION

Arlington, Virginia

INJURY OR ILLNESS

Below-the-elbow amputee (right)

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2002

EVENT(S)

Cycling, Track and Field

After retired Sgt. 1st Class **Andrew McCaffrey** lost part of his arm to a malfunctioning hand grenade in 2002, he decided to put everything into his recovery and rehabilitation. As a result, McCaffrey was not only wearing a prosthetic arm within four days, and attempting pushups within a month of his accident, but he was the first amputee from the conflict in Afghanistan to return to duty and continue to fight. “Exactly two years to the date after losing my hand, I was back in Afghanistan,” he said.

McCaffrey continues to fight, but these days his tour of duty is on a bicycle participating in warrior-athlete competitions. To date, he has competed in several wounded warrior events, including the 2013 Valor Games and the 2014 Army Warrior Trials, where he won a silver medal in men’s 30-kilometer cycling.



Adaptive reconditioning and rehabilitative sports have proven extremely beneficial to McCaffrey mentally, emotionally and physically. He says that sharing his experiences with Veterans who have gone through similar things is especially meaningful. “We can share our problems with each other. It’s great mentally to know that,” he said.

McCaffrey says that cycling has given him something to focus on after his military career ended, and he hopes that other wounded, ill and injured Soldiers will focus on a sport or activity that will help them heal, recover and move forward in their lives. “I’m very proud to be a member of the team and enjoy competing and watching my fellow teammates overcome adversity,” he said.

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