

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Kawaiola Nahale

## RANK

Sergeant

## STATUS

Reserve

## MOS

36B (Budget analyst)

## WARRIOR TRANSITION UNIT

Warrior Transition Battalion,  
Schofield Barracks Hawaii

## HOMETOWN

Honolulu, Hawaii

## CURRENT LOCATION

Wahiawa, Hawaii

## SCHOOL(S)

West Hawaii Explorations Academy,  
Hawaii; Honolulu Community College,  
Hawaii

## INJURY OR ILLNESS

Breast Cancer

## LOCATION AND DATE OF INJURY OR ILLNESS

2013

## EVENT(S)

Swimming



U.S. Army Reservist and native Hawaiian, Sgt. **Kawaiola Nahale** excels in the water. At the 2014 U.S. Army Warrior Trials, Nahale won gold in the women's 50-meter freestyle, 100-meter freestyle and silver in the 50-meter backstroke. She also competed in swimming in the Invictus Games in London before heading to Colorado for the Warrior Games.

In April 2013, Nahale was diagnosed with breast cancer, and adaptive reconditioning has been instrumental in getting her back in and on the water, as she also paddles canoes. A former competitive community and high school swimmer, Nahale credits adaptive reconditioning with helping her cope with the "bad days" associated with her recovery. "When I swim or paddle, I am able to focus on all the moving parts of the sport," she said. "It allows me to not think about the 'Why me?' traps that I sometimes fall into. Being able to be in the water is very healing for me."

She looks forward to testing herself against top warrior athletes from the other services. "Representing the Army is very humbling. I am very grateful to be doing so," she said.

In addition to setting her sights on medaling at the Warrior Games and continuing as a warrior athlete, Nahale would like to help other wounded Soldiers recover and reintegrate by serving as cadre at one of the Army's Warrior Transition Units. Her long-term goals include returning to active duty, becoming a drill sergeant, progressing in her career as a budget analyst and serving in the Army for 30 years.

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