

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Jennifer Pariona

## RANK

Specialist

## STATUS

Reserve (on Active Duty)

## MOS

31B (Military Police)

## FORMER UNIT

3rd Battalion, 309th Regiment,  
Liverpool, New York

## WARRIOR TRANSITION UNIT

Warrior Transition Battalion,  
Fort Belvoir, Virginia

## HOMETOWN

Union City, New Jersey

## CURRENT LOCATION

Fort Belvoir, Virginia

## INJURY OR ILLNESS

Anxiety and depression

## EVENT(S)

Shooting



"I was in a dark place, and then was introduced to the sport of shooting. Life started to get better from then on," says Spc. **Jennifer Pariona**, a Reservist assigned to the Warrior Transition Battalion at Fort Belvoir, Virginia. The sport, she says, has changed her life for the better by giving her a way to get out instead of sitting around and focusing on her injuries.

Pariona struggles with depression and anxiety, but adaptive sports have helped her "calm down and cope with my illness," she said. Her favorite sport is air rifle, an event where she excels. At the 2014 Army Warrior Trials, Pariona won a gold medal in standing air rifle and a silver medal in prone air rifle.

"My sports have helped me socially and emotionally," she said. "It has been a long journey to recovery and without sports I really do not know where I would be in the journey of healing."

Training and competing mean a lot to Pariona, who said, "It keeps me focused and keeps my mind stable." She also enjoys cycling and sitting volleyball.

Pariona trains hard for her competitions and has a great team encouraging her. "My coaches, who are Air Force retirees, have supported me during my training. They've trained and motivated me," she said.



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