

# 2014 ARMY WARRIOR GAMES ATHLETE

## NAME

Monica Southall

## RANK

Sergeant

## STATUS

Veteran

## MOS

92A (Automated Logistical Specialist)

## CURRENT OCCUPATION

Training in adaptive sports

## FORMER WARRIOR TRANSITION UNIT

Community-Based Warrior Transition Unit,  
Virginia Beach, Virginia

## FORMER UNIT

189th Engineer Company

## HOMETOWN

Suffolk, Virginia

## CURRENT LOCATION

Henrico, Virginia

## SCHOOL(S)

Nansemond River High School, Virginia;  
Virginia State University, Virginia;  
University of Phoenix

## INJURY OR ILLNESS

Bilateral shoulder rotator cuff/labrum  
injury, right knee ACL/meniscus injury,  
lower lumbar spinal stenosis

## LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

## EVENT(S)

Field, Sitting Volleyball



**Monica Southall** was a civilian trainer in 2005 at Walter Reed National Military Medical Center when she took five soldiers to San Diego to participate in a Paralympic camp—her first experience with adaptive sports. Upon returning to Walter Reed, Southall began a sitting volleyball program for wounded, ill and injured Soldiers recovering there.

A few years later, Southall deployed and became injured herself. She had seen the power of adaptive reconditioning activities in the Soldiers she worked with before her deployment. “I played three sports in high school and four in college, so adaptive sports are helping me to keep going, keeping me active,” Southall says.

Southall was an obvious fit for competition, so in 2010, the inaugural year of the Warrior Games, she competed and won the gold in sitting volleyball and seated shot put. She continued to take home medals each following year and looks forward to another chance to earn a few more this year in Colorado Springs.

Southall credits her Family and friends with supporting her through her recovery. “They were always there for me to give me encouragement and support when I was dealing with a lot of pain, didn’t want to be bothered or felt like giving up.”



***“ADAPTIVE RECONDITIONING ALLOWED  
ME TO TAP INTO MY COMPETITIVE  
NATURE, WHICH HELPED MY RECOVERY,  
PHYSICALLY AND MENTALLY.”***