

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Ben Trescott

RANK

Sergeant First Class

STATUS

Veteran

CURRENT OCCUPATION

Retired

WARRIOR TRANSITION UNIT

Fort Jackson, South Carolina

HOMETOWN

Dover, Delaware

CURRENT LOCATION

Clarksville, Tennessee

SCHOOL(S)

Richwood High School;
Troy State College, Alabama

INJURY OR ILLNESS

Skeletal and muscular wounds,
traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2006

EVENT(S)

Shooting, Archery



Veteran and Purple Heart recipient **Ben Trescott** joined the Army right out of high school and recently retired after a 23-year career. While deployed in support of Operation Iraqi Freedom, Trescott sustained injuries to his back, shoulder and neck. Since then, he has undergone a number of surgeries and aggressive therapy.

Before his injury, Trescott had been shooting most of his life, growing up on more than 200 acres of farmland. He began archery a few years ago during his recovery when the Challenged Athlete's Foundation, a Warrior Transition Command Community Support Network organization, introduced him to an archery shop in South Carolina who sponsored Trescott with brand new, state of the art equipment. "I go to the furthest point I can in competition just to thank them for what they have given me," said Trescott.

He practices archery weekly with a friend back home. Shooting, however, is more difficult to keep up with. "The biggest hurdle with rifle and pistol practice is getting the compressed air," he explained. Trescott trains instead with a regular rifle.

This will be his third trip to Colorado Springs representing the Army, and he looks to add to his medal collection. Training for the Warrior Games helps Trescott find purpose, motivation and direction, and builds his concentration and focus.

