

2015 ARMY WARRIOR GAMES ATHLETE

NAME

Patrick Timmins

RANK

Sergeant

STATUS

Active

MOS

11B (Infantryman)

HOMETOWN

Columbiana, Alabama

CURRENT LOCATION

Colorado Springs, Colorado

SCHOOL(S)

Not specified

INJURY OR ILLNESS

Not specified

LOCATION AND DATE OF INJURY OR ILLNESS

Not specified

EVENT(S)

Track, Field, Sitting Volleyball



Sgt. Patrick Timmins' short term goals are to attend the DoD Warrior Games in Virginia and compete for the Army. His long term goal is to transition out of the military with a job and life plan that is conducive to a quiet peaceful life of continued recovery. Sgt. Timmins credits the adaptive reconditioning process introduced to him at a Warrior Transition Battalion with helping

him realize "I'm not done. I have more in me than I ever imagined. Sports like seated volleyball and wheelchair basketball have gotten me to meet new people and socialize. By competing for the Army in the Warrior Games, I am able to show my family, myself, and every other service member that just because you aren't as healthy or as able bodied as you once were, it doesn't mean life is over," said Timmins

Sgt. Timmins credits his teammates and his adaptive sports coordinator Becky Richardson with helping reinvigorate his life. "It has shown me that I'm a lot more than a broken soldier, I'm a warrior and competitor." He suggests that all Soldiers, wounded and able bodied participate in these sort of events.

