



WOUNDED WARRIOR



Team Navy

2019 DoD Warrior Games

June 21-30, 2019 | Tampa, FL

Team Navy Rosters



MISSION STATEMENT:

Navy Wounded Warrior is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. Through proactive leadership, the program provides individually-tailored assistance designed to optimize the success of the Wounded Warriors' recovery, rehabilitation and reintegration activities.





MESSAGE:

Navy Wounded Warrior wishes Team Navy the best of luck at the DoD 2019 Warrior Games! Your fighting spirit and determination to overcome challenges continues to inspire the Navy community, the nation and all of us here at Navy Wounded Warrior.

To the families and caregivers: Your support of the Sailors and Coast Guardsmen is immeasurable. Thank you for all you do! We know how vital you are to the recovery and rehabilitation process – none of us could do this without you!

1-855-628-9997 (24/7)
navywoundedwarrior@navy.mil
www.navywoundedwarrior.com



SAMUEL ACHEAMPONG

Hospital Corpsman 3rd Class

ROOKIE



Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Golf, Field

Something from my military career that I am proud of:

N/A

What I would tell someone going through a difficult challenge:

All shall end.

Personal Quote:

“Perfection is boring.”

Warfare Devices:

N/A

Highest Military Award:

Navy Good Conduct Medal

Hometown:

Dallas, TX

Current Residence:

Oceanside, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

ZACHARY CABLE

Hospital Corpsman 2nd Class

ROOKIE



Warfare Devices:

Fleet Marine Force

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Orlando, FL

Current Residence:

Orlando, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Archery, Golf, Wheelchair Tennis

Something from my military career that I am proud of:

Earning my FMF pin and my time with 1st BN 2D Marines. Every obstacle came up during my time greenside, and I still achieved my goals during my time.

What I would tell someone going through a difficult challenge:

Nothing can stop you from achieving greatness unless you let it. Embrace the suck, then improvise, adapt and overcome.

Personal Quote:

"In the midst of chaos, there is also opportunity."

JAI CHEON

Aviation Electronics Technician 2nd Class

ROOKIE



Warfare Devices:

Aviation Warfare / Surface Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Seoul, South Korea

Current Residence:

San Jose, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Shooting, Archery, Rowing,
Cycling, Track

Something from my military career that I am proud of:

Teaching young Marines and Sailors
to ask questions and instilling the
idea that they can make a difference
during Yellow Belt Training while in
the AIRSpeed office.

What I would tell someone going through a difficult challenge:

It gets better.

Personal Quote:

“Just be the best you.”

DANIEL CLARKE

Navy Diver 2nd Class

ROOKIE



Warfare Devices:

Surface Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Tucson, AZ

Current Residence:

Wahiawa, HI

Commander, Navy Installations

Command Region:

Navy Region Hawaii

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Cycling, Swimming, Shooting,
Archery, Powerlifting

Something from my military career that I am proud of:

Becoming a Navy diver, two
deployments, and two Chief of Naval
Operations directed missions.

What I would tell someone going through a difficult challenge:

Find the people who have gone
through something similar as you and
learn from them as early as you can.

Personal Quote:

“You haven’t failed until you’ve
given up.”

JOSHUA COOKE

Interior Communications Electrician 3rd Class

ROOKIE



Warfare Devices:

Surface Warfare

Highest Military Award:

N/A

Hometown:

Fredericksburg, VA

Current Residence:

Honolulu, HI

Commander, Navy Installations

Command Region:

Navy Region Hawaii

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Wheelchair Basketball, Sitting Volleyball, Swimming, Wheelchair Rugby, Golf and Field

Something from my military career that I am proud of:

Enlisting in general. A lot of people don't understand all that comes along with signing up and putting your country first, everything else second. I will always be proud of serving my country.

What I would tell someone going through a difficult challenge:

That things happen for a reason, even if you don't understand why. So take every day as a blessing, do all you can, and know the big man upstairs gives his toughest challenges to his strongest people!

Personal Quote:

"You can't control anything in life but yourself and how you react to things. So be you, stay positive, stay strong, and live your life."

AUSTIN COOPER

Retired Aviation Electrician's Mate 3rd Class

ROOKIE



Warfare Devices:

Aviation Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Douglas, WY

Current Residence:

Argyle, TX

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Track, Cycling, Swimming,
Shooting

Something from my military career that I am proud of:

Positively impacting others for the
better.

What I would tell someone going through a difficult challenge:

It doesn't make sense right now. At
the end you're going to appreciate
where it's brought you and how it's
made you stronger.

Personal Quote:

"Dream as if you'll live forever; live
as if you'll die today. Die living."

JACOB COX

Coast Guard Maritime
Enforcement Specialist 2nd Class

ROOKIE



Warfare Devices:

N/A

Highest Military Award:

Coast Guard Achievement Medal

Hometown:

Columbia, SC

Current Residence:

Columbia, SC

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Powerlifting, Archery, Cycling,
Track, Field

Something from my military career that I am proud of:

I spent the majority of my military career in DSF (Deployable Specialized Forces).

What I would tell someone going through a difficult challenge:

Never give up! You'll surprise yourself with how much you can handle and the things you can achieve, despite your circumstances.

Personal Quote:

"When you want to succeed as bad as you want to breathe, then you will be successful."

~ Eric Thomas

KYLE COZAD

Rear Admiral

ROOKIE



Warfare Devices:

Aviator Wings

Highest Military Award:

Defense Superior Service Medal

Hometown:

Las Vegas, NV

Current Residence:

Pensacola, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Field, Cycling, Rowing, Wheelchair Tennis

Something from my military career that I am proud of:

In less than one year, I've gone from emergency reconstructive back surgery and being told I'd never get out of a wheelchair, to back full time, commanding the Navy's largest shore command.

What I would tell someone going through a difficult challenge:

There is ALWAYS someone who has it worse than you do. Regardless of where you find yourself, maintain a positive attitude - stay grounded in your faith - and use your "new normal" to make a difference in the lives of others.

Personal Quote:

"Don't let ANYONE convince you that you can't do something. Instead, SHOW them what you CAN do!"

~ Eric Thomas

STEVEN DAVIS

Retired Seaman



Warfare Devices:

N/A

Highest Military Award:

N/A

Hometown:

Hayward, CA

Current Residence:

Salida, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: 2014, 2017

Invictus Games: 2014, 2016

2019 Warrior Games Events:

Wheelchair Basketball, Wheelchair Rugby, Sitting Volleyball

Something from my military career that I am proud of:

Being a part of the HSC-8 EightBallers Squadron

What I would tell someone going through a difficult challenge:

Sometimes you don't always see the light when you are surrounded by the darkness. I've been there, drowning, searching for a light. But I am telling you. When you least expect it, someone or something will help you find that light. Before you know it, you can illuminate your darkness and be that light for someone else. I want to be that light for you! Reach out, a lot more people care than you can imagine.

Personal Quote:

"No matter what life throws at you, adapt and overcome."

ANTHONY DIELI

Aviation Electrician's Mate 3rd Class



Warfare Devices:

N/A

Highest Military Award:

N/A

Hometown:

San Diego, CA

Current Residence:

San Diego, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: 2018

Invictus Games: NA

2019 Warrior Games Events:

Swimming, Rowing, Track

Something from my military career that I am proud of:

Serving my country.

What I would tell someone going through a difficult challenge:

Never stop, keep going, don't let anything stop you.

Personal Quote:

"Nothing is impossible."

JUDE DZIADOWICZ

Retired Aviation Electronics Technician 3rd Class



Warfare Devices:

N/A

Highest Military Award:

N/A

Hometown:

Hobart, IN

Current Residence:

Norfolk, VA

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

2019 Warrior Games Events:

Powerlifting, Rowing, Field, Shooting

Something from my military career that I am proud of:

I'm most proud of the men and women I've been lucky enough to have met while in service. I struggled with a lot. When I finally got an award and when I finally made rank, every struggle seemed worth it.

What I would tell someone going through a difficult challenge:

Bad things may happen to you. That's the way the dice rolls, but you're not alone. It's your responsibility and you have the capability to seek help, to pick yourself back up, to NOT rely on drugs or alcohol, to not blame your struggle on anyone. It's YOUR responsibility in which you owe it to yourself to see a better day. Only you can find the light within the darkness in your life.

Personal Quote:

"It ain't about how hard you hit, it's about how hard you can GET hit and keep moving FORWARD. How much you can TAKE and keep moving FORWARD."

-Sylvester Stallone

JOSH ERICKSON

Retired Chief Aviation Electrician's Mate



Warfare Devices:

Aviation Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Ruidoso, NM

Current Residence:

Brownsville, OR

Commander, Navy Installations

Command Region:

Navy Region Northwest

Previous Games:

Warrior Games: 2018

Invictus Games: 2018

2019 Warrior Games Events:

Cycling, Archery, Golf

Something from my military career that I am proud of:

Watching my junior Sailors succeed in their careers.

What I would tell someone going through a difficult challenge:

Never stop believing in the greatness you can achieve.

Personal Quote:

"Rock bottom became the solid foundation on which I rebuilt my life."

FERLIN ESPINAL

Retired Chief Machinist's Mate



Warfare Devices:

Submarine Warfare Specialist

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Honolulu, HI

Current Residence:

Honolulu, HI

Commander, Navy Installations

Command Region:

Navy Region Hawaii

Previous Games:

Warrior Games: 2018

Invictus Games: 2018

2019 Warrior Games Events:

Track, Field, Rowing, Powerlifting

Something from my military career that I am proud of:

Proud to serve as second generation.

What I would tell someone going through a difficult challenge:

Sometimes people try so hard to stop being sad or negative that they actually get nowhere. It's okay to feel these things because it will make the recovery faster.

Personal Quote:

"Where there's a will, there's a way."

ANGELA EVERETT

Chief Quartermaster

ROOKIE



Warfare Devices:

Surface Warfare / Aviation Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Brooklyn, NY

Current Residence:

San Diego, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Powerlifting, Track, Field, Rowing,
Cycling

Something from my military career that I am proud of:

Volunteering in Sri Lanka for
the Willing Hearts Community
Shelter feeding over 3,300 people,
and Bahrain Cultural Mentorship
Program, earning two Military
Outstanding Service Volunteer
Medals.

What I would tell someone going through a difficult challenge:

The most important person in
this world is you. Everyone has
a personal journey to share with
someone, and you will learn
something important in the process.

Personal Quote:

“Trust the process, it’s too easy to
quit, so keep pressing forward and
finish.”



AARON FERGUSON

Hospital Corpsman 1st Class

ROOKIE



Warfare Devices:

Surface Warfare

Highest Military Award:

Purple Heart with Gold Star

Hometown:

Mansfield, OH

Current Residence:

Richlands, NC

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Archery, Shooting, Golf

Something from my military career that I am proud of:

That I have served honorably for 20 years.

What I would tell someone going through a difficult challenge:

Look for people who can help you that have been through some of the same things.

Personal Quote:

"Live life."

RUTH FREEMAN

Information Systems Technician 1st Class

ROOKIE



Warfare Devices:

Information Warfare Specialist

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Durham, NC

Current Residence:

Virginia Beach, VA

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Sitting Volleyball, Cycling, Shooting,
Track

Something from my military career that I am proud of:

Being able to be a part of Operation Tomodachi to assist Japan following the earthquake and tsunami on March 11, 2011.

What I would tell someone going through a difficult challenge:

Take it one day at a time, never lose hope, and always have faith. These are 3 things that I keep reminding myself, especially on tough days. Never, ever give up, no matter how rough it gets.

Personal Quote:

"Character can't be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

-Helen Keller

ROBERT FRY

Commander



Warfare Devices:

Aviation Warfare / Naval Aircrew
Warfare / Professional Aviation
Maintenance Officer

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

New Smyrna Beach, FL

Current Residence:

Crestview, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Rowing, Archery, Cycling, Track

Something from my military career that I am proud of:

Becoming an LDO and becoming
a military dad to a child in each
Service.

What I would tell someone going through a difficult challenge:

Stay the course, Shipmate!

Personal Quote:

“Get busy living or get busy dying.”

GABRIEL GEORGE

Retired Hospital Corpsman

ROOKIE



Warfare Devices:

N/A

Highest Military Award:

Joint Service Achievement Medal

Hometown:

Houston, TX

Current Residence:

Jacksonville, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Archery, Swimming, Sitting Volleyball

Something from my military career that I am proud of:

The relationships that I've made while serving with some amazing people.

What I would tell someone going through a difficult challenge:

Keep moving forward!

Personal Quote:

"Hakuna Matata."



EMMANUEL GONZALEZ

Hospital Corpsman 2nd Class



Warfare Devices:

Fleet Marine Force / Surface Warfare

Highest Military Award:

Purple Heart

Hometown:

Rialto, CA

Current Residence:

Rialto, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: 2017, 2018

Invictus Games: 2018

2019 Warrior Games Events:

Archery, Rowing, Wheelchair Rugby, Field

Something from my military career that I am proud of:

It's hard to choose one thing specifically, but one of the most amazing and proudest moments in my career was being able to represent my country, my branch of service and my fellow warriors at the 2018 Invictus Games.

What I would tell someone going through a difficult challenge:

Remember your end goal. When you want to give up or you need a little motivation, remember why you started on the path that you're on. Don't look back.

Personal Quote:

"Your scars tell a story. Share your story."

LAUREN GONZALES

Logistics Specialist 2nd Class

ROOKIE



Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Rowing, Swimming, Track, Shooting

Something from my military career that I am proud of:

N/A

What I would tell someone going through a difficult challenge:

You're stronger than you know.

Personal Quote:

"Life is beautiful."

Warfare Devices:

Aviation Warfare

Highest Military Award:

N/A

Hometown:

Bautista, CA

Current Residence:

Virginia Beach, VA

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

DAKOTA HOLLINGSWORTH

Aviation Boatswain's Mate 3rd Class



Warfare Devices:

Aviation Warfare

Highest Military Award:

N/A

Hometown:

Gladstone, OR

Current Residence:

Portsmouth, VA

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Swimming, Field, Shooting, Archery,
Sitting Volleyball, Wheelchair Rugby

Something from my military career that I am proud of:

Deploying

What I would tell someone going through a difficult challenge:

Mindset is everything.

Personal Quote:

"Only those who will risk going too
far can possibly find out how far one
can go."

-T. S. Eliot



RAINA HOCKENBERRY

Master Chief Personnel Specialist



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Cycling, Swimming, Field

Something from my military career that I am proud of:

Returning to a full operational duty on-board a ship after my injury.

What I would tell someone going through a difficult challenge:

Continue to reach out.

Personal Quote:

“One Day or Day One. You decide.”

Warfare Devices:

Surface Warfare / Aviation Warfare

Highest Military Award:

Bronze Star

Hometown:

Honolulu, HI

Current Residence:

Honolulu, HI

Commander, Navy Installations

Command Region:

Navy Region Hawaii

MARIO INGRAM

Culinary Specialist 2nd Class



Warfare Devices:

Surface Warfare

Highest Military Award:

Navy and Marine Corps
Achievement Medal

Hometown:

Aliceville, AL

Current Residence:

Jacksonville, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: 2017, 2018

Invictus Games: N/A

2019 Warrior Games Events:

Wheelchair Tennis, Wheelchair
Rugby, Wheelchair Basketball,
Sitting Volleyball

Something from my military career that I am proud of:

I won't say that it's something that I'm proud of, but it's kind of been my gift and curse: I would say my illness because it's made me more grateful.

What I would tell someone going through a difficult challenge:

Stay positive, hang in there and take it one day at a time. Even though it seems like it's rough right now and the game of life gave you a bad hand, never quit.

Personal Quote:

"The greatest pleasure in life is doing what people say you can't."

DARIUS JONES

Logistics Specialist 2nd Class

ROOKIE



Warfare Devices:

Surface Warfare / Seabees Combat Warfare

Highest Military Award:

Navy and Marine Corps Achievement Medal

Hometown:

Memphis, TN

Current Residence:

San Diego, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Wheelchair Basketball, Cycling, Field

Something from my military career that I am proud of:

Taking challenging jobs above my pay grade and learning under great mentors.

What I would tell someone going through a difficult challenge:

We all have different paths and wonder why things happen to us. Just adapt and keep pressing. People are inspired and looking up to you. Believe it or not.

Personal Quote:

"They say faith without works is dead, so when you start praying harder than you're working that's when you start losing."

JOSHUA LABAN

Utilitiesman 2nd Class



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Sitting Volleyball, Wheelchair Basketball, Wheelchair Rugby, Wheelchair Tennis, Field

Something from my military career that I am proud of:

I am proud of being a Navy Seabee. I'm able to use all the things I've learned in the Seabees, in the civilian world now.

What I would tell someone going through a difficult challenge:

Never Give Up! Always ask for help when in need. Start networking, get to know people. They might have the answer for your questions and they will help you.

Personal Quote:

I like the Seabees quote: "We Build. We Fight."

Warfare Devices:

N/A

Highest Military Award:

Combat Action Ribbon

Hometown:

Malifa, Samoa

Current Residence:

Menifee, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

DANIEL LEE

Retired Coast Guard Lieutenant



Warfare Devices:

N/A

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

Pago Pago, American Samoa

Current Residence:

Palm Harbor, FL

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: 2018

Invictus Games: 2018

2019 Warrior Games Events:

Sitting Volleyball, Cycling,
Track, Wheelchair Basketball

Something from my military career that I am proud of:

Tsunami response. Helping
those who were in need.

What I would tell someone going through a difficult challenge:

Never give up, there's hope.

Personal Quote:

"Therefore I endure all things for
the elect's sakes, that they may also
obtain the salvation which is in
Christ Jesus with eternal glory."

- 2 Timothy 2:10

BILL LONGWORTH

Retired Senior Chief Electronics Technician



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Shooting, Archery, Wheelchair Tennis, Wheelchair Basketball

Something from my military career that I am proud of:

Qualifying in submarines and receiving the warfare device that my dad was presented in 1968.

What I would tell someone going through a difficult challenge:

Reach out for help. There is always someone who can help you.

Personal Quote:

“Attitude is everything!”

Warfare Devices:

Submarine Warfare

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

Auberry, CA

Current Residence:

Poulsbo, WA

Commander, Navy Installations

Command Region:

Navy Region Northwest

SAMMY PALOMO

Chief Information Technician

ROOKIE



Warfare Devices:

Expeditionary Warfare

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

East Los Angeles, CA

Current Residence:

San Diego, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Cycling, Track, Field

Something from my military career that I am proud of:

Being a chief and command fitness
leader.

What I would tell someone going through a difficult challenge:

Stay focused and never lose sight of
your goals and accomplishments.

Personal Quote:

"There is no timestamp on trauma.
There isn't a formula that you can
insert yourself into to get from horror
to healed. Be patient. Take up space.
Let your journey be the balm."

- Dawn Serra

AUSTIN PARKER

Retired Aviation Mechanist's Mate 1st Class



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Cycling, Field, Track, Swimming,
Shooting

Something from my military career that I am proud of:

I'm just proud to have been able to
serve my country and do my part for
this great country we live in.

What I would tell someone going through a difficult challenge:

Just keep pushing, it gets better.

Personal Quote:

"Hell yeah. Let's ride."

Warfare Devices:

Aviation Warfare / Surface Warfare

Highest Military Award:

Navy and Marine Corps Achievement
Award (4th Star)

Hometown:

Hanford, CA

Current Residence:

Hanford, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

MATTHEW PARKER

Engineman 1st Class



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Wheelchair Rugby, Wheelchair Tennis, Wheelchair Basketball, Sitting Volleyball

Something from my military career that I am proud of:

The lifelong friendships I have made over the years. There are no friends like the ones you make in the military.

What I would tell someone going through a difficult challenge:

God only gives you what you can handle. He knows you can handle this and more. So trust in him.

Personal Quote:

“Get out and live life. Don’t wait for a tomorrow that may never come. Start today while you have a today. Don’t just talk about it, be about it.”

Warfare Devices:

Expeditionary Warfare /Surface Warfare

Highest Military Award:

Navy and Marine Corps Commendation Medal

Hometown:

Rockville, IN

Current Residence:

Hampton, VA

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

JOSEPH PATERNITI

Senior Chief Hospital Corpsman



Previous Games:

Warrior Games: 2018

Invictus Games: N/A

2019 Warrior Games Events:

Powerlifting, Rowing,
Track, Field, Cycling

Something from my military career that I am proud of:

I'm proud of the success of those I've coached, mentored and led along the way. And I'm proud to have served alongside some amazing people.

What I would tell someone going through a difficult challenge:

No matter how bad it is or how impossible things seem, you are not alone, and this too shall pass. There are people all around you who love you and will help you and not judge you for asking for help.

Personal Quote:

"As a team, we are family here. No one can get between us. And no one can stop us."

Warfare Devices:

Fleet Marine Force

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

Bothell, WA

Current Residence:

Everett, WA

Commander, Navy Installations

Command Region:

Navy Region Northwest

TODD PRATHER

Aircrewman 1st Class

ROOKIE



Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Swimming, Cycling, Shooting, Rowing

Something from my military career that I am proud of:

I was one of the first enlisted members to transition from the P-3C to the P-8A. During this time I got to assist in writing the publications that set the standards for the fleet.

What I would tell someone going through a difficult challenge:

You are stronger than you can ever imagine. The human body is amazing at adapting and overcoming adversity.

Personal Quote:

“Pain is weakness leaving the body.”

Warfare Devices:

Naval Aircrew Warfare / Aviation Warfare

Highest Military Award:

Meritorious Unit Commendation

Hometown:

Hopedale, IL

Current Residence:

Oak Harbor, WA

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

JAY ROBERTS

Retired Lieutenant



Warfare Devices:

Surface Warfare

Highest Military Award:

Joint Achievement Award

Hometown:

Auburn, NY

Current Residence:

Auburn, NY

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: 2017

Invictus Games: 2018

2019 Warrior Games Events:

Track, Field, Swimming, Powerlifting, Wheelchair Rugby

Something from my military career that I am proud of:

For not accepting my injury to end progress in my career, and volunteering to work in different communities throughout my recovery. Doing so allowed me to end my military career at a joint operation with the DPAA, where I was an active participant in the organization of the August 2018 Korean War Honorable Carry Ceremony.

What I would tell someone going through a difficult challenge:

We are in control of our actions and reactions to life's challenges, nothing else. Acceptance of this will lessen the weight of difficult challenges, and upon conquering them bring solace. Know that you are not alone, someone has walked this path before, and you will be stronger afterward.

Personal Quote:

"Sapere Aude."

DARYL SCHAFFER

Coast Guard Captain

ROOKIE



Warfare Devices:

N/A

Highest Military Award:

Meritorious Service Medal

Hometown:

Willmar, MN

Current Residence:

Bolling AFB, DC

Commander, Navy Installations

Command Region:

Naval District Washington

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Track, Cycling, Swimming,

Sitting Volleyball

Something from my military career that I am proud of:

I had many opportunities that I never dreamed of: training recruits; making and coordinating rescues; and managing all military personnel at a presidential inauguration. But the moments I cherished most were presenting the American flag to the family of a fallen fellow USCG member at Arlington Cemetery and receiving the American flag at the funeral of my father.

What I would tell someone going through a difficult challenge:

I cannot tell you how you should feel. I could tell you what I would do, but I would rather hear what you can tell me about your situation.

Personal Quote:

“Live your ‘dash’ to the fullest.”

TYSON SCHMIDT

Retired Cryptologic Technician 1st Class



Warfare Devices:

Information Warfare / Surface Warfare

Highest Military Award:

Joint Service Commendation Medal

Hometown:

San Antonio, TX

Current Residence:

Universal City, TX

Commander, Navy Installations

Command Region:

Navy Region Southeast

Previous Games:

Warrior Games: 2018

Invictus Games: 2018

2019 Warrior Games Events:

Golf, Field, Powerlifting, Sitting Volleyball, Wheelchair Rugby

Something from my military career that I am proud of:

Being able to serve my country.

What I would tell someone going through a difficult challenge:

Focus on the things you can control. Everything else is white noise and window dressing.

Personal Quote:

"The two most important days in your life are the day you are born and the day you find out why."

ELIZABETH SMITH

Aviation Maintenance Administrationman

ROOKIE



Warfare Devices:

N/A

Highest Military Award:

Joint Service Commendation Medal

Hometown:

Aurora, CO

Current Residence:

Aurora, CO

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Swimming, Shooting, Field

Something from my military career that I am proud of:

Being able to have spent time volunteering with local communities strengthening the relationship between military personnel and civilians.

What I would tell someone going through a difficult challenge:

You know yourself the best. Don't let the people outside make you feel like you are doing wrong.

Personal Quote:

"It's not a disability: it's a chance to see the world in a new light."

ESTHER STEVENSON

Air Traffic Controlman 2nd Class

ROOKIE



Warfare Devices:

Aviation Warfare /
Surface Warfare

Highest Military Award:

N/A

Hometown:

Oak Harbor, WA

Current Residence:

San Diego, CA

Commander, Navy Installations

Command Region:

Navy Region Southwest

Previous Games: :

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Cycling, Field, Shooting, Swimming,
Track

Something from my military career that I am proud of:

I'm proud of being the first female in my family to enlist on active duty in the Navy, and while serving at my first duty station I was nominated as Junior Sailor of the Quarter and Junior Sailor of the Year.

What I would tell someone going through a difficult challenge:

I would remind them that this time right now is all about perspective. Sometimes when we change our perspective, it can change the outcome. Reframing the situation or your feelings can have a major impact on your overall health and well-being.

Compassion Statement:

"I'm having a moment of suffering, and suffering is a normal part of life, may I be kind to myself and forgive myself."

Personal Quote:

"There is no such thing as a DISability only your ABILITY to overcome your disability (adapt and overcome)!"

ROMULO URTULA

Hospital Corpsman 1st Class



Warfare Devices:

Fleet Marine Force

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

Mountlake Terrace, WA

Current Residence:

Havelock, NC

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: 2017

Invictus Games: N/A

2019 Warrior Games Events:

Archery, Swimming, Sitting
Volleyball, Wheelchair Basketball,
Wheelchair Rugby, Field

Something from my military career that I am proud of:

I am grateful for all the deployments and individuals I have served with, past and present, active and veterans. I am also grateful and proud to have enrolled in Navy Wounded Warrior, as I have met wonderful individuals who have helped and inspired me to get better, and that I am not alone.

What I would tell someone going through a difficult challenge:

Don't keep it to yourself. There are different avenues to approach a problem. Ask for help! You're not alone.

Personal Quote:

"Empower, inspire, and appreciate anyone who is trying to get better."

CARLOS VALERIO

Hospital Corpsman 1st Class



Warfare Devices:

N/A

Highest Military Award:

Navy and Marine Corps
Commendation Medal

Hometown:

El Paso, TX

Current Residence:

Emmitsburg, MD

Commander, Navy Installations

Command Region:

Naval District Washington

Previous Games:

Warrior Games: 2017, 2018

Invictus Games: 2018

2019 Warrior Games Events:

Shooting, Sitting Volleyball,
Wheelchair Basketball, Wheelchair
Rugby, Cycling, Track

Something from my military career that I am proud of:

I am proud of being a corpsman, the
best rating in the Navy. Best job I
ever had!

What I would tell someone going through a difficult challenge:

We are all blessed. Keep pushing and
reach for your victory.

Personal Quote:

"Through God, everything is
possible."

AARON WHITE

Gas Turbine Systems Technician 2nd Class

ROOKIE



Warfare Devices:

Surface Warfare

Highest Military Award:

N/A

Hometown:

Oklahoma City, OK

Current Residence:

Detroit, MI

Commander, Navy Installations

Command Region:

Navy Region Mid-Atlantic

Previous Games:

Warrior Games: Rookie Year

Invictus Games: N/A

2019 Warrior Games Events:

Track, Rowing, Swimming, Field

Something from my military career that I am proud of:

Making it home.

What I would tell someone going through a difficult challenge:

Listen, it sucks. Acknowledge that. No use in lying to yourself about it. Then embrace that fact. Joyously embrace the pain. Everything ends eventually.

Personal Quote:

“Bad decisions make good stories.”



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Wounded Warriors

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