2016 Army Trials

The 2016 Army Trials are March 6-10 at Fort Bliss, Texas. Army Trials is a series of adaptive sporting events for wounded, ill and injured Soldiers and Veterans and helps determine which athletes will compete on Team Army during the 2016 Department of Defense (DoD) Warrior Games at the United States Military Academy in June.

Army Trials showcase the resilient spirit of wounded, ill and injured Soldiers and Veterans. Participants include athletes with spinal cord injuries, traumatic brain injuries (TBI), mental health issues, visual impairments, serious illnesses and amputations.

More than 100 wounded, ill and injured Soldiers and Veterans from across the country will travel to Fort Bliss to train and compete in archery, cycling, shooting, sitting volleyball, swimming, track and field and wheelchair basketball.

Athletes begin their path to the Army Trials with unit level competitions and proceed to Army Regional Trials. They advance from Regional Trials to the Army Trials where they work with expert coaches, sports trainers, and nutritionists to prepare for the competitions. This rigorous adaptive reconditioning training enhances the recovery of individual Soldiers, regardless of whether they ultimately qualify for the DoD Warrior Games.

Athletes possessing professionalism, team spirit and the best qualifying times and/or scores are selected to compete on Team Army in the DoD Warrior Games.

Sgt. 1st Class Mike Smith continues to exemplify resilience with his mission to constantly pursue challenging goals. During his second appearance at the Department of Defense Warrior Games 2015, Smith walked away with five bronze medals in various track and field events.

In 2011 Smith was injured in a hit and run motorcycle accident that left him an above the elbow amputee. He became the first above the elbow right arm amputee to receive a fit for duty status to continue serving on active duty.

"Everything is an accomplishment at this point. I've created a whole new set of goals for myself," said Smith. He credits his quest to set new goals to his participation in Adaptive Reconditioning activities and his dedication to constantly push the bar even higher.

Adaptive Reconditioning sports are key to helping wounded, ill and injured Soldiers recover physically, mentally and emotionally. Smith has a list of upcoming personal goals consisting of an Iron Man Competition, a 2016 triathlon and participation in the 2018 Winter Olympic Games. Smith hopes to become a member of the United States bobsled team.

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Adaptive Reconditioning

Adaptive Reconditioning encompasses all activities and sports that contribute to the optimization of physical, cognitive and emotional well-being.

Activities such as competitive sports, outdoor activities and arts and cultural programs support personalized goals across six domains: physical, career, social, spiritual, emotional, and Family. Adaptive Reconditioning activities can also contribute to the development of different skills. Two of the domains, physical and emotional, are nourished by the camaraderie, training and competition of Army Trials.

The Army's Adaptive Reconditioning Program provides prospective athletes with training plans, enhanced skills and intermittent evaluations. The program insures that the activities Soldiers participate in contribute to the Soldier returning to the force or successfully transitioning to Veteran status.

How to Compete

Army Trials are open to Soldiers in WTUs, Soldiers who were in WTUs and returned to active duty and WTU Soldiers who transitioned to Veteran status.

For information about competing contact the WTC Adaptive Reconditioning Office at this email address: usarmy.pentagon.medcom-wtc.mbx.adaptive-reconditioning@mail.mil

For the latest WTC updates and news, follow the WTC social media pages at the following links:

www.Facebook.com/ArmyWTC
www.Twitter.com/ArmyWTC
www.YouTube.com/WarriorCareCom

Benefits of Participating in Adaptive Reconditioning Program Activities and Sports

- Decreased stress
- Increased self-confidence
- Reduced dependency on pain and depression medications
- Increased mobility
- May reduce secondary medical conditions such as diabetes, obesity, or hypertension as a result of physical activity
- May increase lean muscle mass
- May decrease body weight and fat
- Higher achievement in education and employment
- Promotes relationships with other Soldiers and service members
- Promotes new life skills that contribute to successful transitions