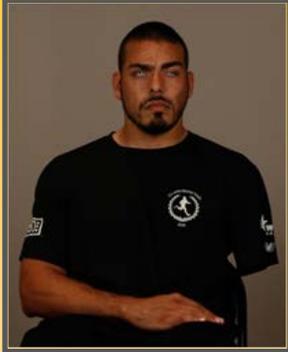


SSG Michael Kacer (Veteran)



"Adaptive reconditioning helped me find and define myself physically, mentally, emotionally and spiritually."

Current Location:

Yonkers, New York

MOS/Current Occupation:

11B (Infantry)

Warrior Transition Unit:

Walter Reed National Military Medical Center, Maryland

Hometown:

Throop, Pennsylvania

School(s):

Carbondale Area Jr./Sr. High School, Pennsylvania

Events training for:

Track, Field, Swimming

Injury or Illness:

Left above elbow amputee, traumatic brain injury (TBI)



"We got injured having a bad day; that's how we got here," said retired Staff Sgt. Michael Kacer. "It's about moving on and progressing and not letting anything stop you."

Kacer is hard to miss. He is the athlete wearing black and orange contact lenses, his homage to his favorite Pittsburgh sports teams.

He cannot explain where this love of sports and competitive nature originated, and nothing stops his drive—not even severe injuries sustained in a rocket attack in Afghanistan that resulted in the loss of his left arm. He represents the U.S. team in London at the Invictus Games, training for the track, field and swimming events.

Throughout his recovery, Kacer channeled his drive into sports and used adaptive reconditioning activities as an outlet. Athletics "improve self-esteem and foster self-improvements," he said. He credits adaptive reconditioning activities with "helping find and define himself physically, mentally, emotionally and spiritually."

Representing the United States in London is "the greatest honor I've had yet," said Kacer. His next goals are to compete in the Rio de Janeiro Paralympics in 2016 and to start college.

