

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Quintarious Almon

RANK

Specialist

STATUS

Reserve

CURRENT OCCUPATION

Adaptive Sports Specialist

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Fort Benning, Georgia

CURRENT UNIT

287th Transportation Company,
Anniston, Alabama

HOMETOWN

Anniston, Alabama

CURRENT LOCATION

Birmingham, Alabama

SCHOOL(S)

Saks High School, Anniston, Alabama;
Breckinridge School of Nursing at ITT
Technical Institute

INJURY OR ILLNESS

Traumatic brain injury (TBI)

LOCATION AND DATE OF INJURY OF ILLNESS

Alabama, 2010

EVENT(S)

Track



Before 2010, Spc. **Quin Almon's** dreams and goals centered on the gridiron, but a vehicle accident causing a traumatic brain injury and prompting vision and memory loss created a need for a new strategy. "I was depressed that I couldn't play football any longer," shared Almon. "Then, I was asked about running track. Now, I ran in high school, but it was still a little scary. I tried it, and loved it!"

It was a fellow Soldier at the Warrior Transition Unit at Fort Benning, Georgia, who opened up new and previously unforeseen opportunities for Almon. Since that dynamic shift, he has participated in the 2011, 2012 and 2013 Warrior Games and is looking forward to competing again in Colorado Springs this year.

"Running provides another way to still stay involved in sports and has helped me get over the depression of not playing football," said Almon. "Besides, it gives me energy to do my job and helps me with motivation and goal setting."

Right now, Almon has set goals for finishing his nursing program, which includes developing tips and resources to cope with short term memory retention. He is taking classes while helping fellow service members learn adaptive sports at a local Olympic/Paralympic facility.



***"I SEE MY DISABILITY AS AN EYE OPENER.
I'M GOING TO SEIZE THIS OPPORTUNITY
IN LIFE AND KEEP LIVING."***

