

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Sean Hook

RANK

Sergeant

STATUS

Veteran

MOS

11B (Infantry)

FORMER WARRIOR TRANSITION UNIT

West Point Warrior Transition Unit,
New York

HOMETOWN

Summerville, South Carolina

CURRENT LOCATION

Summerville, South Carolina

SCHOOL

Tyrone Area High School, Pennsylvania

INJURY OR ILLNESS

Traumatic brain injury (TBI),
shoulder injury

LOCATION AND DATE OF INJURY OR ILLNESS

Iraq, 2009

EVENT(S)

Field, Sitting Volleyball, Archery



The year 2014 has been a year of firsts for retired Army Sgt. **Sean Hook**. He had a strong performance at the first U.S. Army Warrior Trials, winning four gold medals, and has competed in the inaugural Invictus Games in London. This is Hook's third appearance at Warrior Games. "These games are an honor for me," said Hook. "I have been introduced to sports that I never competed in before my injury, and to represent my country in these sports is a reminder of how far I have come since I started adaptive sports."

During his deployments to Iraq, Hook was hit by an improvised explosive device (IED) on two occasions. He made a speedy return to duty after the first IED hit. Later in his deployment, a vehicle-borne IED (VBIED) hit his platoon. While conducting a dismounted patrol, the VBIED exploded approximately 150 meters from his location, throwing him against a wall barrier, where he was struck by shrapnel. He sustained substantial injuries to his shoulder and a traumatic brain injury.

Hook first participated in adaptive sports and reconditioning while recovering at the West Point Warrior Transition Unit. "Sports gave me goals, helped with my confidence and improved my focus. Sports alone didn't help me in my recovery, but my Family saw the positive change and the progression it brought to me," he said. "I picked sports that I've never done before that had top-notch coaches. I've already surpassed and set new goals for shot put and discus."

Hook, a Veteran not only in the Army but also in competing in athletic events with other wounded warriors, hopes to take the gold in field, archery and sitting volleyball.



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