

2015 ARMY WARRIOR GAMES ATHLETE

NAME

Laurel Cox

RANK

Specialist

STATUS

Veteran

MOS

14E (PATRIOT Fire Control Enhanced Operator/Maintainer)

FORMER WARRIOR TRANSITION UNIT

Warrior Transition Battalion, Fort Belvoir, Virginia

HOMETOWN

Stanardsville, Virginia

SCHOOL(S)

Patrick Henry Community College

INJURY OR ILLNESS

Not specified

LOCATION AND DATE OF INJURY OR ILLNESS

Camp Carroll, South Korea

EVENT(S)

Archery, Field, Shooting



Spc. Laurel Cox was raised in Stanardsville, Virginia on her family's farm. She grew up participating in sports and 4-H, where she earned a 4-H All Star, the highest honor in the organization. Spc. Cox studied Agriculture Business at Patrick Henry Community College and then joined the Army on January 31, 2012. She completed basic training at Fort Jackson, South Carolina and then completed

Advanced Individual Training as a 14E PATRIOT Fire Control Enhanced Operator/Maintainer at Fort Sill, Oklahoma.

Spc. Cox was stationed at Camp Carroll, South Korea for 16 months where she was injured after a fall. (A prior assault had also left her with PTSD.) Spc. Cox was sent to the Warrior Transition Unit (WTU) at Fort Belvoir, Virginia on December 3, 2013 to be medical boarded for her physical injuries.

At the WTU, Spc. Cox got involved in archery and this outlet gave her the motivation to get out of bed every day. She also enjoyed learning air rifle, shot put, and discus, which gave her a way to release her anger and frustrations.

Spc. Cox was medically retired for PTSD and her physical injuries. She now lives in Richmond, Virginia with her family on their farm. About her future, Spc. Cox says, "I am continuing to heal, transition, and work towards enjoying my future."



"Warrior Games has given me something to look forward to every day and given me something to work towards during my transition"

