

2015 ARMY WARRIOR GAMES ATHLETE

NAME

Sean Hook

RANK

Sergeant

STATUS

Veteran

MOS

11B (Infantryman)

HOMETOWN

Tyrone, Pennsylvania

CURRENT LOCATION

Summerville, South Carolina

SCHOOL(S)

Not specified

INJURY OR ILLNESS

Not specified

LOCATION AND DATE OF INJURY OR ILLNESS

Not specified

EVENT(S)

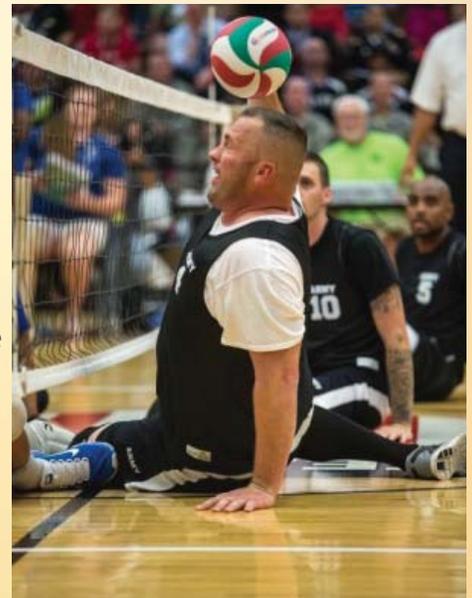
Archery, Field, Sitting Volleyball



Sgt. Sean Hook said that sports reconditioning changed his life. After returning from Iraq, he felt that his life and family were coming apart. "I was in what I would describe as a shell; never coming out unless it was 100% necessary. My life was falling apart. My family was falling apart. My wife was trying to help, but was not knowledgeable about my injuries."

Sgt. Hook was invited to Penn State University for a football game through the Department of Veterans Affairs. There he met Ms. Terry Jordan, who was a Navy team coach for the Warrior Games. She asked him if he had ever heard of the Warrior Games and whether he had ever thrown a shot put, which was something he had not done. Ms. Jordan invited Sgt. Hook to the university to throw and he found an outlet and a way to help him focus.

He made the Army Team, but fell apart at the games. "I just wasn't out of my shell and threw a lot shorter than I did when I first started." However, Sgt. Hook did not give up and tried out for the team the following year and received three medals. He then participated successfully in the Invictus games in London and another Warrior Games.



"I truly feel sports has changed my life for the better I am grateful for all the people and companies that have supported the Warrior Games."

