

2015 ARMY WARRIOR GAMES ATHLETE

NAME

Monica Southall

RANK

Sergeant

STATUS

Veteran

MOS

92A (Automated Logistical Specialist)

HOMETOWN

Suffolk, Virginia

CURRENT LOCATION

Henrico, Virginia

SCHOOL(S)

Virginia State University
University of Phoenix

INJURY OR ILLNESS

Both shoulders, right knee, and lower back along with neurological/urology issues with PTSD

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

EVENT(S)

Field, Sitting Volleyball



Sgt. Monica Southall was born in Portsmouth, Virginia and grew up in Suffolk, Virginia. She graduated from Virginia State University in 2001, receiving her Bachelor's Degree in Political Science and from the University of Phoenix in 2013, receiving her Master's Degree in Criminal Justice. After graduation in 2001, she realized that her student loan debt was too much to handle

and joined the Army to take advantage of the student loan repayment program. Sgt. Southall was called to serve overseas twice in support of both Operation Iraqi Freedom in 2003 and Operation Enduring Freedom in 2008.

While serving in Afghanistan in 2009, Southall fell from the top of an MRAP (Mine-Resistant Ambush Protected Vehicle) and was badly injured in both shoulders, her right knee, and her lower back along with neurological/urology issues with PTSD. She was medically retired from the Army in May of 2013.

When first returning from deployment from Afghanistan, Sgt. Southall battled depression. Southall loves the fact that adaptive sports allows her to be active and works with her current injuries instead of against them.



“Adaptive sports have given me a reason to enjoy life again and be able to share my story with other soldiers who may need support as well”

