

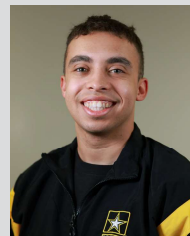


TEAM ARMY BIO

Sergeant Noah Rydesky's journey began in a wheelchair at the Fort Carson Soldier Recovery Unit (SRU), battling frostbite to both legs after a night out with friends. Overwhelmed by embarrassment, anger, and depression, he initially struggled to find a new sense of purpose. Through months of rigorous physical therapy, SGT Rydesky discovered solace in swimming and weightlifting via the Adaptive Reconditioning Program (ARP), using these activities as his escape from despair.

The support and respect he received at the SRU were crucial, helping him to gradually regain his balance and confidence. Despite lingering nerve damage that prevents him from running due to persistent pain, SGT Rydesky has adapted his routine to include regular swimming, cycling, and gym sessions, keeping his spirit aligned with his former squad mates' pace.

SGT Rydesky views the opportunity to compete for Team Army in the DoD Warrior Games as both a personal triumph and a heartfelt thank you to those who have supported him. Driven by a guiding principle from his high school coach, "you'll throw up before you pass out and pass out before you give up", he is determined to continue pushing his limits, embodying physical and mental resilience.



Full Name

Noah Josef Rydesky

Preferred Name

Noah

Rank/Abbreviation

Sergeant/SGT

Service Branch

Active Duty

Injury or Illness

Frostbite on both legs

Hometown (City, State)

Loveland, CO

Current Location/SRU

Fort Carson, CO

MEDIA CONTACT

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