

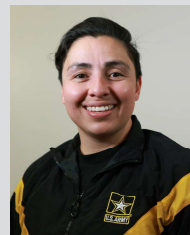


TEAM ARMY BIO

Specialist Berenice Carmona embarked on her recovery journey after sustaining a left knee injury while deployed, leading her to the Soldier Recovery Unit (SRU). Initially, she anticipated a quick return to normalcy post-surgery, unaware of the profound changes her injury would entail. Despite facing early retirement and permanent physical limitations, Berenice's enduring passion for sports left her feeling inadequate without the ability to train, play, or compete.

However, participation in the Commander's Cup as a soldier in recovery revealed a path forward. Berenice discovered she could adapt her training, play, and competitive spirit to accommodate her limitations. Competing for Team Army in this year's Warrior Games fills her with immense pride, affirming her future career and lifestyle aspirations centered around physical activity within her constraints.

This opportunity wouldn't have been possible without the dedicated coaching, mentorship, and unwavering support of the ARCP team. Their guidance has fueled Berenice's determination, motivation, and hope for the future, inspiring her to pursue her passion for athletics despite adversity.



Full Name

Berenice Carmona

Preferred Name

Carmona

Rank/Abbreviation

Specialist/SPC

Service Branch

National Guard

Injury or Illness

ACL

Hometown (City, State)

Hinesville, GA

Current Location/SRU

Fort Stewart, GA

MEDIA CONTACT

Ms. Julia Oliveri | Army Recovery Care Program | 571-318-8472 | www.arcp.army.mil

