

# 2015 ARMY WARRIOR GAMES ATHLETE

## NAME

Frank Barroquero

## RANK

Captain

## STATUS

Veteran

## MOS

11A (Infantry Officer)

## FORMER WARRIOR TRANSITION UNIT

Community-Based Warrior  
Transition Unit, Orlando, Florida

## FORMER UNIT

48th Infantry Brigade  
Combat Team, Georgia

## HOMETOWN

Brick, New Jersey

## CURRENT LOCATION

Gainesville, Georgia

## SCHOOL(S)

Brick Memorial High School  
University of Georgia – Athens

## INJURY OR ILLNESS

Gunshot wound

## LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan, 2009

## EVENT(S)

Archery, Shooting



## ARMY TEAM CO-CAPTAIN

Cpt. Frank Barroquero, last year's Team Army Captain, is returning to the Warrior Games as Team Army's Co-Captain with a refined sense of focus. Like many of the athletes, Barroquero has a routine to prepare for his archery and shooting competitions. "I make a routine with the coaches and use it as a script," he explained. "It takes

the tension in the room out." Barroquero has a routine card for each part of the process—one for setup, one for sighting and one for shooting.

He was not always certain he would be able to participate in sports again. While on assignment in Afghanistan as an Infantry Company Commander in 2009, Barroquero was shot in the arm during a fire fight. According to doctors, Barroquero's arm was supposed to be amputated three times. His doctor said he would never shoot again.

It was during his recovery when Cpt. Barroquero became interested in archery while watching a hunting show. One of his doctors told him he would never have the ability to shoot a bow. Three years later at the 2013 Warrior Games, he won a gold medal in archery. "The Warrior Games gave me the opportunity to once again have a mission," said Barroquero.

Barroquero's loved ones have also made his recovery easier. "My Family has been incredibly supportive with all the time it takes to prepare," he said.

Barroquero served as Team Army's captain for the 2014 Warrior Games.



"Archery helps prevent losing my range of motion because I keep using my arm."

