

# WARRIOR GAMES TRACK AND FIELD COACHES



**HEAD TRACK COACH**  
**Rodney Carson**

After competing in track at the collegiate, national and international levels, Rodney Carson understands firsthand the discipline of such a demanding sport. "Track is a great overall sport. You get what you put into it," said Carson. "It will kind of tell on you if you're not putting in the hard work and sweat." Carson said one of his favorite parts of coaching

is "seeing the change, not just physically, but also change in terms of building the athletes' self-confidence."

Coaching Soldiers and Veterans has been a particularly rewarding experience for Carson. "It makes me excited to see how they come together and witness the camaraderie," said Carson. "They realize they're not alone. When they get together, it empowers them." Carson encourages his athletes to keep the attitude, "Fall seven times, rise eight times," but he says the reminder is unnecessary. "That's the attitude these guys already have." Above all, Carson wants the wounded warriors he coaches to know that there is life after injury and illness. "Never let what you can't do interfere with what you can do."

Aside from coaching track, Carson has also trained athletes in baseball, football, basketball and kickboxing.



**HEAD FIELD COACH**  
**Scott Danberg**

Scott Danberg is an avid athlete, coach, wellness educator, and five-time Paralympian. Having first competed internationally in the 1988 Paralympic Games, he further represented Team USA in Paralympic, World Championships, and Parapan American Games, with podium

finishes in three throwing events; Javelin, Shot Put, and Discus as a class 40 (Dwarf) athlete. In his fifth Paralympic Games appearance, Danberg was elected Flag Bearer for the Opening Ceremonies of the 2012 London Paralympic Games.

The success Danberg had as an athlete is now channeled into coaching. When he was an athlete he never considered he would make the transition to coach. "Coaches work too hard," Danberg jokes, "As an athlete you eat, sleep, and perform, and once your training or competition is done you get to relax; but not coaches, they put in long full days." He began coaching in 2013 as a way to give back to his sport and better the performance of others by drawing on his own experience. Danberg recalls his first international coaching assignment. "When my athlete threw a personal best and made the podium, it was as rewarding as if I had earned it myself." He has been coaching full time ever since.

Danberg has trained and competed alongside military veterans since the 2008 Paralympic Games. He has now turned his attention to coaching Warrior Games. Danberg explains, "I'm appreciative of the commitment and dedication of the soldiers to want nothing less than personal best performances and to represent their respective divisions". Scott is as committed and dedicated as the soldiers themselves to their success. In addition to coaching, Scott is a wellness educator at the Pritikin Longevity Center, and an adjunct professor at Nova Southeastern University in Florida.

