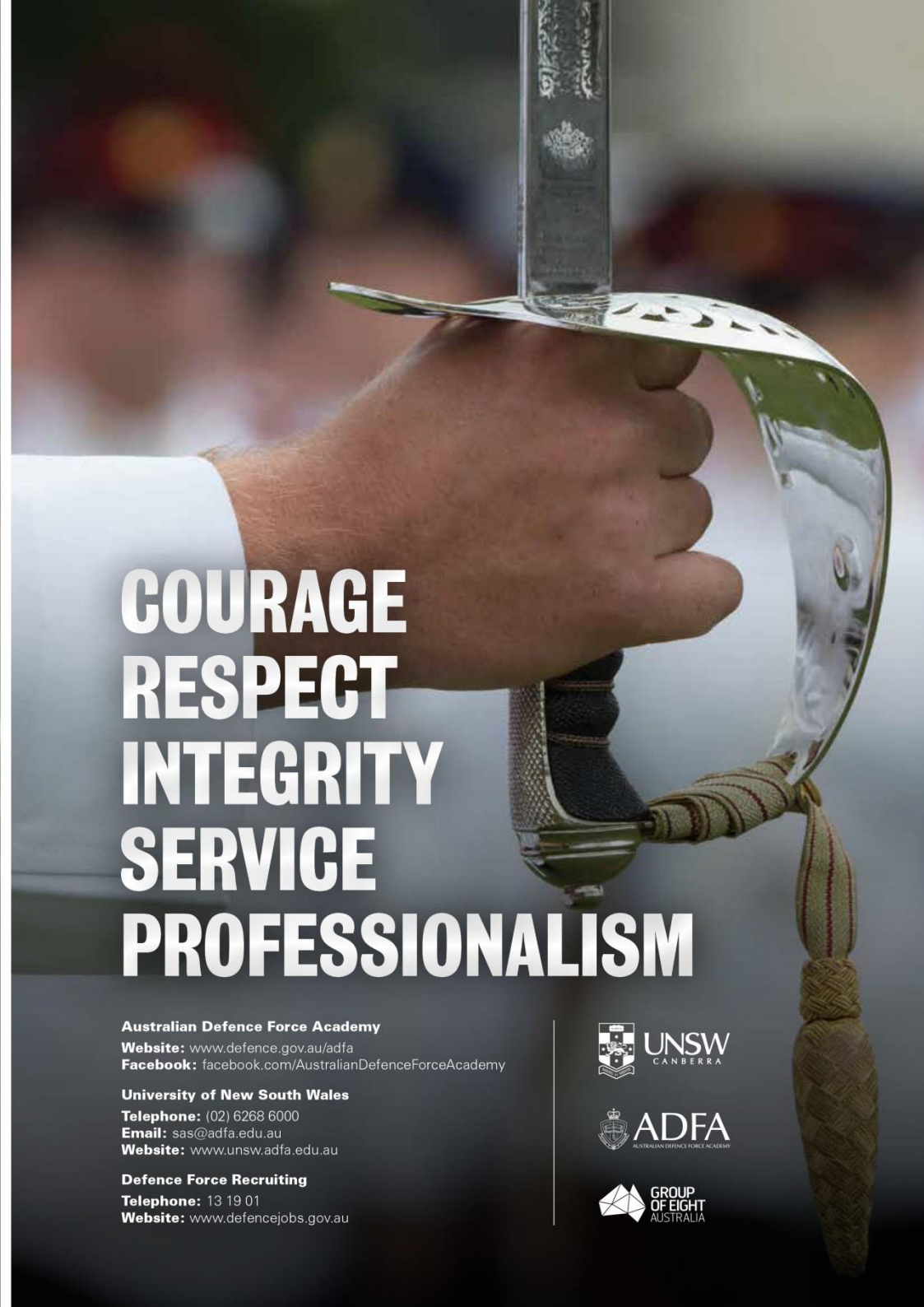




# THE ACADEMY

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN DEFENCE FORCE ACADEMY — 2017 ISSUE



# COURAGE RESPECT INTEGRITY SERVICE PROFESSIONALISM

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# INVICTUS GAMES:

## RECOVERY AND REHABILITATION THROUGH SPORT

By OFFCDT Georgia Crean

The Invictus Games is an international adaptive multi-sports competition for serving and former serving military personnel who have been wounded, injured or become ill during their military service. They harness the power of sport to support recovery and rehabilitation, inspiring others with the sheer determination and resilience that is displayed by all of the athletes who take part.

The Invictus Games was created by Prince Harry in 2014, with the first Games held in London. Two years later they occurred in Orlando and the 2017 Games were held in Toronto from 23 to 30 September, with 550 participants from 17 nations competing across 12 disciplines.

Pilot Officer Nathan Parker, who was seriously injured in a bus accident in 2015 while studying at the Australian Defence Force Academy (ADFA), was a member of the 2017 Australian team.

Nathan set the goal of participating in the 2017 Invictus Games while recovering in hospital and making the Australian team was a great reward for all of the persistence and hard work in his recovery.

He competed in swimming, athletics and indoor rowing, achieving excellent results and headed home with four medals.

Nathan said there were plenty of emotional moments, especially during the opening ceremony when he realised he'd achieved his goal of making the Australian team. Everything past that point was just a bonus.

"It felt great getting such good results and realising all of the training had come to fruition," he said.

"It was also such a privilege to watch my team mates pushing themselves to their limits to achieve so many of their goals throughout the week."

Nathan began training in November 2016 and attended trials in January 2017. He did most of his training at ADFA

and attended the multiple selection and training camps for the team throughout the year at the Australian Institute of Sport in Canberra and Sydney's Academy of Sport and Recreation.

Sport has played a big part in Nathan's rehabilitation and his first goal was to return to running.

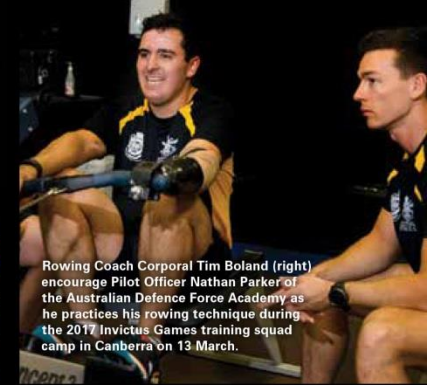
"I was strongly motivated to return to running during my recovery. Since achieving that goal, sport and training has not only enabled me to continue to get stronger and fitter, but has also enabled me to return to training alongside my military peers," he said.

Nathan has finished his Technology (Aviation) Degree at ADFA, and he's now looking at his next challenge, which may well be the 2018 Invictus Games in Sydney.

“ THE GAMES PROVIDED AN AMAZING EXPERIENCE SEEING OTHER COMPETITORS CONQUER THEIR LIMITATIONS AND LEARNING HOW THEY HAD TRAVELLED ON THEIR REHABILITATION JOURNEYS. DESPITE THE INJURIES AND CHALLENGES THAT WE FACE, WE'VE SHOWN THAT WE CAN STILL ACHIEVE OUR GOALS. ”



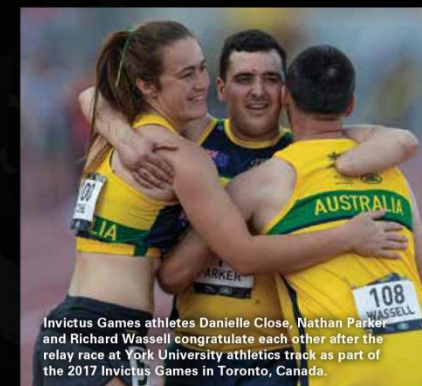
Prince Harry speaks to the crowd at the 2017 Invictus Games.



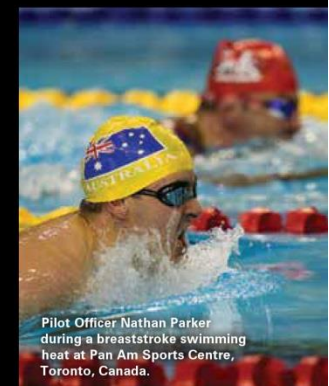
Rowing Coach Corporal Tim Boland (right) encourage Pilot Officer Nathan Parker of the Australian Defence Force Academy as he practices his rowing technique during the 2017 Invictus Games training squad camp in Canberra on 13 March.



Pilot Officer Nathan Parker celebrates winning a silver medal in the indoor rowing competition as part of the Invictus Games in Toronto, Canada.



Invictus Games athletes Danielle Close, Nathan Parker and Richard Wassell congratulate each other after the relay race at York University athletics track as part of the 2017 Invictus Games in Toronto, Canada.



Pilot Officer Nathan Parker during a breaststroke swimming heat at Pan Am Sports Centre, Toronto, Canada.



Athletes wave to the crowd during the opening ceremony of the Invictus Games.