



RICK YAROSH TO SPEAK TO OUR TEAMS MARCH 25

The time is not convenient, but this is a ***MUST*** see event for our players (and parents)! Rick is a Retired Sergeant with the United States Army. Injured in Iraq on Sep. 1, 2006. He then spent 6 months in the hospital at Brooke Army Medical Center in San Antonio, TX. He has many speaking engagements on his resume, Coach DelSignore of Xcel fitness is excited to sponsor this for our players. His message is one of overcoming adversity and turning a negative situation into a positive one.

Rick is a 2000 graduate of Windsor Central High School in Windsor, New York. After working at different jobs for four years he joined the Army as a Cavalry Scout in 2004. He was first sent to Fort Knox, KY for Basic Training and Advanced Individual Training where he spent four months. Rick was then assigned to the 1st Battalion, 22nd Infantry Regiment of the 4th Infantry Division in Fort Hood, TX. He was deployed to Iraq in December 2005 where he spent nine months before being severely injured by an IED.

Rick was burned over 60% of his body with 2nd and 3rd degree burns. He had his right leg amputated below the knee, lost both ears, his nose, multiple fingers and lost most of the function in both hands. Years later, Rick can honestly say he is happier than he has ever been before. Rick says "I am no hero, but with my experience I can only hope to share what I've been through and make people understand that happiness is not far off". He wouldn't change a thing through his recovery other than bring back his buddies that were lost in combat.

A "MUST SEE"

**Yellow Card
Event**

March 25

3:30pm

@

**Adirondax
Futsal Centre**