



National Disabled Veterans *Winter Sports Clinic*



Skier Profile

Alan (“Doc”) Babin – Believe In Yourself

One of the first U.S. soldiers injured in Iraq, this 29-year-old Army veteran has come a long way since he was seriously wounded on March 31, 2003. After more than 70 surgeries and numerous hospital stays, Alan “Doc” Babin is ready to challenge the slopes of the Rocky Mountains once again.

“Since my first time at the Winter Sports Clinic, I’m feeling stronger,” Babin said. “I am doing more things for myself than I was before.” This marks the third time he has attended the annual event.

Babin lives the motto, “believe in yourself.” This perspective has kept the Round Rock, Texas native persevering as he relearned daily activities. An Army medic with the 82nd Airborne, Babin was hit several times by small arms fire while rushing to the aid of a wounded soldier. The bullets tore through his abdomen, damaging about 90 percent of his stomach.

“I wasn’t expected to survive after I was shot,” Babin said. “Then, after my stroke, I spent two and a half years in hospitals, unconscious for most of the time. Now, I am able to ski, scuba dive, lift weights and travel with my family. My parents worked hard to help me stay healthy, and they motivated me to keep trying new experiences. Together, we’re game for anything. You have to keep moving along and find your new normal.”

A past competitor in the National Veterans Wheelchair Games, Babin believes in challenging himself with new things, whether they involve skiing the Rockies or medaling in wheelchair sports in the summer. In the wheelchair competition, Babin has claimed medals in events such as quad rugby and a motorized wheelchair rally, and also reached his personal weightlifting record. Now, he stays active in both handcycling and weightlifting to stay on the road to good health.

At Babin’s first Winter Sports Clinic in 2007, he skied alongside his father, Al Sr., who described skiing beside his son as “a highlight of my life.” Babin remains committed to overcoming the obstacles he faces and build on his previous successes – on the mountain and off. “I want to reunite with friends from past years and continue receiving the good therapy the mountain provides,” he said. “The Clinic gives me a sense of peacefulness.” In the past, Alan Babin was quoted as saying, “Never, never, never give up.” He continues to live by those words and remains an inspiration to others. Look for him in Colorado at the National Disabled Veterans Winter Sports Clinic this year as he conquers the Rocky Mountain slopes once again.