



National Disabled Veterans

Winter Sports Clinic



Skier Profile

Alan "Doc" Babin – Finding a New "Normal"

One of the first soldiers injured in Iraq, this 26-year-old Army veteran has come a long way since he was seriously wounded on March 31, 2003. After some 70 surgeries and numerous hospital stays, Alan "Doc" Babin is ready to challenge the slopes of the Rocky Mountains once again.

"Since last year's Clinic, I'm feeling stronger," Babin said. "I had surgery in the fall to correct my double vision. "I am doing more things for myself than I was at this time last year. I've even started scuba certification in the past month."

Babin lives the motto, "Believe in yourself." That perspective has kept the Round Rock, Texas native persevering as he struggles to re-learn the simple things. 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 I had a 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 work hard to help me stay healthy and motivate me to keep trying new experiences. Together, we're game for anything. You have to keep moving along and find your new normal."

Since 2005, Babin has also competed in the National Veterans Wheelchair Games, a five-day event for veterans who use wheelchairs to compete in sports. At those events, he claimed silver medals in quad rugby and a motorized wheelchair rally, and also reached his personal weightlifting record. He believes strongly in challenging himself with new activities, whether they be skiing the Rocky Mountains or competing in wheelchair sports.

At last year's Clinic, Babin skied using a bi-ski, a specially adapted ski device for sit-down skiers. While there, he had the opportunity to ski alongside his father, Al Sr., who described the experience as "one of the highlights" of his life. With the help of his family, Babin remains committed to overcoming the many obstacles he still faces.

This year, he hopes to build on his previous success on the mountain. "I want to reunite with friends from last year and prove to myself that I'm stronger. Plus, it will be better without double vision!" Look for Alan Babin again this year at the 2007 National Disabled Veterans Winter Sports Clinic, as he grows in strength and once again conquers the majestic slopes of the Rocky Mountains.

"Never, never, never give-up," he tells others. Sage advice from someone who never has.

Miracles on a Mountainside!

