

## **Alan Pruitt**

*Eagle Leader Fellow, Team Red White and Blue*

Alan started rowing in June 2016 at the National Veterans Golden Age Games in Detroit. He placed first in his age group division and rowing is part of his regular fitness regimen. Alan is a Marine Corps veteran serving from 1980 until 2001. His military occupational specialties include air traffic control and later as a counterintelligence specialist. Alan served in diverse locations ranging from Okinawa, Philippines, Norway, Denmark, and Germany. His military decorations include the Navy Commendation Medal, National Defense Service Medal, and Good Conduct Medal.

Alan is currently a graduate student at American Military University in Charles Town, West Virginia and working on his master's of science degree in exercise science and human performance. During Alan's exercise science studies – he also is a Certified Personal Trainer (American Council on Exercise) since 2015. Alan is scheduled to complete the Rowing Certified Instructor program in Seattle during April 2017. Alan is also a competitive military veteran athlete in cycling, running, archery, and (of course) rowing. He will compete in these events at the 2017 National Veterans Golden Age Games (Biloxi MS) and Valor Games Far West (Alameda CA).

Alan is a long-time volunteer chapter leader in Team Red White and Blue ([teamrwb.org](http://teamrwb.org)). Team RWB's mission is to connect veterans to their communities through fitness and social activities. In 2017, Alan was selected for a prestigious national Eagle Leader Fellow program. As part of the fellowship, Alan was accepted at Thunderbird Global School of Management (Glendale AZ) to continue his studies in non-profit and volunteer sector executive leadership.

Alan holds a Bachelor's of Science in Business Management from the University of Phoenix. Alan is an exercise science professional and is enthusiastic about using rowing as an adaptive sport for abled and challenged veteran athletes to learn and excel in their physical recovery and adaptation plans.