

## Army Sergeant First Class Christopher Sims Bio

Army Sergeant First Class Christopher Sims grew up in East Cobb and knew since he was a child that he wanted to join the military when he grew up. In fact, he enlisted in the Army prior to graduating from Walton High School in 1999.

Chris has been in the U.S. Army for more than 16 years and continues to serve. At the start of his military career, he completed basic training at Fort Benning, Georgia and then was stationed in Hawaii for three years as a light infantry soldier and Long Range Surveillance team member in the 25th Infantry Division. Upon returning, he started college and joined the Army National Guard. "I wanted to get my degree and still serve," he says.

After 9/11 Chris was sent to Iraq as a member of a Long Range Surveillance (LRS) team. While in Iraq he was severely injured, including multiple broken bones in the face and a cracked skull. He spent six months recovering from surgery, but that didn't slow him down any. He continued to work on his History degree and after healing attended the Special Forces Qualification course at Fort Bragg, North Carolina.

As a Green Beret assigned to 20th Special Forces Group, he was first deployed to Columbia South America where he advised and trained anti-narcotic and insurgent operations teams. Prior to leaving for Columbia, he met his wife Jessica in January 2008 who was crazy enough to continue dating him while deployed. They were married in October 2008 and their daughter Naomi was born the following year.

Even though it was tough to leave his new family, Chris continued serving in Special Forces. His job was never boring. He taught Jumpmaster school, SERE school and an advanced urban shooting course to other Green Berets. He also worked for Blackwater for a year and completed two trips to Afghanistan as a private military contractor.

He went back to Afghanistan in 2012 and also traveled to Japan, Romania and Macedonia for shorter military training missions. At the same time, he and his wife had their son Sam, and he took steps to complete an MBA degree. He also started the non-profit, Fitness Fueling and Awareness that hosts a golf tournament each year to benefit Cystic Fibrosis research.

In January 2015, he was deployed to northern Iraq as a combat advisor where Chris and his Operational Detachment Alpha (ODA) helped The Peshmerga fight ISIS. Chris has been back since August and is busy with running CrossFit East Cobb. He plans to remain in the Army for a few more years.

Chris and his wife Jessica have two children. Naomi, who is in 1<sup>st</sup> grade at Mount Bethel elementary and Sam who will be a rising kindergartener in the fall. Chris is co-owner of CrossFit East Cobb and High Five Filter Company. Chris and his family moved back to East Cobb so that they could be apart of the community he grew up in.