

Female Coaches Networking Group Luncheon

Guest Speaker - Theresa L Armstrong



Retired Major Theresa L Armstrong, born in Dallas Texas, enlisted in the army in May 1989 as a military police officer. In January 2000 attended Officer candidate school at Fort Benning, Georgia and commissioned as a second lieutenant into the transportation corps. Ret.Major Armstrong has participated in numerous operations of freedom and liberty. Upon initial enlistment she served with 89th military police brigade in Desert Storm. Twice she has participated in the peace enforcement operations in Bosnia and Croatia. Her dedication and service to the Sinai as the force transportation officer and company commander assisted the multinational observer mission and most recently deployed to Afghanistan for 14 months as the chief of plans and distribution for the 82nd sustainment brigade.

Theresa retired after serving 27 years of service with her Husband, and Australian Army Veteran, Mick Armstrong and their 3 children, Alexis, 14, Eleanor, 12 and Ewan 10.

Since Retirement in March of 2016 Theresa has volunteered with her local swimming club (Orange Aquatic Club) and works part time as a Bronze level coach with the Kinross Swim Club in Orange with Head Coach Kim Taylor, Assistant Head Coach Jane Gillum and Jason Crisp.

Ret. Major Armstrong's major awards and decorations include bronze star, defence meritorious service medal, meritorious service medal, army commendation medal, NATO metal, distinguished transportation order of Saint Christopher, quartermaster distinguished order of Saint Martin, distinguished ordinance order of Samuel sharp award and parachute badge.