

Colonel Cary Metz received his commission as an Air Defense Artillery Officer from the United States Army's Officer Candidate School (OCS) in 1998. He is a graduate of the Air Defense Artillery Officer Basic Course, the Infantry Advanced Course, Strategic Deployment School, Airborne School, Air Assault School, Mechanized Leaders Course, Command and General Staff College, and the United States Army War College.

He is currently the Director for the Army Strategic Education Program (ASEP) at Carlisle Barracks. Prior to his arrival at Carlisle, he was assigned to the Human Resources Command, Fort Knox, KY as the Air Defense Artillery Officer Branch Chief. Previous non-command assignments include service as an Avenger/Stinger Platoon Leader/Battery XO, 2-44 ADA BN, 101st Airborne Division, Fort Campbell, KY; CJTF7 Orders OIC, V Corps (FWD IZ), Heidelberg GE; OC/T (FWD GG), Hohenfels GE; APMS/XO at Marquette University, Milwaukee, WI; STT Officer (FWD IZ), 3/4ID, Fort Carson, CO; BN S3/BDE S3, 30th Air Defense Artillery Brigade, Fort Sill, OK; and G3 CUOPS Chief, HRC, Fort Knox, KY.

His command assignments include: 26 months as Commander, HHB, 69th Air Defense Artillery Brigade, Giebelstadt, GE and 24 months as Commander, 2/6 Air Defense Artillery Battalion, 30th ADA BDE, Fort Sill, OK

Colonel Metz holds a Bachelors of Science in Education (Social Science and Health Education) from the University of Minnesota and a Master of Strategic Studies from the U.S. Army War College. His awards and decorations include the Bronze Star Medal, the Meritorious Service Medal with 7 OLC, the Army Commendation Medal with 4 OLC, the OIF Campaign Medal (3), the Parachutist Badge, and the Air Assault Badge.