



UNITED STATES ARMY CADET COMMAND



WHO: RHS JROTC Fitness Team

WHAT: 2019 Red River Brigade Fitness Postal

WHEN: September 9, 2019

WHERE: Rossvie High School

WHY: To participate in an Brigade Level competitive team building opportunity

OUTCOMES: Cadets applied the values of Leadership, Teamwork, Character, and Fitness during this event.



SUMMARY: The RHS JROTC Fitness teams (all-male, all-female and coed) participated in the annual Red River Brigade Fitness Postal. The postal events consisted of the Team 2.5-mile 30-pound rucksack run, Team 2-mile run, 10 minutes of team push-ups, sit-ups and pull-ups. The RHS Team completed the event and placed first in the all-male and coed categories as well as second place in the all-female category

