



UNITED STATES ARMY CADET COMMAND



WHO: RHS JROTC Fitness Team

WHAT: NWHS Fitness Postal

WHEN: 11 September 2019

WHERE: Rossvie High School

WHY: To test the physical capabilities of the Fitness Team

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

SUMMARY:

The RHS Fitness Team competed in the 2019 NWHS Fitness Competition. The competition consisted of 2-minutes of push-ups, 2-minutes of sit-ups, and a timed 2-mile run.

RHS took 3rd Place in this event with an average score of 206.

