



UNITED STATES ARMY CADET COMMAND



WHO: Rossvie JROTC Fitness Team

WHAT: RHS JROTC hosted a Fitness competition with 13 teams, from 10 different KY and TN Schools, competing. Rossvie also had a Fitness Team competing.

WHEN: 5 October 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 battalion Hosted a Fitness competition on Saturday Oct, 5 2019. Cadets came early in the morning to help set up the event and stayed throughout the day to help run events and guide schools to their correct locations. 10 schools, including Rossvie, participated in this competition. The RHS fitness team got 2nd place. The competition consisted of an Army Physical Fitness Assessment (consisting of 2 min pushups, 2 min sit-ups, and 2 mile run), Standing Board Jump, Seated Power Throw, HMMWV Push, 10 min team pull-ups, 6-Tire medley, a Mystery Event with Mental challenge, and a 4-way Tug-o-war.

