



UNITED STATES ARMY CADET COMMAND



WHO: RHS JROTC Battalion

WHAT: Record Cadet Challenge Fitness Assessment

WHEN: February 24th – 26th, 2020

WHERE: Rossview High School Campus

WHY: To evaluate the cadets physical abilities assess the improvement from previous cadets challenges.

OUTCOMES: Cadets applied the values of Teamwork, Student Achievement, and Fitness during these events

SUMMARY: Record Cadet Challenge - All RHS JROTC cadets participated in the annual cadet challenge as part of the Battalions Continuous Improvement Plan. The cadet challenge consists of 1-mile run, shuttle run, sit & reach, curl-ups, and pull-ups. Cadets use the results to reveal how their fitness levels have improved since the start of the school year. The record assessment resulted in the following awards: Presidential – 9, National – 25, Cadet Challenge Arc – 2, Pull-Up Ribbon – 20 and 1-Mile Run Ribbon – 9

