



UNITED STATES ARMY CADET COMMAND



WHO: RHS JROTC Fitness Team



WHAT: RRB Competition

WHEN: 8 September 2021

WHERE: Rossview High School

WHY: To Compete in a Fitness Event against eight other JROTC Programs.

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

To learn more information about the Hawk Battalion, scan the QR Code or visit our website at:

<https://thehawkbattalion.wixsite.com/jrotc>



SUMMARY:

The Fitness team, lead by c/CPT Anson Hester competed in the Red River Brigade Fitness competition. The competition focuses around 5 events: 10-Minute Minute Team Pull-Ups, 10-Minute Team Push-Ups, 10-Minute Team Sit Ups, Team Ruck Run and a 2.5 mile Team Relay Race. The Fitness Team participated in the All-Male, All-Female and Coed categories taking 1st place in the Coed category and 2nd place in the All-Male and All-Female categories.

