



# UNITED STATES ARMY CADET COMMAND



**WHO:** RHS JROTC Fitness Team

**WHAT:** Awards Presentation

**WHEN:** 30 September 2022

**WHERE:** Rossvie High School

**WHY:** To present the Fitness Team with their Awards for the Red River Brigade Fitness Competition.

**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 Diazhane Bailey was presented with their 1<sup>st</sup> place medals and certificates by the CMCSS Director of Army Instruction, COL (R) Vernon Lightner, for their performance in the Red River Brigade Fitness competition which was held between 22 August and 16 September 2022. 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. For this event the All-Female Team and the COED Team took first place in their categories. The All-Male Team finished in second place for their competitive category.