



# UNITED STATES ARMY CADET COMMAND



**WHO:** RHS JROTC Fitness Team

**WHAT:** RRB Competition

**WHEN:** 12 and 14 September 2023

**WHERE:** Rossvie 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 Kayleen Corona 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 1<sup>st</sup> place in the Coed and All-Female categories and 2<sup>nd</sup> place in the All-Male category.

