



UNITED STATES ARMY CADET COMMAND



WHO: Rossville JROTC Fitness Team

WHAT: Rossville All-Female Fitness Competition

WHEN: 19 April 2024

WHERE: Rossville High School

WHY: To demonstrate the skills and abilities of the RHS Fitness Team in friendly competition with other local JROTC Programs.

OUTCOMES: Cadets applied the values of Teamwork, Leadership, Character, and Fitness 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 RHS JROTC Fitness Team – led by c/CPT Kayleen Corona competed in the Second Annual Rossville High School All-Female Fitness Competition. The events included the 2-Mile Run, Timed Team Planks, the Hammer Throw and a Push-up-Sit-up Medley. Six teams competed and the RHS Team finished in first place overall. Team members were Abigail Hayden, KaraLynn Valentine, Nizhoni Yazzie, Stephanie Shuman, Eleanor Morrow, Itzy Delfin, Stephanie Corona and Layla Starmack. The event award were sponsored by the APSU Institute for National Security and Military Studies and Quality First Granite Countertops.