



# UNITED STATES ARMY CADET COMMAND



**WHO:** RHS JROTC Fitness Team

**WHAT:** Red River Brigade Fitness Postal

**WHEN:** 20 & 21 September 2024

**WHERE:** Rossview High School

**WHY:** To demonstrate the skills and abilities of the RHS Fitness Team in friendly competition with 9 other local JROTC Programs.

**OUTCOMES:** Cadets applied the values of Teamwork, Leadership, Character, and Personal Social Responsibility 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, Led by c/CPT DePriest, competed in the Red River Brigade Fitness Postal. The Competition focuses around 5 events: 10-minute team Push-Ups, 10-Minute Team Pull-Ups, 10-Minute Team Sit-Ups, Team Ruck Run, and a 2 mile Team Relay Race. The Fitness team Participated in the All-Male, All-Female, and COED categories taking 1st place in the All-Male and All-Female categories and 2nd place in the COED category.

