



# UNITED STATES ARMY CADET COMMAND



**WHO:** RHS JROTC Cadets

**WHAT:** Cadet Challenge Diagnostic #2

**WHEN:** 18-20 November 2024

**WHERE:** Rossvie High School

**WHY:** To assess Cadet fitness for the school year for RHS JROTC Fitness Program

**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:** All JROTC cadets participate in the annual cadet challenge as part of the Battalions Physical Fitness Program.

The cadet challenge consists of 1-mile run, shuttle run, sit & reach, curl-ups , and pull-ups. This was the first cadet challenge diagnostic, so it was an assessment of where cadets currently are and how we need to plan PT to improve.

Cadet Challenge Diagnostic #1 resulted in following awards: Cadet Challenge Arc- 45, Presidential (N-2-2) – 8, National (N-2-3) – 25. Pull-up Ribbons (N-2-4) – 39 and 1-Mile Run Ribbons (N-2-5) - 9

