

9th Annual UH ROTC Total Fitness Challenge

The University of Houston Army ROTC Department proudly sponsors the 2022 *Total Fitness Challenge*. We want you and your team to participate! This fitness competition will be held on the University of Houston main campus at the state of the art indoor Athletics/Football Practice Facility.

Are you ready for the athletic events planned during this year's fitness challenge?

- ✓ *Standing Power Throw*
- ✓ *Arm Extension Push-up*
- ✓ *Sit Ups*
- ✓ *Pull-up*
- ✓ *Shuttle Run/Agility Drill*

Sign-up now on the *Total Fitness Challenge* link located at University of Houston Army ROTC website. **We will not be able to do registration at the facility** due to time constrains. Please register at <http://www.uh.edu/rotc/>

Date: November 5, 2022

Event Time: 8:00 AM – 12:00 PM (Registration 7AM-8AM)

Location: University of Houston Practice Facility, 3874 Holman Blvd, Houston, TX 77004

Individual and team *registration* starts at 7:00 AM in the Practice Facility. The Army staff and ROTC cadets will meet you at the door for assistance.

Parking - each school will be given one parking voucher for the parking garage.

Each JROTC student must fill out a waiver and release form in advance. It must be signed by the student and their parent/guardian. Please bring a picture form of ID with you to the competition along with the signed waiver and release form to the event registration. You will not be able to participate without the signatures on the form. Each student will receive a wrist band at the registration table once your forms are turned-in.

Following the 2021 Total Fitness Challenge events, there will be individual and team honors awarded to the top athletes.



Partnerships in education, leadership and fitness for our State and Nation.

Questions? Contact the UH Army ROTC Office at (713)743-3875