

9th Annual UH ROTC Total Fitness Challenge

Date: 11/5/22
Event Time: 8:00am
Location: TDECU Football Practice Facility

Registration will start at 7:00am.

Refreshments and breakfast bars will be given free.

Each JROTC student must fill out a waiver and release form. It must be signed by the student and their parent/guardian. Please bring a picture form of ID with you. You will not be able to participate without the signatures on the form.

Each student will receive a band at registration table. Without the band the student cannot participate.

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

Events for fitness challenge:

Standing Power Throw – Take a 10lb medicine ball and throw over their head.

Arm Extension Push-up – The push-up event for the ACFT

Sit-up – Same standard for the JRTOC level

Pull-up

Shuttle Run/Agility Drill

Following the Challenge events there will be awards given.