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Hometown News Release

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Tennessee National Guard and Page Patriots JROTC Work Together for Fitness

Franklin's Fred J. Page High School JROTC and the Tennessee Army National Guard joined together to improve the fitness of high school cadets as part of the JROTC's Cadet Challenge on Oct. 8.

The Cadet Challenge is a physical fitness test facilitated by the United States Junior Reserve Officer Training Corps, which introduces physical fitness and how to achieve specific goals to participating cadets. Recruiters and Master Fitness Trainers from the Tennessee National Guard helped teach current Army fitness methods and techniques used for the new Army Combat Fitness Test.

"The Tennessee Guard recruiters have been instrumental in working with our cadets on developing core strength and stamina," said retired Col. Eric Goslowsky, Senior Army Instructor for Page High School JROTC. "Incorporating the new Army Combat Fitness Test standards has pushed the cadets to achieve some of the highest scores we've ever recorded."

Twice each school year, the Army JROTC program hosts Cadet Challenges at participating schools. The event tests cadets on six physical events designed to promote individual stamina and strength. The events include curl-ups, push-ups, right angle push-ups, v-sit reach, a 1-mile run, and a shuttle run.

After the event, the cadets held a cookout celebration during lunch and participated in additional sporting events. The Tennessee National Guard also flew in a UH-60 Blackhawk helicopter to educate cadets on what it takes to be a helicopter pilot and crewmember. Cadets toured the aircraft and taught about Army aviation.

"This is a great relationship we have with the Guard," said Goslowsky. "The activities develop interest in serving our country while they promote personal well-being and friendship. It's a win-win for the community and for the Page Patriots."

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Franklin's Fred J. Page High School JROTC Cadets and UH-60 Blackhawk helicopter crewmembers with the Tennessee Army National Guard participated in the JROTC's Cadet Challenge on Oct. 8. (submitted photo)

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