



U.S. ARMY CADET COMMAND ARMY ROTC & JROTC FORT KNOX, KENTUCKY



PUBLIC AFFAIRS OFFICE
FORT KNOX, KENTUCKY 40121
PHONE: (502) 624-5706
BY: Public Affairs Office
EMAIL: usarmy.knox.usac.mbx.hq-pao@army.mil

FOR IMMEDIATE RELEASE

Release No. 25-035

May 5, 2024

Warren County team triumphs at National JROTC Fitness Challenge Championship

DAYTONA BEACH, Fla. – The Warren County High School fitness team from McMinnville, Tenn., won first place in the Mixed Division of the 2025 National JROTC Fitness Challenge Championship held May 3, making them the mixed national champions among JROTC fitness teams. Their exceptional speed, endurance, and teamwork earned them the top spot over 43 other teams in the division.

The prestigious event featured more than 70 teams from Army, Air Force, Navy, and Marine Corps JROTC programs representing high schools across the country.

Col. Matthew Tipton, the Director of Air Force JROTC, presented the trophy to the team at an awards ceremony held at the Ocean Center.

The competition featured all-male, all-female, and mixed teams competing in five events:

1. **3K Beach Run:** Cadets sprinted along the sandy shoreline while carrying a 10-foot PVC pipe—a true test of endurance and strength.
2. **Physical Team Test:** Teams maneuvered through a zigzagging obstacle course, crawling under barriers and carrying and pulling equipment. The course demanded agility, coordination, and mental fortitude.
3. **Pull-Up/Bar Hang Event:** Cadets showcased their upper body strength by performing pull-ups or enduring a bar hang for time.
4. **Seated Ball Throw:** Precision and power were essential in this event. Cadets hurled weighted balls from a seated position, aiming for maximum distance.
5. **Standing Long Jump:** Explosive leg power was on display as cadets leaped forward in the standing long jump event.

Retired 1st Sgt. Tim Howard, the team's coach and instructor in the school's JROTC program, is moving on to his second retirement after 19 years as an Army JROTC instructor.

"These kids earned a national championship at the Raider Nationals and now at Fitness Nationals. Hopefully that's enough for them to get a good taste of top-level success for them to carry on for the next guy who replaces me," said Howard.

For photos/video of the event visit our Flickr page and DVIDS.

Flickr: <https://flic.kr/s/aHBqjCc4an>

- 30 -

Media wanting to cover JROTC events or needing more information, contact Mr. Ian Ives, (808) 367-5639, ian.e.ives.civ@army.mil.

About U.S. Army Cadet Command

U.S. Army Cadet Command partners with universities to recruit, educate, train and commission leaders of character for the Total Army and partners with high schools to develop accomplished, responsible citizens who value service to their communities.

Offered on more than 900 college campuses and organized into 274 host programs, Army ROTC is the Army's largest source for commissioned officers and produces more than 5,000 second lieutenants annually for the Active Duty, U.S. Army National Guard, and U.S. Army Reserve components. Each year, more than 27,000 college students are enrolled in Army ROTC, which is offered at both the undergraduate and graduate levels. Cadets learn leadership, teamwork, tactical skills, and more while taking military science coursework, training over select weekends and summers, and participating in a number of extracurricular activities offered by the program.

The Army Junior Reserve Officers' Training Corps (JROTC) is the Department of Defense's (DoD) largest youth program in the world. The JROTC Program's mission philosophy is "To Motivate Young People to be Better Citizens" and it is a service to our nation that provides Cadets the motivation and skills to remain drug free, graduate from high school and become successful citizens. The program instills in students from secondary educational institutions the values of citizenship, service to the community and the United States, personal responsibility, and a sense of accomplishment. Cadets participating in JROTC routinely exhibit higher attendance, grade point averages, and graduation rates than their peers.

<https://www.usarmyjrotc.com/>

<https://flickr.com/armyrotc>

<https://www.armyrotc.army.mil>

<https://www.facebook.com/armyjrotcofficial/>

<https://www.instagram.com/armyjrotcofficial/>

<https://www.facebook.com/ArmyROTC>

<https://www.instagram.com/ArmyROTC>

<https://youtube.com/armyrotc>

<https://www.dvidshub.net/unit/USACC-ROTC>