

Summer SCHS Raider Team Information

The SCHS JROTC Raider Team is a competitive Varsity athletic team that builds an elevated level of athleticism and is an opportunity to excel in a physical challenge. At the summer Raider Team conditioning practices, you will prepare for the upcoming Raider Team events. Such as: Tire Flip, Rope Bridge, Kettlebell Run, 5k Course (3.1 Mile run), and the Cross-Country Rescue (CCR). Raider team will test your strengths and abilities. This team teaches high school students how to work together as a team, which allows you to become physically and mentally strong, which will force you to step out of your comfort zone into becoming a better leader. As Raider Team, we will train, compete, and travel as a unit throughout Florida to Raider Competitions. The Raider team has three main types of teams: male, female, and mixed male/female team. Each team competes for their respected title as the best team in the State. Raider Team will build your leadership and teamwork skills, as build these skills you create a family team that will teach, help, and overcome obstacles that may arise. Raider Team is an exceptional athletic activity to join and will help in your JROTC experience and in your everyday life in and outside of school.

Who: People who would like to join Raiders in the following year.

What: Training to improve physical fitness.

Where: All Summer Conditioning will be held at different parks, beaches, tracks, and bridges (The Raider Commander will notify you of locations).

Why: To get cadets who would like to join Raiders in the following years Conditioned for 2023-2024 Raider Team.

When: June 12, 2023 – August 4, 2023, Monday, Wednesday, Friday