

Cadet Wins Strength & Endurance Competition

Nashville, Tennessee, October, 2008 - Each semester, Tennessee State University sponsors a strength and endurance competition for its students. Participants are tasked to complete six physically challenging exercises to determine who poses the ability to lift heavy weights for extended period of time. This semester, Cadet Dominique Washington won first place by achieving a cumulative score in all events that distanced her from her fellow competitors. Cadet Washington participates in physical training every Monday, Wednesday and Thursday with her fellow cadets as part of the Vanderbilt Army ROTC program.



Cadet Washington's impressive performance during the Fall 2008 strength and endurance competition is outlined below:

- Wall sit: Consisted of bending knees to a ninety degree angle and resting the back against a wall. CDT Washington was the sole competitor still sitting after 5 minutes and 21 seconds.
- Hang Test: Competitors conducted a two arm hang for longest time; Ms. Washington again was the only contender hanging on after 1 minute and 11 seconds.
- Dumbbell Walk: Consists of walking a measured length with a 45-pound dumbbell in each hand. Ms. Washington completed 10 round trips, leading her nearest competitor who had 9.5 trips.
- Other events included a leg press challenge, bench press and shoulder shrug endurance tests.