



# “TOP GUN: DOG FIGHT”



*April 15, 2023*

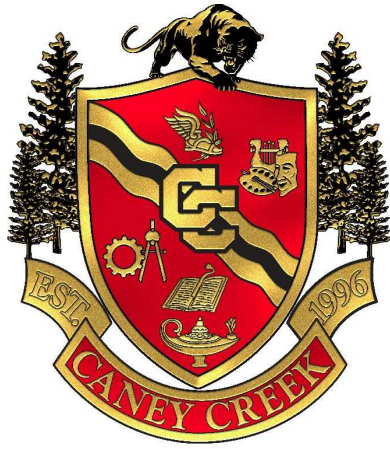
ALL MILITARY SKILLS MEET

*April 15, 2023*



13470 FM 1485 Conroe, TX 77306, (936) 709-2228

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**Welcome** to our Ten Annual **Top Gun** Military Skills Meet. Every branch of service is invited to attend and compete for bragging rights as Top Gun in a spectacular Dog Fight. We hope to attract the TOP Guns in each service branch to come out and compete against the best. The skills meet will feature a variety of events that are sure to get your cadets fired up and ready to compete. For example, our Physical Fitness event will be the Marine Corps “Combat Fitness Test”, where the cadets will have to participate in a live example of carrying

injured dummies and throwing “fake” grenades. We will also feature a Team Ruck Sack race where 6 of your cadets attempt to find and bring back TOP GUN! And for your end of year report; we have PT, Academics, and Shoulder to Shoulder Marksmanship to add up EOY points. Sounds like fun? Then welcome to the Caney Creek Top Gun Dog Fight; where every JROTC team has a fighting chance to come out TOP DOG.

**Safety:** FUN is a priority, but **SAFETY is paramount.** Some unique events will require attention to detail. Horseplay and unsafe behavior will result in immediate disqualification, so please pay attention at each event’s safety in-brief and follow the rules. If any JROTC Instructor observes anything that is questionable or unsafe, please speak-up immediately...we would rather delay an event than risk injuring a cadet! Every event has an adult or senior cadet with a walkie-talkie, so call LCDR Stahl if in doubt. **All cadets shall remain clear of construction areas.** Please read through this Letter of Instruction to become familiar with the event requirements and rules so your teams will know what to expect - you will not be able to do a pre-walk through any of the events.

## **Schedule of Events**

Combat Fitness Test (Physical Fitness)  
Marksmanship (Sporter/Precision Rifles)  
Tug of War (4 male/4 female)  
Ruck Sack Challenge  
Academics (Kahoot)

Four Square Challenge  
Spartan Race  
Minute to Win it Leadership Challenge  
Escape Room Challenge  
Biathlon

Schedule will be email prior to the event.



## Combat Fitness Test



**Report To:** Football stadium. Each school will be assigned a time slot to take CFT. We can accommodate 4 team members at a time. All same gender team members must take it at same time.

**Team Members:** Eight team members, 4 male and 4 female.

**Equipment:** All equipment provided by CCHS. The team members will be required to carry **25 lb ammo boxes and 50 lb dummies.**

**Course:** The course is designed similar to the USMC Combat Fitness Test where 4 males and 4 females traverse thru a course designed to test their limits. The course is divided into 3 phases; 2-Lap run, Ammo Box Lift, and Combat Fitness Course. All three events are timed. The following are brief descriptions of each event:

**2-Lap Run:** The 4-male and 4-female team will start at the starting line together. Cadets will be timed individually. The cadets will run around the track for two laps. Any cadet not finishing will cause the entire team to be disqualified.

**Ammo Box Lift:** The cadets will lift ammo boxes. The cadets will lift a 25-lb ammo box. The time starts with the ammo box at the height of the cadet's chest. The team will have two minutes to raise the ammo box, above their heads with their arms fully extended. The process is repeated with the ammo box dropped back to the chest. A judge will count the number of repetitions each team member completes in a 2-minute period. Cadets may rest in any comfortable position and may even place the ammo box on the ground to rest. The ammo box must return to the chest area prior to commencing the count again. Once the 2-minute period expires, the number of raises will be documents.

**Combat Fitness Course:** There are 9 sections in the CFT. This is a timed event. Four members will start together.

**Section 1:** 15 Yard sprint. Cadets will run a 15 yard sprint within their designated lane.

**Section 2:** 15 Yard crawl. Cadets will drop and crawl on their bellies within their designated lane.

**Section 3:** 15 Yard zig-zag. Cadets will run a zig-zag pattern outside each designated cone.

**Section 4:** Cadets will drop and complete 6 Push-Ups. 15 Yard sprint. Cadets will run a 15 yard sprint within their designated lane.

**Section 5:** 15 Yard Ammo Box Carry. Cadets will carry 2 ammo boxes, one on each arm. At the end of Section 5, the cadets will drop their ammo boxes and complete 6 standard push-ups.

**Section 6:** 15 Yard Ammo Box zig-zag. Cadets will pick-up the designated ammo boxes, after completing their 6 push-ups, and run a zig-zag pattern outside each designated cone. Afterwards, the cadet will drop the ammo boxes, pick up a "dummy" grenade and throw it at a designated target.

**Section 7:** 15 Yard Body Drag Run. Back at the starting line, the cadet will pick up a 50-lb dummy by the underarms and drag the dummy, running backwards, within the designated lane.

**Section 8:** 15 Yard Fireman Carry Run. The cadet will pick up the 50-lb dummy and carry the dummy, using the fireman's carry, and run within the designated lane.

**Section 9:** 15 Yard Zig-zag run. The cadet will continue carrying the 50-lb dummy thru the zig-zag zone outside each cone. The cadet will cross the finish line, drop the cadet and the time will stop.

**Sources:** Participants can view videos on YouTube for further guidance.

**Awards:** Trophies will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams.



# Four Square Challenge



**Report To:** The Football practice fields.

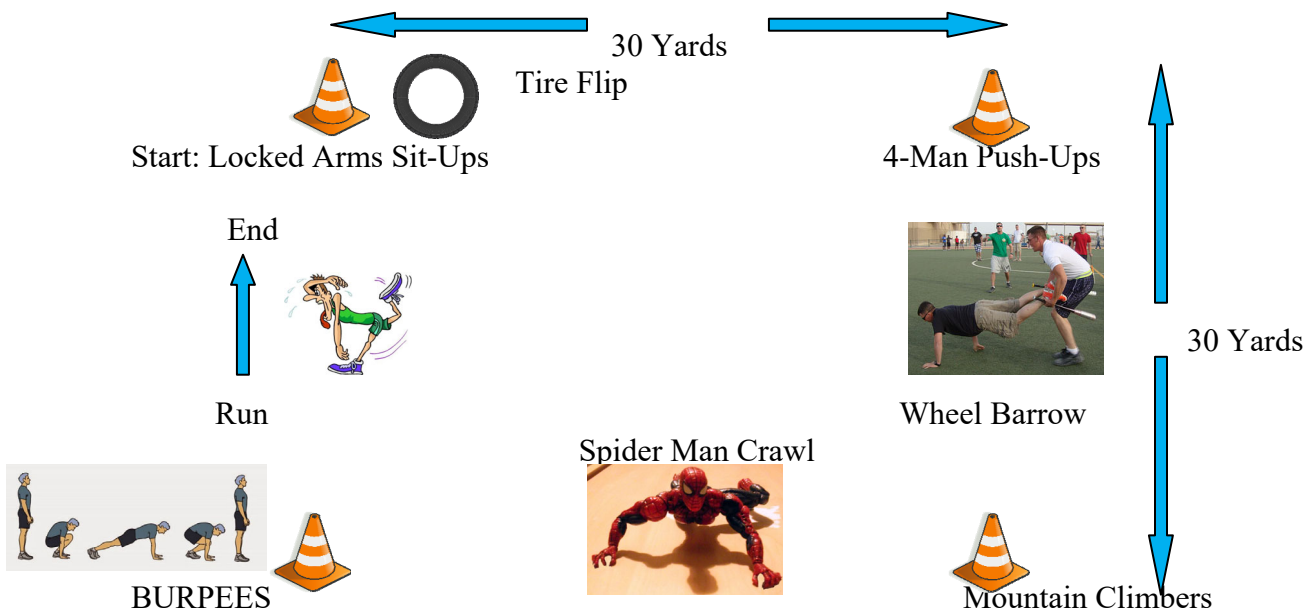
**Team Members:** 4 male, 4 female members per team

**Equipment:** Each team member must wear PT clothes for this event. School team shirts are encouraged.

**Course:** The field will be divided into a large 30 yard by 30 yard square pit. Each corner will be designated by a marker. The school will decide which team (male or female) will go first. The course will start with 4-man Sit-Ups. The cadets will lock arms in one line and complete 20 sit-ups in unison. All four members must complete each sit-up before we can proceed to the next one. For example, 3 of the 4 cadets complete number 9 but the fourth cadet does not. The cadets must re-do number 9 together before proceeding to number 10. After completing the sit-ups, the cadets will proceed to the next marker by flipping a large truck tire 30 yards. A minimum of two cadets must be lifting and flipping the tire at any one time. All four should lift and flip to gain maximum time. Upon arriving at the second marker, the 4 cadets will commence to complete 4-man pushups. This is a procedure that requires the cadets to place their feet on the back of another cadet as they form a square and perform 10 pushups. As with the sit-ups, all four cadets must complete the pushup before they can proceed to the next pushup. Upon completing the pushups, the 4 cadets will team up into 2 two-man teams and complete a wheel barrow run to the next marker. The team can decide which two will hold feet and which two will be face down for the 30 yard sprint. At the next marker, the cadets will form a square, where each cadet's head is in the center with their bodies stretched out. The cadets will fall to their knees and simultaneously in cadence, perform 20 **Mountain Climbers**. Upon completion of that event, the cadets will execute the **SPIDER MAN CRAWL** (where the cadet uses only his/her hands and feet to crawl to the next marker). At the next marker, the 4 cadets will simultaneously execute 20 **BURPEES**. The cadets must start and end together. Upon completing the 20 BURPEES, the 4 cadets will run to the final marker and tag the second foursome so they may begin their adventure in the FOUR SQUARE Challenge. A demonstration of all of the events will be given prior to the start of the challenge.

**Awards:** Trophies will be given to the top three teams.

**Special Note:** This is a timed event with both male and female teams completing the challenge to earn one final time. The teams must consist of 4 males competing together and 4 females members competing together. Swapping members (Male/Female) will not be allowed.





**Report To:** The Football practice fields.

**Team Members:** Each school team will consist of 1 six-person team (3 Males and 3 Females).

**Equipment:** Team members must be in PT clothes to compete. All members must wear athletic shoes. Prepare to get dirty and sweaty.

**Course:** The SPARTAN course will be approximately 1 and ½ miles long with several obstacles to complete along the way. Each team member's time will be recorded and added for the team total time to complete. Cadets can help each other or go all out and try to complete the course as fast as possible to get a great individual time. Every failed event or failed obstacle will require the cadet to complete **25 BURPEE'S before proceeding to the next portion.**

**Awards:** Trophies will be given to the top three teams. Medals to the top male and female.

**Special Note:** This is a physically demanding race. Ensure that you are ready for the pain and obstacles that you are about to face. Quitting the course will automatically disqualify your entire team.

## **Tug-Of-War**



**Report To:** Football Practice fields. There will be a tug-of-war rope, Teams will be informed which time to commence their pulls.

**Team members:** Eight cadets - 4 males and 4 females. Substitutes are allowed throughout your session as long as you maintain the 4 male/4 female rule.

**Requirements:** The cadets DO NOT have to be members of the PT team to compete in the Tug-of-war competition. The contestants should be in PT or relaxed gear to compete. No spikes, cleats, boots of any sort, gloves, glue, bubblegum, or other hand or foot "grip" enhancing items allowed.

**Rules:** This is a double elimination process and your team can still win via the "losers" bracket. The more your team wins, the more rest time they will receive. Teams lay on the ground perpendicular to rope, alternating on each side of the rope, with feet at the rope, in the "down" push-up position. On the command "up", the cadets push up; on the command "go," they are free to grasp the rope and begin pulling. The first team to pull the center cloth over the designated line wins.

**Awards:** 1<sup>st</sup> thru 3<sup>rd</sup> place trophies will be awarded. Unlike most Meets, points from this event DO count toward the over-all meet champion.

# Three Position Air Rifle (Sporter and Precision) (Only Sporter scores will counts toward event totals)

## THIS IS A SHOULDER TO SHOULER (STS) EVENT

**Report To:** Gym.



**Team Members:** Teams will consist of four (4) shooters and only the top four shooters will count towards competition points. More than four shooters may shoot.

**Equipment:** Sporter and Precision air rifles (not provided) shall be in accordance with the current edition of the National Standard Three-Position Air Rifle Rules. Compress Air will be provided to for the cadets to fill their rifles. <https://thecmp.org/youth/air/national-standard-three-position-air-rifle-rules/>



**Targets:** The targets used for this competition will be the Orion Scoring System 10m Air Rifle targets. CCHS NJROTC will supply targets. Please provide the Shooters first and last name, School Name, CMP number and birth date one week prior to the competition. Labels will be preprinted prior to the competition.

**Range Specifications:** Will be the National Standard Three Position:  
The distance from the firing line is 10 meters (33 feet.) Creedmoor targets will be used.  
Target heights (measured from the center of the sighting targets); prone 19.7in.  $\pm$  4in.,  
standing 55in  $\pm$  2in, kneeling 31.5in  $\pm$  2in.

### **Course of Fire and Time Limits:**

Three by ten. 10 shots in each position: prone, standing, and kneeling (in that order). Preparation and Sighting period of 8 minutes. 10 minute for 10 record shots for prone. Five minute change over followed by five minute sighting. 15 minute for 10 record shots for standing. Five minute change over followed by five minute sighting. 10 minute for 10 record shots for kneeling.

**Range Controls and Commands:** All National Three-Position Rules for range control and commands apply.

**Coaching:** The coach will not physically assist the team members in any way, including loading, cocking, or making sight adjustments on the firing line. Shooters may leave the firing line, with the permission of the Range safety officer, to talk to their coach during record shots. Coach can be provided during sighters.

**Officials, Scoring and Decision of Ties:** Caney Creek's LCDR Stahl will serve as the Match Director for the competition. All Range safety officers, scoring officials and statistical duties will be carried out as designated by CCHS SNSI / NSI. Team coaches to act as judges if required. Scoring will be conducted via the Orion Scoring System.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Team Trophies will be awarded.





## Minute to Win It Leadership Challenge

**Report To:** NJROTC Classroom located in back of the school.

**Team Members:** Each school will provide a 6 member team, any combination of male/female ratio. The team members will attempt to complete each of the selected *Minute to Win it* events. All events will be completed by one member at a time. No teamwork will be allowed. We are looking for leaders to step up and lead by example.

**Equipment:** CCHS will provide all required equipment to compete in this challenge. Team members will not be required to bring anything to compete in this event.

**Rules:** Each of the six team members will attempt each of the selected *Minute to Win it* events on an individual basis. Each player will have one minute to complete each event and move on to the next one. Members completing an event will contribute points to the team score. No player can attempt any event more than once.

To keep the event fair, no spectators will be allowed in the gym during the competition. Only the team players will be allowed in with one coach/cadet/instructor to take pictures.

**Awards:** Trophies will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams.

**Special Note:** If you Goggle “NBC Minute to Win it” you will find a website with over 100 games associated with this event. We will feature a selected number of the events at the TOP GUN Field Meet.



## Escape the Room Challenge



**Report To:** Designated room for further instructions. (Room TBD)

**Team Members:** The team will consist of 5 members, any combination of male and females.

**Equipment:** You will be given a binder with instructions to follow. The team will be escorted with a referee to ensure compliance with the rules. The referee will also have a timer and will provide remaining time to the team.

**Course:** The five member team will enter a classroom where they will find a binder. In the binder will be instructions on how to escape the room. Each team will be given 30 minutes to decipher the clues and manipulate items found in the room to assist in escaping the room. This is a mental and teamwork challenge. Some clues will require two or more persons to solve the challenge. If your cadets like challenging mental obstacles, then this is the challenge for them.

**Awards:** Trophies will be given to the fastest 3 teams in the competition.



## **Ruck Sack Challenge**

**Report To:** The Practice Football Fields.

**Team Members:** Each team will consist of 6 members (4 males and 2 females.)

**Equipment:** CCHS will provide 4 ruck sacks weighing approximately 40 lbs, a stretcher, and a paddle board. The team will also be given a map and compass.

**Rules:** The six-man team will be required to find the pilot TOP GUN at his last known location after being shot down behind enemy lines. The team must start and finish with all of the equipment given to them at the start of the event. The team should finish together along with the TOP GUN pilot (Dummy). The time will stop when the last cadet crosses the finish line.

1. The cadets will follow their map to the first obstacle where they will use their paddle board to cross a marked and dangerous swamp. They must then follow the map and detour thru the marked mined field using the paddle boards. Upon clearing the minefield, the team should continue to follow the map and find the downed pilot. Upon rescuing the pilot and placing him in the stretcher, the team is to follow the map to the finish line and safely rescue the pilot.
2. This is a timed event. All members must start and end together. All equipment must be carried by the 6 team members. All equipment and the pilot should cross the finish line together. Once a member crosses the finish line he or she cannot return to assist another member. The time stops when the last member crosses the finish line.
3. If a member falls off the board while crossing the swamp or the minefield, the team members must stop, regroup and proceed with all six members on board the paddles. The team should not continue without a team member.
4. Teams may carry the equipment (4 Rucksacks, 1 paddle board, 1 stretcher, and pilot) in any fashion they desire.
5. Schools may enter more than one team if more than one team wishes to participate.

**Awards:** Trophies will be given to the fastest 3 teams in the competition.





## Academic KAHOOT



**Report To:** NJROTC Classroom (TBD). Each school will be assigned a time slot to compete in the single elimination competition.

**Team Members:** The Academic Team will consist of 4 members, each team must have a Senior, Junior, Sophomore, and a Freshman. Schools may enter more than one team but each team must have the combined members stated above.

**Equipment:** All cadets must have a cell phone to use. You will register online using a cell phone. Once the game starts, you cannot stop it.

**Testing:** Each team will answer the same 30 questions. Each team player's score will be added together for the team total. Not answering a question is the same as getting it wrong. The faster you answer the question, the more points you will earn and your team will earn.

**Knowledge:** The test will cover: The National Chain of command, Texas History, Current events, Sports, Military History, and Leaders of the world.

**Awards:** Trophies will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams.



# **Biathlon**

**Report To:** The check-in table located behind the stands on the far side of the football field (score board end). After check-in the team will receive the safety brief and operating instructions for both type air guns.

**Team Members:** Teams will consist of **six** cadets – **4 male & 2 female** - 2 male tandems & 1 female tandem.

**Equipment:** Caney Creek will provide AirArms T200 Sporter air rifles, targets and pellets. All competing teams will use the same rifles, which will be sighted in at the correct distance. Cadets should wear running shoes and PT gear.

**Targets:** The targets used for this competition will be clay pigeons

**Range Specifications:** The distance for the air rifle firing line is 33 ft. Target height will be approximately the 3-position air rifle standing height (55in ±2in).

**Course:** The first Male tandem will start together when signaled. They will run 200 yds carrying a Daisy Drill Rifle over their head. They will then traverse an “over-under” course across the football field, followed with 5 complete turns "dizzy izzy" style. After the dizzy izzy, the cadets will run to the firing line (table). Both shooters will have five (5) shots each with an air rifle to break three (3) clay pigeons each from the standing position at a distance of 33ft. Once both shooters have completed their shots, one of the cadets will carry the other back to the original starting point utilizing the fireman’s carry. Once they pass the finish line, the Female tandem takes off. They will do same identical course & events as first pair. The final tandem pair will do same identical course as the first and second tandem. Unbroken targets will be assessed a penalty of 30 seconds added to the team time. The team time will consist of the total running time for the three tandems plus any penalties.

**Range Controls and Commands:** All JROTC Marksmanship Instructor Course (JMIC) Air rifle commands apply. There will be cadets stationed around the course to direct, guide and assist as needed.

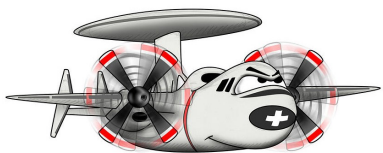
**Officials and Scoring:** Score will be the total time for the three tandems plus any penalties for unbroken targets. An adult R.O. will be the head judge for this event, assisted by CCHS air rifle team members.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Team Trophies.

## **Overall Awards:**

**Lots of Trophies..... Lots of Opportunities for your cadets to go home happy!**

LCDR Raleigh Stahl, and Chief Don Arms, can be reached at (936) 709-2226/7/8, or email us at: [rstahl@conroeisd.net](mailto:rstahl@conroeisd.net)



# “TOP GUN: DOG FIGHT”

*April 15, 2023*

ALL MILITARY DRILL MEET *April 15, 2023*

## *Sign-Up Sheet*

Name of School: \_\_\_\_\_ Point of Contact: \_\_\_\_\_

Submit Checks to: “CCHS NJROTC”

Sign me up for the entire package: \$400.00  
One team in each category

Sign me up for the following team event only/in addition: \$40.00 per team

- |   |  |
|---|--|
| <input type="checkbox"/> Combat Fitness Test          | <input type="checkbox"/> Four Square Challenge                             |
| <input type="checkbox"/> Marksmanship (Sporter)       | <input type="checkbox"/> SPARTAN RACE                                      |
| <input type="checkbox"/> Tug-Of-War (4 Male/4 Female) | <input type="checkbox"/> Escape the Room Challenge                         |
| <input type="checkbox"/> Academics                    | <input type="checkbox"/> Minute to Win it Leadership Challenge (6 Members) |
| <input type="checkbox"/> Ruck Sack                    | <input type="checkbox"/> Biathlon  |

Number of Teams \_\_\_\_\_ x \$40.00 = \$ \_\_\_\_\_

**TOTAL MONIES SUBMITTED: TOTAL \$ \_\_\_\_\_**

Call us at (936) 709-2227  
Or [rstahl@conroeisd.net](mailto:rstahl@conroeisd.net)

# Waiver Form

WAIVER FORM, Annual Caney Creek "Top Gun Dog Fight Drill Meet" April 15, 2023

This form must be filled out and signed by each cadet, his or her parent/guardian, and instructor.  
Please bring these forms with you to the Meet, and turn-in to the Registration desk.

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Your SCHOOL Name: \_\_\_\_\_

Your JROTC INSTRUCTOR SIGNATURE: \_\_\_\_\_

## **STATEMENT OF WAIVER**

In accepting the invitation to participate in the Caney Creek H.S. Drill Meet,

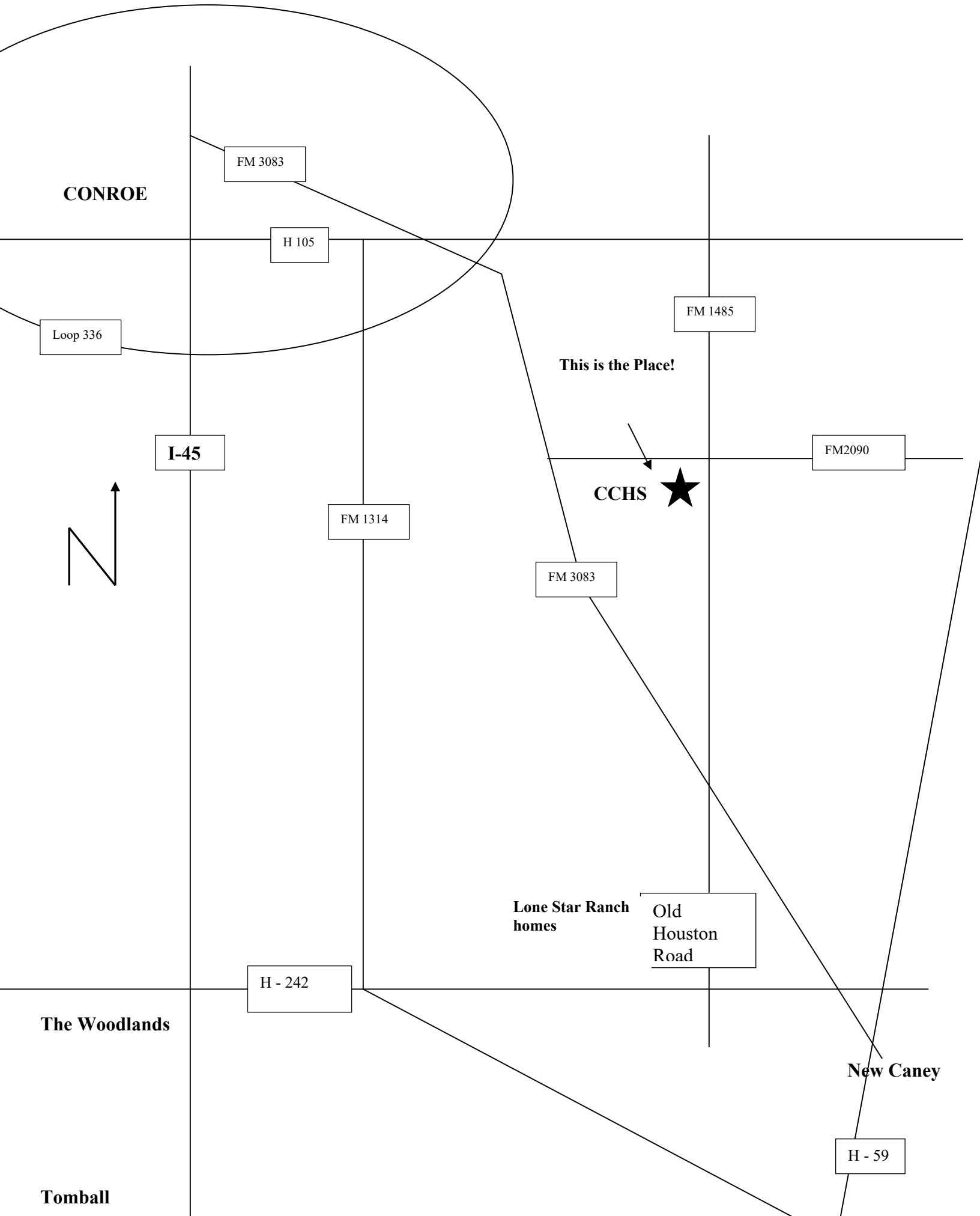
I, (Print your CADET Name): \_\_\_\_\_, do understand that this meet involves high risk and high venture physical activities and hereby waive and release any and all claims I may have against the United States Navy, Meet Directors or officials, Caney Creek High School, the Conroe Independent School District, and/or their representatives for any injury to me during any of the events or activities in conjunction with the Caney Creek H.S. Top Gun Dog Fight Drill Meet.

**Cadet Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

My Child / Ward has my permission to participate in the Caney Creek H.S. Top Gun Dog Fight Drill Meet on April 15, 2023, and I understand that this meet involves high risk and high venture physical activities and hereby waive and release any and all claims I may have against the United States Navy, Meet Directors or officials, Caney Creek High School, the Conroe Independent School District, and/or their representatives for any injury to my cadet during any of the events or activities in conjunction with the Caney Creek H.S. Top Gun Dog Fight Drill Meet.

**Parent / Guardian Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

Parent Emergency Telephone number: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_



**CONROE**

FM 3083

H 105

Loop 336

I-45



FM 1314

**This is the Place!**

FM 1485

**CCHS**



FM2090

FM 3083

**Lone Star Ranch homes**

Old Houston Road

H - 242

**The Woodlands**

**New Caney**

H - 59

**Tomball**