

National High School Physical Fitness Championships

Under the watchful eye of their coaches, American students push their bodies to the limits. Pulling, pushing, bending, leaping and sprinting their way towards the highest standards in physical fitness. It all begins each fall at high schools across the country, and boils down to a single event...an event that embodies the epitome of physical fitness.

The National High School Physical Fitness Championships is the culmination of countless days, hours and minutes of grueling preparation. The competition here is keen. The rewards are tangible. The self-discipline is mandatory. The challenge is unique. The winners are all those who learn the importance of lifelong physical fitness.

For more than 200 years the United States Marine Corps has maintained that physical fitness is essential to its role as our country's elite force in readiness. The standards established are time-tested and have kept Marines in good stead throughout their military careers and on into their civilian endeavors.

Reinforcement of these standards of physical excellence among the young people of America is the goal of the United States Marines Youth Foundation and its National Youth Physical Fitness Program. Along the way though, the program accomplishes much more.

On an individual basis, each young man or woman can compete against his own best efforts, against those of fellow students, and against known standards for Marines. Steady improvement will be its own incentive for staying with the program, and the self-discipline required to prepare for competition builds on the character of those who participate.

Beyond the individual fitness benefits, there will be those few who achieve top performance and earn the privilege of representing their schools at the National High School Physical Fitness Championships. It means recognition for the young athletes and their schools and the opportunity to compete among some of the nations greatest athletes.

Earning a Spot:

High schools have to compete and obtain a qualifying score at the state level in order to secure a spot at the National Championships. State meets are scheduled through the United States Marines Youth Foundation headquarters. A schedule of current state meets can be viewed at the Foundations Website at www.marineyouthfoundation.org. If there is no state meet scheduled for your area, and you would like to host one or just be a participant, please call the Youth Foundation at 1-888-USMC-FIT. All schools wanting to compete at the state level must fill out an entry form (also located on our website) and submit it to the National Headquarters.

The National Competition:

The National High School Physical Fitness Championships are held in San Diego each spring. The National Championships can accommodate up to 100 teams (the top 50 male and female teams in the country). Teams competing at the national level are determined by results of state competition. All teams making it to the nationals will have the trip to San Diego funded by the United States Marines Youth Foundation, Inc. The trip includes airfare for the six-member team (male and female if qualified), coach, one escort, lodging, food, ground transportation, a social gathering and the awards banquet. Funding for pilot teams and additional escorts are the responsibility of each school. A detailed outline of the national competition will be mailed to each team attending the national championships at least four weeks prior to the National Championships.

Competition for the National Championships will be broken down over a two-day period. The High School Girls Competition will be conducted on Friday of the week of competition, while the boy's championships will be held on Saturday.

Below is a **SAMPLE** schedule of events that should be followed if attending the National Championships.

Wednesday

High School teams arrive in the San Diego area.

Thursday

AM – Run through the competition course with Advisory Committee, judges, monitors and students.

Free to sight-see or prep for competition

Mandatory Coaches Meeting / Social for Students (Casual Evening Event)

Friday

Championship Opening Ceremony

Girl's Competition

Field Cookout

Saturday

Boy's Competition

Closing Ceremony

Awards Banquet (Coat and Tie Social Event)

Sunday - Monday

Sight-see / Teams return home

Awards:

Awards for state and national competition will be provided by the United States Marines Youth Foundation, Inc. Awards for state competition will be provided by the Foundation for those events that are recognized and organized through the Foundation. Forms for ordering awards can be found on the Foundations website at www.marineyouthfoundation.org or call the Foundation at 1-888-USMC-FIT to place the order.

Awards will be presented to the top three places at the National Championships (going up to seven depending on the number of teams competing and to the top three places at state competition. Below is a breakdown of the awards to be presented at the National Championships. This list is not inclusive:

Individual Awards:

1st Place Overall Individual Male and Female

2nd Place Overall Individual Male and Female

3rd Place Overall Individual Male and Female

and possibly –

4th Place Overall Individual Male and Female

5th Place Overall Individual Male and Female

6th Place Overall Individual Male and Female

7th Place Overall Individual Male and Female

Team Awards:

1st Place High School Team

2nd Place High School Team

3rd Place High School Team

and possibly -

4th Place High School Team

5th Place High School Team

6th Place High School Team

7th Place High School Team

Special Recognition Awards:

1st, 2nd and 3rd Place Senior male and female

Marine Corps League Foundation Award

Overall Male and Female (Check)

1st Place Team (Check)

Coaches Awards:

1st Place Coaches Award

2nd Place Coaches Award

3rd Place Coaches Award

and possibly -

4th Place Coaches Award

5th Place Coaches Award

6th Place Coaches Award

7th Place Coaches Award