



# TEAM TOUGH CHALLENGE

SAN ANTONIO  
SPORTS



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[goarmy.com/teamtough](https://goarmy.com/teamtough)



## BE ALL YOU CAN BE.

# WELCOME!



Welcome to San Antonio Sports 2023 Team Tough Challenge hosted by the Air Force Special Warfare Training Wing at Joint Base San Antonio - Lackland!

Our goal is to provide a challenging experience that will encourage teamwork and accountability for your team as you each strive to conquer a fun-filled course of military training obstacles. We are grateful to our event sponsors and team underwriters for their support of this event. This year's top division winners will bring home cash awards for their school or booster club. We will also honor our military team captains and hope that spending time with those who protect us will add depth to your experience. Your military team captain will push you to exceed your expectations and encourage you if you struggle.

We also want you to think about how core values can help you achieve success in life. Core values serve as your compass both as an individual and as part of a larger team. They will increase your chance for success in life, school or the workplace.

Check out the values of San Antonio Sports and the U.S. Army, Marines and Air Force as you build your own set of personal core values. Having a few key values will serve as your lighthouse as you navigate life.

**Good luck on your Team Tough quest!**

## SAN ANTONIO SPORTS CORE VALUES



### INTEGRITY

Honoring our commitments  
By being honest, accountable and demonstrating mutual respect

### EXCELLENCE

Exceeding expectations  
By demonstrating dedication, discipline, and determination

### LEADERSHIP

Making a meaningful impact  
By sharing our vision, compassion and inspiration

### TEAMWORK

Achieving a shared purpose  
By maintaining commitment, trust and cooperation towards others

### PASSION

Living our vision



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## UNITED STATES ARMY CORE VALUES

### LOYALTY

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers.

### DUTY

Fulfill your obligations.

### RESPECT

Treat people as they should be treated. In the Soldier's Code, we pledge to "treat others with dignity and respect while expecting others to do the same."

### SELFLESS SERVICE

Put the welfare of the nation, the Army and your subordinates before your own. Selfless service is larger than just one person.

### HONOR

Live up to Army values. The nation's highest military award is the Medal of Honor. This award goes to Soldiers who make honor a matter of daily living.

### INTEGRITY

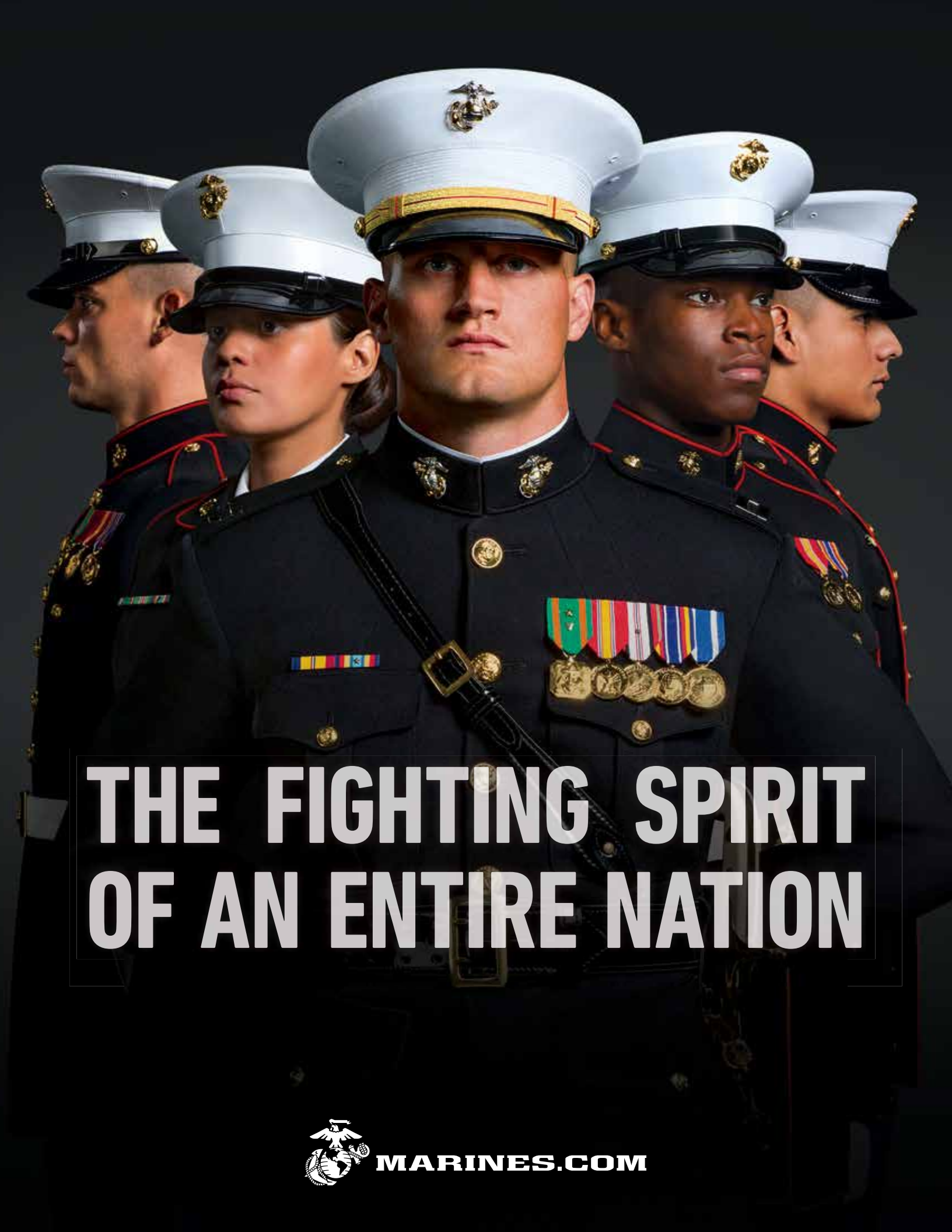
Do what's right, legally and morally. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you.

### PERSONAL COURAGE

Face fear, danger or adversity (physical or moral). With physical courage, it is a matter of enduring physical duress and at times risking personal safety. Facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others. You can build your personal courage by daily standing up for and acting upon the things that you know are honorable.



**U.S. ARMY**



# THE FIGHTING SPIRIT OF AN ENTIRE NATION



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## UNITED STATES MARINES CORE VALUES

### HONOR

This is the bedrock of our character. It is the quality that empowers Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other. It represents the maturity, dedication, trust, and dependability that commit Marines to act responsibly, be accountable for their actions, fulfill their obligations, and hold others accountable for their actions.

### COURAGE

The heart of our Core Values, courage is the mental, moral, and physical strength ingrained in Marines that sees them through the challenges of combat and the mastery of fear, and to do what is right, to adhere to a higher standard of

personal conduct, to lead by example, and to make tough decisions under stress and pressure. It is the inner strength that enables a Marine to take that extra step.

### COMMITMENT

This is the spirit of determination and dedication within members of a force of arms that leads to professionalism and mastery of the art of war. It promotes the highest order of discipline for unit and self and is the ingredient that instills dedication to Corps and country 24 hours a day, pride, concern for others, and an unrelenting determination to achieve a standard of excellence in every endeavor. Commitment is the value that establishes the Marine as the warrior and citizen others strive to emulate.



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## UNITED STATES AIR FORCE CORE VALUES

### INTEGRITY FIRST

Integrity is the willingness to do what is right even when no one is looking. Integrity is the "moral compass," the inner voice, the voice of self-control, and the basis for the trust imperative in today's Air Force. What makes integrity critical is when we least expect to be tested.

### SERVICE BEFORE SELF

Service before self represents an abiding dedication to the virtue of selfless dedication to duty.

### EXCELLENCE IN ALL WE DO

Airmen constantly strive to perform at their best. They understand that when members of an organization work together to successfully reach a common goal, excellence is achieved and no Airman wins the fight alone. Realizing that people are our most precious resource, Airmen are responsible for ensuring they are trained, fit, focused, and ready to accomplish the mission safely and effectively.



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UNITED STATES AIR FORCE  
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## EVENT SCHEDULE

7:00 am	Male Teams Arrival Time
7:10 am	Team Check-In Begins
8:00 am	Opening Ceremony/National Anthem
8:10 - 11:00 am	Male Division Competition Starts
9:00 am	Female Teams Arrival Time
9:40 - 11:30 am	Female Division Competition Starts
9:30 am	Co-ed Teams Arrival Time
11-11:15 am	Patriot's Cup – Tug of War with Military Branches (all teams pause action)
11:15 am	Male Division Awards Ceremony
10:00 am - 12:30 pm	Co-Ed Division Competition Starts
11:35 am	Female Division Awards Ceremony
12:50 pm	Co-ed Division Awards Ceremony





## EVENT OVERVIEW

The overall San Antonio Sports Team Tough Challenge champion in each division will be the team with the lowest total combined time. The time is calculated from your actual course finish time MINUS the results from the Battleground Challenges. All teams will have specific report/check-in times, in addition to course start times that will be in 15-minute increments.

## THE “TOUGH” 1-MILE TRAIL

Teams will start and finish the competition by running the 1-mile trail as a team and making several stops along the trail to complete timed stations and challenges before crossing the finish line.

## SPECIAL WARFARE LEADERSHIP REACTION STATIONS

Teams will work together to complete several unique leadership reaction stations. Teams will need to be prepared for the element of surprise as stations will be unknown until event day. Once all stations are finished, teams will continue through the course route to the Beaver Fit Challenge.

- If a team does not complete in 15 minutes we will give them a +2 minutes to their time.
- If a team completes under 15 to 12:01 minutes they will get no score adjustment.
- If a team completes under 12 minutes, which means they excelled, they will get a -1 minute bonus to their overall time.

## BEAVER FIT CHALLENGE

Teams will complete several apparatuses and fitness movements as fast as possible to continue through the last half-mile (0.5mi) of the Tough Mile.

- Each team member, one at a time, will complete the monkey bars and then 20 burpees.
- After student 1 completes the bars and burpees, the next student will complete the same set of reps.
- After all 8 students complete their reps, they will proceed together to finish running the trail and cross the finish line.

## FINISH THE TOUGH MILE

See the next page for detailed map of The Tough Mile.





**Beaver Fit Challenge**

Teams will run through several apparatuses as fast as possible to continue through the last half mile (0.5mi) of the Tough Mile.

- Each team member one at a time will complete the monkey bars then do 20 burpees
- After student 1 completes the bars and burpees then the next student will complete
  - After all 8 students complete their reps, they then can proceed together to finish running on the trail and cross the finish line

**Competition/Trail Details**

San Antonio Sports invites area high school teams to connect in the ultimate test of teamwork and toughness designed to pit students against each other in a challenging and fun-filled competition that includes unique military training and challenges.

**The "Tough" 1-Mile Trail**

Teams will start and finish the competition by running the 1-mile trail as a team and will make several stops along the trail to complete timed stations and challenges before crossing the finish line.

1. **Special Warfare Leadership Reaction Stations**
2. **Beaver Fit Challenge**

**FINISH The Tough Mile**

**Battleground Challenges**

- U.S. Marines Pull-Up Challenge
- U.S. Army Push-Up Challenge
- Tug-of-War Tournament

The overall Team Tough Challenge champion in each division will be the team with the lowest total combined time to complete the entire competition/trail. The time is calculated from your actual **Tough Mile** finish time MINUS the results/finish from the **Battleground Challenges**.



**Special Warfare Leadership Reaction Stations**

Teams will work together to complete several unique leadership reaction stations. Teams will need to be prepared for the element of surprise as stations will be unknown until event day. Once all stations are finished, teams will continue through the course route to the Beaver Fit Challenge.

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## **BATTLEGROUND CHALLENGES**

1. **U.S. Marines Pull-Up Challenge**
2. **U.S. Army Push-Up Challenge**
3. **Tug-of-War Tournament**
  - a. Male Division Tug-of-War Tournament (10:30 - 11:00 am)
  - b. Patriot's Cup (11:00 - 11:15 am)
  - c. Female Division Tug-of-War Tournament (11:20 - 11:35 am)
  - d. Co-Ed Division Tug-of-War Tournament (12:30 - 1:00 pm)

## **BATTLEGROUND FITNESS CHALLENGE SCORING**

Teams can come any time before or after their Tough Mile run to complete the push-up and pull-up challenge. Tug-of-War Tournaments will be the last event that concludes each division's competition before teams proceed to the awards ceremony stage area for announcement of champions.

## **U.S. ARMY PUSH-UP CHALLENGE & UNITED STATES MARINE CORPS PULL-UP CHALLENGE**

Teams score will be based off their standings among other division teams that are then ranked by the total number of push-ups/pull-ups they complete in 5 minutes.

1st place	-5 min
2nd place	-4 min
3rd place	-3 min
4th place	-2 min
5th place	
& lower	-1 min

## **TUG-OF-WAR TOURNAMENT**

1st place	-5 min
2nd place	-4 min
3rd place	-3 min
4th place	-2 min
5-8th place	-1 min
9th place	
& lower	-30 seconds

The overall Team Tough Challenge champion in each division will be the team with the lowest total combined time to complete the entire competition/trail. The time is calculated from your actual Tough Mile finish time MINUS the results/finish from the Battleground Challenges.



## 9 Sub-Specialties

- Joint Replacement
- Sports Medicine
- Spine
- Hand & Upper Extremity
- Complex Shoulder & Elbow
- Foot & Ankle
- Pain Management
- Podiatry
- Chiropractic Care

## 8 Locations

**1** **Ridgewood**  
**Ridgewood Orthopaedic Center**  
 19138 US-Hwy 281 N  
 San Antonio, TX 78258  
 ★ Surgery & Imaging Center  
 OrthoNow Injury Clinic

**5** **Westover Hills**  
**Westover Hills Medical Plaza I**  
 11212 State Hwy 151, Suite 150  
 San Antonio, TX 78251

**2** **Quarry Area**  
**The Orthopaedic Institute**  
 400 Concord Plaza Dr.  
 San Antonio, TX 78216  
 ★ Surgery & Imaging Center  
 ★ OrthoNow Injury Clinic

**6** **Brooks City Base**  
**Mission Trail Medical Plaza**  
 3327 Research Plaza, Suite 215  
 San Antonio, TX 78235

**3** **Schertz**  
**Schertz Parkway Professional Plaza**  
 5000 Schertz Parkway, Suite 600  
 Schertz, TX 78154

**7** **New Braunfels**  
**Resolute Retail Plaza**  
 601 Creekside Crossing, Suite 106  
 New Braunfels, TX 78130

**4** **Medical Center**  
**Santa Rosa N.W., Tower I**  
 2829 Babcock Rd., Suite 700  
 San Antonio, TX 78229

**8** **WorkSmart at Grayson Heights**  
 1422 E. Grayson St., Suite 102  
 San Antonio, TX 78208



# FEMALE DIVISION TEAMS

SCHOOL	TEAM NAME
Southside HS	Lady Cardinals
Churchill	JROTC Charger Girls
Holmes HS	Huskies' Pride
Johnson HS	Lady Jaguars JROTC
Pleasanton HS	Pleasanton Pink Eagles



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Join us for a challenging and exhilarating competition that will put your teamwork and toughness to the test!

But when the dust settles and the competition is over, you'll need a way to recover and rejuvenate your body.



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- Our **Dry Salt Therapy** can help you breathe easier and recover from respiratory issues caused by the intense physical exertion.
- Our **Float Therapy** will provide you with a relaxing and rejuvenating experience that will help you rest and recover from the demands of the competition.
- And our **Compression Therapy** will help you reduce muscle soreness and improve circulation.

So when you're ready to recover and get back to peak performance, come to Krysus Human Performance and Recovery. Our expert staff will help you choose the perfect recovery service to meet your needs and get you back on your feet in no time. Don't let the Team Tough Challenge leave you feeling beaten and broken - **let us help you recover and emerge stronger than ever!**



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# MALE DIVISION TEAMS

SCHOOL	TEAM NAME
Smithson Valley HS	Rangers Blue
Holmes HS	Huskies' Strong
Johnson HS	Jaguars JROTC
Pleasanton HS	Pleasanton Eagles
Churchill HS	Churchill JROTC
Reagan HS	Viper Team Alpha
Central Catholic HS	CCHS Orienteering
Central Catholic HS	CCHS Raiders 1
Southside HS	Southside Cardinals
McCollum HS	McCollum Cowboys
Veterans Memorial HS	VMHS Spartans

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## CO-ED DIVISION TEAMS

SCHOOL	TEAM NAME
Smithson Valley HS	Rangers White
Lanier HS	Mighty Voks
Veteran's Memorial HS	VMHS Nats
Reagan HS	Viper Team Bravo
Somerset HS	Somerset Bulldogs
Central Catholic HS	CCHS MIXED COED
Clark HS	Sweat Team Six - Clark AFJROTC
McCollum HS	McCollum Cowboys Team 2
Harlan HS	Harlan Blackhawks

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Your participation in the 2023 Team Tough Challenge supports San Antonio Sports' mission to transform lives through the Power of Sport.

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