

HOPATCONG BOROUGH SCHOOLS

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Hopatcong, NJ - U.S. Army Promotes Fitness with HHS Students Cynthia Randina, Hopatcong Superintendent of Schools, Announces -

Hopatcong High School students were given the opportunity to experience what a United States Army soldier performs on a daily basis with regards to muscular strength and endurance training, or what they refer to as PT. Michelle Belfiore, Guidance Counselor, facilitated the event with Sgt. Thomas Steele, a recruiter from the Hackettstown Recruiting Office. Sgt. Steele organizes this type of event with local schools, outside of his recruiting duties, to simply promote fitness. Joining Sgt. Steele was SSG Erik Totten and SSG Jose Martinez from the Morristown Recruiting Office.

During the course of the day the students were asked to perform specific activities through a series of circuit training stations. At each station the students were given instructions on what physical activity they would complete before moving on. While the students were timid at first, word spread quickly throughout the school about the exciting activities awaiting them in Gym class. The students accepted and executed the challenges presented to them. Many felt that the students participated well due to their tremendous respect for military personnel. Overall, everyone involved agreed that the training was successful and made them feel good afterwards.



Left to right: SSG Jose Martinez, Sgt. Thomas Steele, SSG Erik Totten Sgt. Steele gives initial instruction to the students



SSG Jose Martinez gives instruction on a station activity.

###If you would like more information on this topic, or to schedule an interview with Cynthia Randina, Superintendent of Schools, please call JoAnne Murray at 973-398-8801 or email at jmmurray@hopatcongschools.org.