

HORNETS CHALLENGE



Do you want to improve your confidence, participate in some exercise fun, and enjoy the outdoors?

Are you planning to take a NYS Physical Ability Test, want to practice, and learn how to properly do push-ups and sit-ups?

Join us for the following event!

Join the Criminal Justice & Emergency Services Department, Physical Education & Sport Studies Department, Broome County Sheriff's Department, Regional Law Enforcement Recruits, and SUNY Broome Office of Public Safety for this event and challenge yourself!

When: Thursday, April 18, 2024 at 2:00 PM.

<u>Where:</u> Outdoor Obstacle Course, directly across from the Broome County Sheriff's Department is the entrance (up the hill from SUNY Broome)

Collaborative Confidence Course - *Outdoor obstacle course – bug/tick spray/sunscreen is recommended.

- This event is open to <u>all</u> current SUNY Broome students and employees (law enforcement recruits will be participating as well).
- Participants will be required to sign waiver forms prior to participation in the event (waivers will be provided at the start of the event).
- No need to pre-register please arrive at 1:45 pm for the event to give you time to fill out the waivers.
- Appropriate attire, water, and a towel is recommended for both events.
- The event will be held rain or shine.
- PLEASE DO NOT GO UP TO THE CONFIDENCE COURSE BEFORE THIS EVENT this is maintained by the Broome County Sheriff's Office,
 NOT SUNY Broome.

Additional information about the NYS Physical Ability Test can be seen on the <u>Broome County Sheriff's Physical Fitness Test Video</u>.