

The Physical Fitness skills tested were sit-ups, push-ups, pull-ups, shuttle run and standing long jump. Our students had the opportunity to “flex their muscles” by show off their mastery of the components of physical education which are: muscular strength, power, agility, and speed.

The VMS Team was divided up into 4 regiments, each one lead by a different NJ State Trooper. Starting from the very first push up you could hear the encouragement of teammates as each member was pushing to “grind out” a few extra reps before their time was up. The sweat and cheering continued through the whole 2 hours of their grueling workout. At the conclusion of the testing, our team and the NJ State Troopers had a chance to interact with eachother before awards were handed out. Ventnor had 4 students who scored 100% - Jonathan Manno, Brianna Federico, Alexandra Chakov, and Manisha Kapasiawala. Their raw scores exceded the maximums set by the NJ State Troopers.

Below are the names of our 33 member team:

<b>Ahedo, Andres</b>	<b>Flanagan, Brian</b>	<b>Marin, Daniel</b>
<b>Allen, Kevin</b>	<b>Forero, Juan</b>	<b>Martinez, Michael</b>
<b>Anmuth, Abby</b>	<b>Harris, Walter</b>	<b>McHenry, Logan</b>
<b>Boselli, Rob</b>	<b>Kammerman, Shane</b>	<b>Mejia, Jeff</b>
<b>Brown, Matt</b>	<b>Kanter, Murray</b>	<b>Pacentrelli, Carol</b>
<b>Cahill, Riley</b>	<b>Kapasiawala, Manisha</b>	<b>Price, Infinity</b>
<b>Chakov, Alexandra</b>	<b>Karim, Subha</b>	<b>Rosado, Xavier</b>
<b>Cruz, Michael</b>	<b>Kelley, Shawna</b>	<b>Sacco, Joe</b>
<b>Dangalan, Christian</b>	<b>Kryeziu, Gazmend</b>	<b>Saintel, Junior</b>
<b>Egrie, Carly</b>	<b>Manno, Jonathan</b>	<b>Younger, Brandon</b>
<b>Federico, Brianna</b>	<b>Marin, Christian</b>	<b>Zhang, Jerry</b>