Softball endures workout challenge

Team completes three-day competition

November 23, 2011 · Athletic Communications

MURFREESBORO, Tenn. -- The Middle Tennessee softball team completed a three-day workout challenge with a series of conditioning drills early Wednesday morning.

- **Blue Raider Challenge Photo Gallery**

Wednesday's training session concluded a rigorous three days of activities for the team entitled the Blue Raider Challenge. The squad was divided into two teams – Team Blue and Team Black – and completed various exercises with one team being declared the winner of each event and receiving an allotted amount of points.

The challenge began on Monday afternoon with a triathlon consisting of running, biking and swimming contests. Each team selected three participants who ran, biked and swam for set distances.

The second day of the challenge called for the Blue Raiders to report to campus at 6 a.m. The morning featured five "strong man" events including tire flips, medicine ball tosses, a tug-of-war and push-up and chin-up exercises.

"These exercises really brought out our competitive spirit," said senior catcher Abbey Sanders. "They definitely brought us closer together."

The challenge concluded with a series of strength and endurance workouts. A jump rope race, stadium run and a weight-carry competition were among five events which closed out the challenge. In the end, Team Blue claimed victory by a narrow margin.

"This was a time for us to have a friendly competition while learning about each other's strengths and weaknesses," said senior pitcher Caty Jutson. "We were all pushed to the limit, but had a fun

time doing so. It was a great way to end our workouts before a relaxing week at home with our families."

The team will take the rest of the week off for Thanksgiving before closing out the semester in early December. Following Christmas break, the Blue Raiders will return to campus in January and immediately begin its preseason preparations before the season starts in mid-February.

Additional photos as well as a video from the challenge can be found on the team's new MTSU Softball Facebook page. Fans are also encouraged to read senior pitcher Caty Jutson's new blog entitled "Jutson's Journal" which can be found here as well linked on the left side of the Softball page.

Also, be sure to follow the Blue Raider softball team all offseason on Twitter @MT_Softball and stay up-to-date on the team with the latest softball news and information at the "Softball Notebook" page which can be found here.

Printed on December 12, 2013
Original URL: http://www.goblueraiders.com/content.cfm/id/56830