

Catholic high school youths take part in Navy Seal fitness challenge

By Catholic Review Staff

Encouraging voices could be heard on the campus of Loyola University Maryland in Baltimore May 4 as 21 Catholic high school youths worked with U.S. Navy Seals to complete the The Catholic Youth and Navy Seal Fitness Challenge.

Youths from Catholic high schools and parishes in the Archdiocese of Baltimore participated in a series of activities at Loyola's state-of-the-art fitness and aquatic center. Navy Seals pushed the teens as they did sit-ups, push-ups, sprints and a 500-yard swim.

The event, a first in the Archdiocese of Baltimore, was meant to inspire the application of virtues through athletics.

To view a slideshow of the event, navigate the arrows below.

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May 6, 2013 CatholicReview.org