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Hometown News Release

CONTACT: Lt. Col. Marty Malone
OFFICE: 615.313.0662
marlin.e.malone.mil@army.mil

Knoxville native to Compete in 2022 All Guard Best Warrior Competition

KNOXVILLE, Tenn. – Spc. Grayson Vaughn, a Knoxville native and military policeman with the Tennessee Army National Guard’s 252nd Military Police Company, will compete in the 2022 National All Guard Best Warrior Competition at Smyrna’s Volunteer Training Sites, July 24-29.

Vaughn will represent Tennessee as one of the 14 best National Guard Soldiers and Noncommissioned Officers from seven regions, competing for the title of Best Warrior or NCO of the Year.

“These competitions are not only great experiences, but they are also filled with incredible training that you don’t always get to do,” said Vaughn.

Vaughn was named Tennessee’s Best Warrior earlier this year, where he competed against Soldiers, Airmen, and representatives from the Bulgarian Armed Forces. He then advanced to the regional competition and won the top spot after competing against his peers from the surrounding states.

The national competition will be even more grueling than in previous years, pushing the competitors beyond their limits. This year’s six-day competition will take place across the state and incorporate over 30 obstacles testing the competitors’ mental and physical fitness. The stress-inducing events are designed to tests the Soldiers’ mental fortitude, individual skill, and ability to work as a member of a team.

“I do physical strength training three times a week with a group of friends doing boot-camp style workouts in the early morning,” said Vaughn. “Then the other two days of the week I run or hike with weights to get my body’s stamina ready for long distances.”

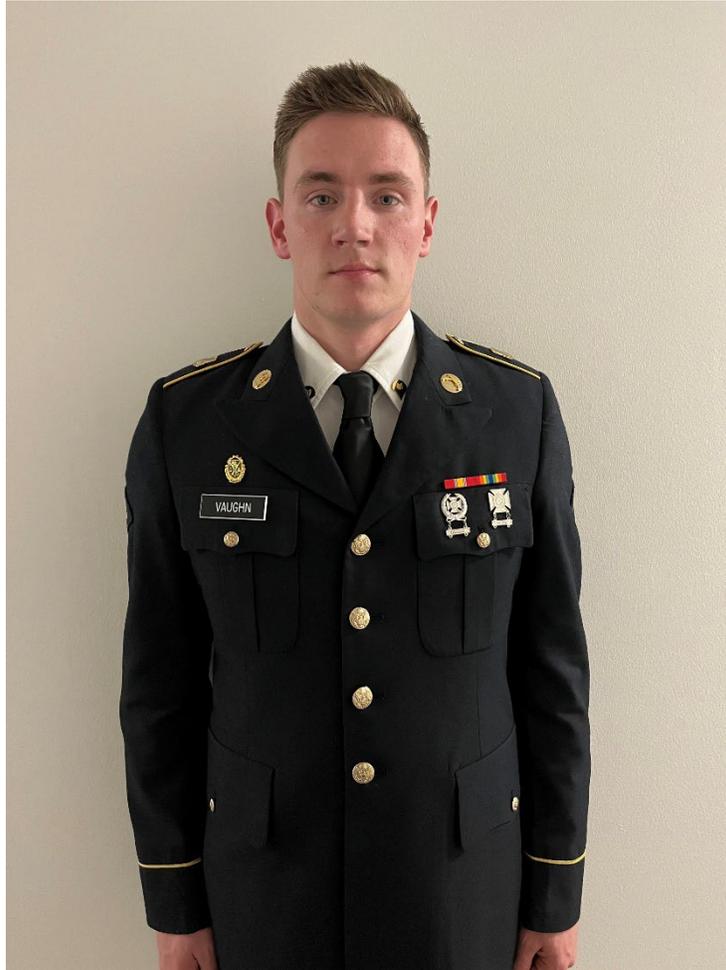
Vaughn said he has been following this training schedule for over six months and that it has helped him in each competition. “On weekends I will devote time to studying or going to a local range to work on my marksmanship,” said Vaughn. “In total, I spend around four to six hours per week on my physical strength and endurance, and three to four hours per week on mental work and marksmanship.”



The winners of this competition will represent the Army National Guard during the Army Best Warrior Competition later this year, where they will compete against representatives from the Army and the Army Reserves.

“The experience I have had during these competitions has been next level,” said Vaughn. “I have done things, shot weapons, and been in places that I may never get the chance to be a part of again during my time in the Army.”

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Spc. Grayson Vaughn, a military policeman with the 252nd Military Police Company, will compete in the 2022 National All Guard Best Warrior Competition, July 24-29, at multiple training sites across Tennessee. Vaughn was named the Tennessee Soldier of Year during the State Best Warrior Competition earlier this year. (Submitted photo)

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