

-PT Team focuses on exercises

-Our practices are:
Tuesdays and Thursdays
from 1500(3:00PM) to
1600(4:00PM)

-Core Competitive events
are: Push-ups, Sit-ups,
Relay Races, and other
diverse sporting events

-Benefit from friendship,
good health, and prestige



PT Team = Physical Training + Fun

If you're interested, Contact Cadet Ethan Crow: CrowEthan-100@wsd3.org

P.T. Team competes with other schools. We promote teamwork, good health, and physical fitness.