

***E*³ Team 2019-2020**

Endurance, Energize, and Exercise

What is the *E*³ Team?

- The *E*³ Team is a group of students who are interested in running and living a healthier lifestyle.

Who can join the *E*³ Team?

- Limited to students in grades 2-5

What topics are discussed in *E*³ Team meetings?

- Fitness and proper equipment
- Nutrition and overall health
- Visits from guest speakers
- And so much more!

How often does the *E*³ Team meet?

- The *E*³ Team will meet once a week on Wednesdays starting October 2, 2019
- Practices will be from 3:30-4:45

Does it cost money to join the *E*³ Team?

- There is a \$25.00 team fee
- This fee will go towards a t-shirt and snack for practice

Are there any off campus activities we will do?

- The team will have the opportunity to run a race and participate in a community service event!

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