

Track Practice Items:

Water Bottle- Labeled with Child's Name

Sweat pants/Top-weather permitting

Shorts & T-shirt

Proper Training Shoes

Practice Shoes:

Practice Shoe Preferences:

We recommend a New Balance Running Shoe or any other brand running shoe for practice. No basketball shoes. They can be purchased at your local area sporting good stores or online

Running Spikes:

Meet Track Spikes & Replacement Spikes:

Track Spikes can be purchased from local retail and online sources per your preference. Typically we have used spikes for sale during practice at least once before our first meet. Replacement spike inserts can be found cheaply at the following link....<http://www.vsathletics.com/store/Steel-Replacement-Spikes-spikes2.html>

Please purchase the 100 count 1/4" pyramid

Any questions please don't hesitate to ask