

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. Replacement spike can be found at

<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