

**Track Practice Items:**

- Water Bottle- Labeled with Child's Name
- Sweatpants/Top-weather permitting
- Shorts & T-shirt
- Proper Training Shoes

Practice Shoes:

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