

## PRACTICE

Practices are held **Monday, Tuesday, and Thursday from 6:00 pm until 7:30 pm at North Forsyth High School, 5705 Shattalon Drive 27105. Dismissal Of Your Child Occurs Promptly At 7:30 pm.** Please be courteous to our coaches and volunteers by honoring the 6:00–7:30 schedule. If you drop off your child and will be late for pick up, please arrange for alternate transportation and/or inform the Coach.

## EQUIPMENT

### **Clothing**

Shorts, T-shirts or tank top, and running shoes should be worn to practice.

### **Running Shoes and Spikes**

Each athlete must provide his or her own running shoes. The shoe you select should be specially designed as a running shoe (i.e. not court, aerobic, multi-purpose or basketball shoes). Once your athlete's events have been determined, discuss with the coach which kind of spikes are best. Certain events and facilities have restrictions on the size and type of spike allowed. Spikes should be treated with extra care. A non-spike shoe must be worn to and from practice and at track meets when your athlete is not competing. The cost of shoes can vary greatly. Stores to purchase shoes: 4Runners Only, Omega, New Balance, Footlocker, or on-line at Eastbay. Used spikes may be available through the team from athletes who have outgrown them. Please see a Team Mom or Dad for information.

### **Identify Your Athlete's Equipment.**

Please label every item with your athlete's name and a telephone number. Spikes should be labeled as well, since many others will have the same type of shoe.

## BE PREPARED FOR TRACK MEETS

### **What to Eat**

The night before a meet, your athlete should eat a low fat, high carbohydrate meal, such as pasta, salad and fruit. The day of the meet, **carbonated drinks, candy, milk products, and heavy, greasy food should be avoided**, as they are hard to digest. Fruit juice, water, diluted sports drinks, and light foods, fruit, and snacks are recommended during the meet.

### **Uniform**

Athletes must wear a current Tri-City uniform. Shirts must be tucked in during competition. Hats, scarves, doo-rags, or bandanas are not allowed. A sweat suit or long pants and jacket are also advised to prevent cooling down too quickly after a competition. Appropriate dress is required when not competing.

### **Spikes**

Spikes should not be worn on hard surfaces as it will wear down the spikes. Spikes should only be worn when it is time to compete--be sure your child removes them at the completion of their event.

### **What to Bring**

Because meets run at different speeds, depending on the size and organization of the hosting club, it is impossible to state a definite time schedule. Plan to spend the day at the track. Bring lunches, snacks, coolers with ice and plenty of water. Be prepared for weather conditions –rain or heat. The team usually sets up a canopy cover in the stands to provide protection from the heat or rain. While this is considered the “team tent”, the tent is intended to keep athletes covered and comfortable between events. Many families purchase canopy style tents and set up in the same area. You may also consider bringing extra clothes, umbrellas, stadium seats or cushions, blankets, lawn chairs, cameras, binoculars, stop watches, and sunscreen.