

Charlotte Heat Track Club

Practice Gear & Equipment Guide

To ensure athletes are prepared for every practice and meet, please review the required gear listed below.

Daily Practice Items

Athletes should bring the following items to **every practice**:

- **Water Bottle** – Clearly labeled with your child's name
 - **Shorts and T-Shirt** – For regular training
 - **Sweatpants and/or Sweatshirt** – Recommended during cooler weather
 - **Proper Running/Training Shoes**
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Practice Shoes

Athletes must wear proper running shoes during practice.

Recommended Options

- New Balance running shoes
- Any quality brand running shoe designed for running or training

Where to Purchase

- Local sporting goods stores
- Online retailers

Important:

Basketball shoes are **not permitted**, as they are not designed for running and can increase the risk of injury.

Track Spikes (For Meets)

Athletes competing in meets will need **track spikes**.

Track spikes can be purchased from:

- Local sporting goods stores
- Online retailers

Families may choose any brand or retailer that works best for them.

Replacement Spikes

Track spikes wear down over time and will need replacement.

Replacement spikes can be purchased online (Amazon or other retailers).

Search for:

1/4" Stainless Steel Pyramid Track Spikes with Spike Wrench for Track & Cross Country

Please purchase the:

100-count pack of 1/4" pyramid spikes

Questions

If you have any questions about equipment or gear, please don't hesitate to reach out. We are happy to help ensure every athlete is properly prepared for the season.