CHARLOTTE HEAT TRACK CLUB

PRACTICE GEAR & EQUIPMENT GUIDE

BE PREPARED. TRAIN WITH PURPOSE. COMPETE WITH CONFIDENCE.

To ensure athletes are prepared for every practice and meet, please review the gear and equipment recommendations below. Parents and athletes should use this guide as a reference throughout the season.

1. DAILY PRACTICE ESSENTIALS

Athletes should bring the following items to every practice:

- **Water bottle:** Clearly labeled with your child's name.
- **Shorts and T-shirt:** Comfortable athletic clothing suitable for regular training.
- **Sweatpants and/or sweatshirt:** Recommended during cooler weather.
- **Proper running/training shoes:** Shoes should be appropriate for running and athletic movement.
- **Athletic socks:** Comfortable socks that fit properly with the athlete's shoes.

2. PRACTICE SHOES

Athletes must wear proper running shoes during practice. Shoes should fit correctly and be designed for running and training activities.

PREFERRED BRAND

New Balance running shoes are our preferred recommendation.

Also acceptable: 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 for track practice. They are designed for a different type of movement and are not a substitute for appropriate running or training shoes.*

3. TRACK SPIKES — FOR MEETS

Athletes competing in track meets will need track spikes appropriate for their events and the competition surface.

- Track spikes can be purchased from local sporting goods stores or online retailers.
- Families may choose any brand or retailer that works best for them.
- Check that the spike shoe fits properly and is appropriate for the athlete's event.

Before purchasing spikes, confirm any meet or facility requirements and check the shoe manufacturer's guidance. Spike length and type may vary depending on the shoe, event, track surface, and competition rules.

4. REPLACEMENT SPIKES & EQUIPMENT CARE

Track spikes wear down over time and may need to be replaced. Replacement spikes and a compatible spike wrench are commonly available through online retailers, including Amazon.

- Check the spike size and thread compatibility specified by the shoe manufacturer before ordering.
- Do not assume every spike shoe uses the same length or type of replacement spike.

- Inspect spikes periodically and replace worn or damaged spikes as needed.

Common search description: *1/4" stainless steel pyramid track spikes with spike wrench. This is an example search term only—verify compatibility with the athlete's specific shoe and any applicable meet rules before purchasing.*

5. 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.

WE DON'T HOST TRYOUTS. WE DEVELOP ATHLETES.

Developing Athletes. Building Character. Creating Opportunities.