

## Frequently Asked Questions

- **Practice:** **Starting March 10<sup>th</sup> – Preseason Conditioning**  
Tuesday & Thursday from 6p-7p  
(Ransdell Park 1501 Ideal Lane - 820 South Main St. FV, NC 27526)  
  
**Starting April 2<sup>nd</sup> – Regular Season Training**  
Monday, Tuesday, Thursday from 6p-8pm  
(Ransdell Park 1501 Ideal Lane - 820 South Main St. FV, NC 27526)  
*\*We will move to Middle Creek High School mid-May (Date TBD)*
- **Registration:** All Registration information can be found online:  
<http://www.ncallstars.org/registration.html>
- **Ages:** Athletes must turn five in 2019 to participate.  
*Ages 5-6 practice only. May be eligible for developmental meets at the discretion of the coaching staff.*
- **Attendance:** Practice is not mandatory but strongly suggested. Athlete's participating in other sports are welcomed.
- **Skill Level:** We accept ALL athletes regardless of skill level from novice to elites. There are NO tryouts.
- **Competition:** Track meets are scheduled on Saturdays starting in April. Early season meets are optional.
- **Season:** Regular season runs from April thru mid-June.  
Post season championship for qualifiers run thru July.
- **Middle/HS:** Athletes participating on their middle/high school teams can sign up now. However, not required to report until their school season has ended. Athletes are welcomed to practice with the Allstars on days off.
- **Equipment:** Information for proper track spikes can be found online.  
<http://www.ncallstars.org/info.html>
- **Events:** Coaches will evaluate during training sessions to determine events.
- **Questions:** If you have more questions not answered here or online:  
Email: [ncallstars2004@gmail.com](mailto:ncallstars2004@gmail.com)