

Frequently Asked Questions

- **PRACTICE:** **Starting March 10th – Preseason Conditioning**
Tuesday & Thursday from 6pm-7pm
(Ransdell Park - 1501 Ideal Lane Main St. FV, NC 27526)

Starting April 6th – Regular Season Training
Monday, Tuesday, Thursday from 6pm-8pm
(Ransdell Park - 1501 Ideal Lane Main St. FV, NC 27526)
- **REGISTRATION:** All Registration information can be found online:
<http://www.ncallstars.org/registration.html>
- **AGES:** Athletes 5-18 (must turn five in 2020 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 compete 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