

ATHLETE CLEARANCE

ALL ATHLETES MUST BE CLEARED BY THE SCHOOL IN ORDER TO PARTICIPATE IN PRACTICES AND MEETS!

- Visit the School's Athletic Clearance webpage to find out what you need to do and how to do it:
 - <https://www.lasallehs.org/athletics/athletic-clearance>
- If you were cleared for another sport already this year, make sure you have also checked the box for Track & Field in your list of sports on HomeCampus.com.
- If your physical form is expired, get a new physical and upload the form to HomeCampus.com.

TRACK & FIELD EQUIPMENT

- Water bottle
- Running shoes
- Workout shorts
- T-shirt or running shirt
- Sweat pants and sweatshirt
- Track spikes (shoes) for non-throwers
 - ALL PURPOSE track spikes are best for doing a variety of events.
 - Track spikes for specific events (sprints, distance, jumps) can be used, but aren't necessary.
Note: sprint spikes are generally not good to use for jumping events.
- 3/16" pyramid spikes
- Throwing shoes for throwers
- Shoe bag
- Socks
 - It is a good idea to bring an extra pair
- Duffel bag or backpack
- Hat for sunny days and a beanie for cold days
- Sunscreen
- Rain jacket with a hood for rainy days

UNIFORM

- Jersey is provided by the school
 - Throwers may wear an LS red or navy T-shirt if they prefer, though they may need a jersey if they also do other events.
- Uniform shorts must be purchased by each athlete
 - Solid red half-tight compression shorts are the team uniform.
 - Throwers may wear red or navy basketball style shorts if they prefer, though they may need red compression shorts if they also run on a relay.
- Relay runners must all be wearing the same uniform.

FOOD & WATER

- Athletes need to eat breakfast, lunch, and dinner every day in order to get enough calories to do athletic activities.
 - Healthy food is best for athletes.
 - No soda or energy drinks. Caffeinated drinks are a diuretic, meaning they cause dehydration.
- Bring a snack with you to practice every day and to meets.
- Pack a lunch for meets.
 - Saturday meets will usually have a snack bar, though the food is not likely to be the most healthy.
- Drink plenty of water throughout the day and after workouts to stay hydrated.
 - Be prepared for hot days.
 - Make sure you get enough electrolytes, which are needed for your body to absorb the water you drink. Sports drinks have electrolytes in them. Sodium is an electrolyte. Your body needs a proper balance of salts and water in order for your cells to operate properly.