



TRACK CLOTHING

What is appropriate attire for the athletes?

- In practice, athletes must wear their own appropriate clothes.
- Appropriate clothes will be intentional athletic wear. Jogging pants, shorts, windpants, or other lightweight bottoms are all appropriate. T-shirts or tank tops with no tears and with no inappropriate words, images or holes are also permitted as practice attire.
- Undergarments without a second layer are **NOT** considered appropriate practice attire (this includes spandex, under-armour and compression material for tops or bottoms).
- Bottoms that do not meet the Prism dress code length requirements, must have a set of undergarments (compression or under-armour material) underneath that meet the requirement for bottoms length.
 - Athletes are required to wear a school-provided uniform top and bottom to meet in order to compete. Athletes missing their uniform or appropriate footwear will not be allowed to compete.
 - All visible undergarments must be black or royal blue.

What type of shoes are appropriate for track?

- Athletes are not allowed to practice in spikes at our practice location. Without being able to practice in track spikes, Coach Caleb does not endorse running actual events in them.
- Athletes are **highly recommended** to wear new or relatively unworn running shoes for track. Wearing inappropriate or heavily worn shoes while running can lead to various injuries or health hazards.
- If possible shoes should be within the Prism color palette (blue, black, grey, white). The type of shoes that athletes will need varies depending on the event they end up participating in.
- Athletes participating in long distance running events will need a shoe with a thicker sole than athletes running in short distance events. Coach Caleb has contacted and researched many shoe dealers in the local area and can provide advising on shoe selection. For any specific questions regarding shoe selection, contact Coach Caleb at caleb.bowlin@prismeducationcenter.org.