

TEAM QUEST WEST

What to Bring to Summer Track Daily Practice

WATER, WATER, WATER!!!

- No Gatorade or juice allowed

OTHER ITEMS NOT TO FORGET

- * Spikes
- * Running Shoes

Track Meets

Pop up tent:

Families are encouraged to purchase and have their own tent for the weekend circuit track meets. It will be utilized!! During the circuit meets the club will typically arrange tents so that the club is all together. (Spend a little bit for your tent. You will use it the whole summer and years to come.)

- Walmart, Dick's, Sports Academy, Target, Toys R Us.



TEAM QUEST TRACK CLUB

Lawn Chairs:

BYOC. Bring Your Own Chair. They will not be supplied!



Portable Fans and Umbrellas:

Can come in quite handy especially if you have smaller kids.

- Walmart, Target



TEAM QUEST TRACK CLUB

Coolers:

We recommend rolling coolers versus stationary. They will be easier to transport.

What to have in your coolers?

- Food for the day. **The concession stand food at the track meets is not healthy or good for the runners.** We recommend packing a light lunch for the runner and the family (light sandwiches, fruit, veggies, pickles, and crackers). **NO SUGAR.** Gatorades and drinks alike are only needed after the athlete has run, not before.
- Ice and Cold Towels



OTHER ITEMS NOT TO FORGET:

- * Sun Screen
- * Trash bags - To discard trash that you accumulate throughout the day.
- * Spikes
- * Extra spikes for shoes should one fall out
- * Full Uniform
- * Running Shoes