

Requirements: To prevent injury, each athlete is required to have quality training shoes in excellent condition. We recommend you purchase training shoes at The Running Store in Gainesville or Potomac River Running in Burke because they will assess your gait and recommend shoes based on your individual needs. Please mention to them that you train on an asphalt track. After so many miles, shoes “run out” and new ones need to be purchased. Consult with your coaches if you are uncertain about the condition of your shoes.

We do not require you to purchase spike shoes for competitions, however since many of our meets are on synthetic surfaces, the use of spikes will improve your times over regular training shoes. You do not need to purchase expensive spikes. We will train you on how to care for and use your spikes at meets.

Track and Field is a physically demanding sport. To reduce the risk of overtraining and injury, athletes are encouraged to participate in Track and Field as their single sport during the course of the season. Participation in a second sport must be approved by the Head Coach prior to registration and must not interfere with track practices/meets.

NVHAA requires an updated [Sports Physical](#), within the last year, for each athlete. Please have your physical complete before the season begins so as not to delay your practice start.

Track and Field does not require concussion testing.