

Checklist for weekly meets/practice:

- **Water** Bottle (Nalgene 32 Ounce Bottles Recommended)
- **Gatorade** or another source of *electrolytes*
- **For all Runners - Please get a Watch asap! (it's a vital/mandatory training tool)**
- Uniform for races with Under Armor - **Black**
- Plan & Dress for practice = appropriate layers for activity and post activity
- 2 pairs Athletic Socks – **never all cotton socks, ever**; Cotton socks = **Blisters**.
- Warm Ups/Wind Layer
- Rain Gear (*rain and wind protection*)
- Umbrella (for Sun and rain protection)
- Racing Shoes (ask your coaches what this means if this is foreign to you)
- Small Towel
- Blanket and/or several layers, it can be extremely cold sometimes!
- Sunscreen
- **Winter Hat/Thin Gloves**
- Sunglasses
- Granola/Energy Bar
- Post Race Drinks
- Post Race Meal/Sandwich
- For Team & a Racing Mind-Set
- Personal Accessories
 - Inhaler/Epi-pens *if needed*



Checklist for the season:

- **Time Management** - allow time in your day for schoolwork, T&F, & family/friends
- **Nutrition** - make sure you are eating healthy and properly fueling your body during the day so that you have the energy for afternoon practices/meets
- **Sleep** – Our T&F Program, High School, and being a growing teenager put tremendous demands on your body. Make sure you are getting enough sleep.
- Dream, believe, and **achieve**