



Nordonia Track and Field

- PRACTICE GEAR NEEDED
- T shirt (No Belly Shirts)
- Gym shorts/ sweats required---no jeans!!!!
- Running Shoes! Vitally Important! No Basketball Shoes, boots, flip flops
- Gym socks required!!!!
- *Sweatshirt (with hood)
- * Knit hat
- *Sweat Pants
- *Gloves

***Required so athlete is prepared to run outdoors everyday!!**

---Coaches reserve the right to determine if articles of clothing are deemed appropriate for any given situation.

*****Provide a combination lock for your child in order for them to lock their items in their lockers.**