

WHAT TO BRING: WHAT YOU NEED FOR MEETS:

WE SUGGEST YOU CHECK THESE OFF AS YOU PACK FOR THE TRIP: (Obviously, you don't need some of the outdoor items if we are going to an indoor meet)

- _____ Running shoes
- _____ Caps, sunscreen, t-shirt; to keep sun off (**WHEN OUTDOORS**)
- _____ Sweat suits/wind suits (Hats, gloves, undershirts, headbands, tights, all are great ideas) Prepare for weather!! ALL KINDS
- _____ Team uniform
- _____ Racing flats or spikes: Check meet poster to be sure you have proper size spikes..they are usually 1/8 or 1/4.
- _____ Pillow/blanket for resting on the bus??
- _____ A garbage bag to put wet gear in after running--very important (**OUTDOORS**)
- _____ Extra \$\$\$\$\$\$ (meals, snacks, if needed)

- _____ Cooler for snacks at the meet and on the bus
 1. Powerade, Gatorade, or water
 2. Fruits, crackers, sports bars, peanut butter sandwiches

WE clean up our camp; we thank at least 2 meet workers.

- Remember, we wear school colors (red, white, black, grey/silver) with either something "Willmar" written on it or something having to do with "running/track". Let's take pride in our school and our team. That is part of it. **NOT COLLEGE SWEATS, PRO SPORTS.. WILLMAR or T/F!!!**

- No cell phones allowed by athletes on field of competition/track area. They stay on the bus or in your bags. This is enforced at championship type meets; not so much invites.

- **We get on the bus dressed in school gear.** We do not wear street clothes; non school colors. We keep sweats/tshirts on unless over 70! We never change clothes until meet is totally over with. We only wear spikes to race in.

- We warm up and cool down. We stay warm once we are ready. We stretch only after muscles are warmed up for at least 15 minutes or following race. It is totally absurd to warm up or start a field event and then just sit around in between your attempts. Stay on feet, stay active, shadows, range of motion...

- If you are not competing, cheer teammates on in other events...they may do the same for you.