



Athletics Attire

Appropriate Athletics attire is required for all competitors. As coach discuss the types of sport clothes that is acceptable and not acceptable for training and competition. Discuss the importance wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and competitions. For example, long pant jeans to blue jean shorts are not proper Athletics attire for any event. Explain that they cannot perform their best 100M or 3K race while wearing jeans that restrict their movement. Take athletes to high school or collegiate while training or during competitions and point out the attire being worn. You can even set the example, by wearing appropriate attire to training and competitions and not rewarding athletes that do not come properly dressed to train and/or compete.

Athletes must wear clothes that are suited for the activities in which the athletes are engaged. In general, this means comfortable, non-confining clothing and well-fitted athletic shoes. Proper fitting and clean uniforms tend to give athletes a boost. Although the saying "You play as well as you look" has never been proven, many athletes and coaches continue to believe in it.

Shirts

Shirts should provide comfort and a good appearance while allowing freedom of movement in the shoulders and arms. Shirts should fit loosely, but not so loosely that they appear to be baggy. A sleeveless shirt or T-shirt is recommended. Make sure the shirt is long enough to tuck into the shorts or warm up pants.

Shorts

Gym shorts with waistbands that fit snugly around the waist are recommended. Shorts should provide the athlete with comfort and a good appearance. The elastic waistband should help keep the shirt in place. Loose shorts can cause athletes discomfort, and are a distraction from their sports activities.

Socks

White tube socks made of good material will add support, help prevent blisters, give a good appearance, last an entire season and add to the length of the life of shoes.

Shoes

Probably the most important article of clothing an athlete wears when participating in track and field is a properly fitted running shoe. A good running shoe needs to have the following.

1. A thick padded heel cushion, which lowers the incidence of calluses, bruises, spurs, shin splints, ankle sprains, etc., by absorbing impact
2. Thick durable rubber sole
3. A firm heel counter, which adds more stability and keeps the heel straight in the shoe
4. Good flexibility; and, most importantly
5. A good fit



Warm Up Suits

Warm up suits are worn for warming up prior to, and staying warm after, a practice or meet. Medium weight cotton sweatshirt and pants are excellent and inexpensive warm ups. Nylon windbreakers are excellent for retaining warmth and keeping the athlete dry during inclement weather.