

## Frequently Asked Questions – Track & Field

### Spikes

#### *Do I need spikes?*

Spikes are a specialized track & field shoe with cleat-like spikes on the sole for improved traction. They will certainly give you an edge in competition, as they provide much more grip on the track and you are much less likely to slip. The cost of spikes usually range from \$75-150 for a new pair (some stores that carry them include *North Shore Athletics* on 12<sup>th</sup> & Lonsdale, the *Running Room* on Marine Drive, etc.). Alternatively, used spikes can often be found for as little as \$20-50 at the *North Shore Sports Swap* on Old Dollarton Highway in North Van.

That being said, spikes are not required; a good pair of running shoes will do fine.

### Participating in Multiple Sports during the Spring Season

#### *Can I do track & field at the same time as another sport?*

Yes. Track & Field is considered a minor sport on the North Shore and the NSSSAA policies state that an athlete can do a major and minor sport at the same time in one season (major sports in the spring include soccer and rugby; minor sports include track & field, ultimate, tennis, golf, and mountain biking).

If you wish to participate in track & field and say, for example, soccer, you could attend the track team practices two days per week in the mornings and come to the meets after school on days you are able to miss a soccer practice or game. You would just need to talk to both coaches at the beginning of the season and communicate with them throughout the season.

### Training with a Track & Field Club

#### *I train with a track & field club outside of the school. Do I still need to come to the school team practices?*

Yes. Leadership is an important aspect of our team. We always need athletes to take on a *team leader* role on the team, and those athletes who train with a club are often the best candidates for this role as they often have a greater understanding of the sport (training principles, technique, etc.) than the other athletes and can therefore help train and mentor the other athletes (particularly the younger athletes).