



ST. ROSE TRACK TEAM SNEAKER INFORMATION

If you're not sure what kind of sneakers to purchase your child for track, read the information below and if you're still not sure, you can contact me. If you purchase a pair of sneakers, but aren't sure if they're ok and you want to check with me, do so **BEFORE** your child wears them.

Basically, what you want to buy your child is a "**TRAINING SHOE**". These can be worn for both practices and meets. I would advise against purchasing "running/racing flats" unless you plan on buying another pair of "training shoes" for practices. "Running/racing flats" are very lightweight with minimal support for training, so they cannot be worn every day for practices. They can only be worn for meets. Unless you want to put out money for TWO pairs of sneakers, just get training shoes. I would strongly advise against running/racing flats for any cadet team members. **ANY** type of spike is **NOT** allowed.

Please **do not** let your child wear Sketchers, high-top/basketball sneakers, Converse sneakers, cross trainers, skateboard sneakers or any sneakers that have little or no support or are too heavy.

I have selected some running shoes in both child and adult sizes (depending on your child's shoe size and preference) at **reasonable** prices (\$40-\$60). They also have some similar priced and higher priced sneakers available for purchase for adult sizes. I would encourage you to go to the following store and tell them you are from the St. Rose Track Team and they will show you the selections I have made:

- **SNEAKIN' IN**
 - 846 W. Browning Road, Bellmawr
 - Phone # (856) 933-3331

It is not mandatory that you purchase your sneakers here or one of the selections I made, but this way you will know what kind of sneaker you should be getting and they will have the best prices.

If there are any questions, you can contact me at 856-547-3247.

Thanks!
Coach Carole M. Fesi