

These items can be purchased and dropped off at practice. (They can be mail to my address - please contact me for my address)

They can be sent to the school but attention to South Lyon Track Program

3 sets - Trademark Innovations Adjustable Speed Training Hurdles (Set of 5), Orange - Amazon

2 - adjustable hurdles

2 - SKLZ Recoil 360 Dynamic Resistance Training Belt

3 sets - SS Sports Speed Agility Hurdle Training Set of 6 Track (12 inch)

Champion Sports Agility Hurdle Set, Yellow - Amazon

Adjustable Height Plyo Box - Dicks sporting goods or amazon

1 - Plyometric Jump Box Set of 4 - 12, 18, 24 & 30 Inches - Amazon

24" Soft Plyo Box