

## Dress Code

These requirements are for the Safety of your Child & the coach and are necessary for participation.

### Preschool

Girls and Boys are to wear leotards or step-in with shorts. Clothing that is overly loose and baggy can make it more difficult for the instructors to spot your child. Long hair must be in a ponytail or bun. Avoid anything that is hard on their head. Bare feet are required and no jewelry can be worn.

### Gymnastics

Girls should wear a gymnastics leotard, without an attached skirt. Biker shorts and/or tights over the legs only, may be worn. Bare feet will be required. Long hair must be up in ponytails or bun and please do not use scrunchies or holders with hard pieces. No mid drift shirts, T-shirts, baggy clothes or jewelry of any kind will be permitted. Long hair must be pulled up in a ponytail or bun.

Boys should wear shorts and step-in or compression shirt. Bare feet will be required. No jewelry of any kind will be permitted.



Tumblers should wear form fitting athletic wear without hoods, skirts, zippers, snaps or buttons. Bare feet are required. Long hair must be up in ponytails and please do not use scrunchies or holders with hard pieces. No baggy clothing, mid drift shirts or jewelry including cloth bracelets, anklets, or chokers will be permitted. Leotard are best with shorts over. Bare feet or cheer shoes only.

### After School, Mother's Day Out (MDO), Birthday Party & Open Gym

For the safety of your child please be sure they are wearing flexible clothing absent of hoods, skirts, snaps, buttons and zippers. Please no jewelry, dresses or baggy/loose clothing. Long hair is best in a ponytail(s) without hard pieces or holders. Bare feet will be required

### Other Things to Think About

**Bare Feet:** All gymnasts should practice barefoot. Wearing socks could cause slips or falls.

Glasses: If your gymnast wears glasses you want to make sure they won't fall off. Some glasses are made for sports. Other glasses you can secure with a band.

### Sports Band

- For the active person
- Helps keep glasses securely in place



Hair: Girls or boys with long hair should pull their hair back in a ponytail, bun or braid to keep their hair from getting in their eyes. Having hair fall in their eyes is a safety hazard when it affects their vision.

We do not wish to flash any of our guest or coaches when performing our skills.

The attire is also to prevent injury to the coaches that are trying to spot them. The shirts sometimes get caught up in their hands and can cause an injury.