

ATTIRE

Bare feet and no jewelry, except we do allow stud earrings. Proper gymnastics attire as described below will provide the safest experience for gymnasts.

Girls Program: Leotards are the standard gymnastics uniform. Leotards provide full freedom for movement without extra baggy clothing getting caught on equipment or slipping through the coach's hands for spotting skills. Proper gymnastic leotards cover the full torso and do not have skirts attached. Gymnasts should have their midriffs covered at all times. While leotards are the preferred gymnastics dress code, girls may also wear athletic shorts and a snug fit tank or T-shirt that can be tucked in. Having a leotard that covers the gymnast's midsection allows a safe place for coaches to spot skills without their hands slipping.

Boys Program: Athletic shorts & t-shirts that can be tucked in – Athletic shorts should not have zippers, snaps, buttons or free dangling strings to avoid getting caught up on equipment. Tucking in their T-shirt keeps it from flipping up and covering their face when inverted. It also provides a smooth torso so coaches don't get their hands caught up or slip on the fabric when spotting skills.

A SMILE

A smile to complete your uniform means you are ready to learn, grow, and

HAVE FUN!