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COMPETITION ATTIRE

Competition Uniform

You should come to the meet in your uniform and ready to compete. Please be sure to clearly label your child's warm up with initials or their name.

Uniform consists of

Leotard

Warm ups

White Tennis Shoes of your choice (No slippers or flip flops allowed)

Precision Gymnastics Team Bag

Hair

All hair should be slicked back, high (at the crown) and **securely** fastened with no fly away hair. Bangs below the eyebrows and in the eyes or off to the side is unacceptable. Any hair that touches the neck is unacceptable and can be given a deduction if the judge feels that the hair style is a distraction. Clips, bobby pins and hair ties should blend in with the child's natural hair color and not distract as well. The finished hair style should include the matching scrunchie and/or ribbons. Some moms have asked about glitter...only silver will be accepted and only the aerosol type should be used **sparingly**. No colors or gel types please.

The three hair styles that work the best are as follows:

1. High bun at the crown of the head
2. 3 loop braids at the crown of the head
3. High pony tail with tight curls/or straight but not touching neck

Gym Bag

All things needed for the competition should be placed in your team bag prior to the meet. Also instruct your kids to put their warm ups, shoes and socks in their bag when not being worn. Water, grips (if worn) and a small **healthy** snack should be in their bag. Snacks are usually not necessary and should only be eaten if needed not because it is there. Choose snacks wisely!! It may also be good to put in some extra hair ties, spray or gel and a small brush or comb. Tape and pre-wrap should also be in their bag.