



MITCHAM RHYTHMIC GYMNASTIC CLUB TRAINING AND COMPETITION ATTIRE POLICY

SECTION A: TRAINING ATTIRE

- All squad gymnasts are required to wear their hair in a bun for all training sessions.
- All squad gymnasts are required to wear sports sneakers to all training sessions.
- All squad gymnasts are to wear only plain black training clothing, except Seniors.
- All training clothing must be tightly fitted to the body. Loose or baggy t-shirts and shorts are not acceptable.
- In exceptionally cold weather jumpers will be permitted for the first 10 minutes of training only. Ballet style wrap tops and long sleeve tops are the appropriate attire for the remainder of training in such weather.

SECTION B: CLUB TRACKSUIT AND LEOTARD

- All gymnasts competing in any level, including high performance, must wear the club tracksuit at all invitational, state and national competitions.
- All gymnasts representing Mitcham at a multiples event must purchase their own club leotard and wear this at all events.
- Gymnasts in levels 3-5 must wear the club squad leotard at all invitational and state events.
- Gymnasts in levels 6-9 and in high performance stream are welcome to wear individual leotards at all competitions. These leotards need to be approved by a senior coach prior to the competition.
- Any gymnast purchasing a leotard needs to first show the design to a senior coach for approval.

SECTION C: COMPETITION DRESS CODE

- Gymnasts are to wear the club tracksuit to and from the competition venue and for all presentations.
- Gymnasts are to wear plain black training clothing under their tracksuit for warm up at the competition venue.
- Gymnasts are to wear sports sneakers to and from the competition venue. Slides may be packed and worn for bathroom breaks and leotard changing purposes only.
- Gymnasts must bring two pairs of nude coloured toe shoes to all competitions.