

# CLUB DYNAMITE



# UNIFORM POLICY

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Wearing the correct attire for gymnastics class is extremely important. In each class your gymnasts will be flipping, rolling and turning upside down constantly. The right attire will allow your gymnast to be able to move freely as needed and keep them safe when doing skills and using the apparatus.

The most important aspect of gymnastics development is correct body shape. Wearing a leotard and suitable gymnastics gear means that the coach is able to see what each part of the body is doing and correct important habits to allow gymnasts to develop to their full potential.

All girls will be required to wear a leotard or crop top for training, as this will allow coaches to see the correct body shapes.



## **GIRLS UNIFORM**

Girls uniform for all classes from 2018 –

1. A leotard OR
2. A leotard with optional bike pants OR
3. A crop top with bike pants (no singlets, crop top must be no longer than the ribcage)

It is extremely important for the coaches to be able to see what the gymnasts body is doing, so the following is not allowed in class

- Singlets of any kind, including the Club Dynamite singlets
- T shirts, polo shirts
- Skirts, or anything with an attached skirt or frills
- Shorts, track suit pants etc
- Leotards/ pants etc with skirts, frills, tie etc





## **BOYS UNIFORM**

Boys wear the following.

1. Singlet or men's leotard (tops with sleeves)
2. Stretchy shorts with no buttons or zippers
3. MAG Boys in level 2 & above – red longs for certain apparatus



## **HAIR, JEWELLERY, FOOT WEAR ETC**

Foot wear – Gymnasts need to have bare feet for all gymnastics classes. No shoes, socks or foot coverings of any kind are permitted and different types of materials will slip on many of the different surfaces in the gym.

Hair – All hair past collar length needs to be worn up and out of the face for gymnastics, it can become dangerous when a gymnast's hair flies into their eyes while doing skills.

Simple hair styles are best, avoiding large or hard hair accessories, which can dig into the gymnasts head when they roll.

JEWELLERY – The only acceptable jewellery is a small pair of sleeper or stud earrings.

The following are not permitted –

- Dangly earrings
- Watches
- Fitness bands
- Anklets, bracelets, bangles, necklaces
- Rings



### COOLER WEATHER

In cooler weather gymnasts may also wear the following

- A long sleeved leotard for girls or skins for boys
- Leggings (must be fitted and made of Lycra/spandex)
- A cross over (also fitted and made of spandex or Lycra)

Gymnasts can wear a jumper or jacket to warm up, but these will need to be taken off once the warm up is completed. No socks to be worn at any time.



### **PROHIBITED CLOTHING**

The following clothing items are not permitted for gymnastics

- T shirts, Polo shirts, school uniforms
- Singlets (Club Dynamite singlets only permitted for boys from 2018)
- Shorts, or any non fitted pants
- Anything with buttons, zippers, buckles etc



- Loose or baggy clothing
- Skirts, dresses, skorts or any outfit with an attached skirt



#### **WHERE CAN I BUY GYMNASTICS ATTIRE:**

- Department stores such as K Mart, Big W, Best and Less & Target sell basic leotards.

Gymnastics specific gear can be purchased from the following.

- SylviaP Sportswear – [www.sylviap.com.au](http://www.sylviap.com.au)
- GMD Active wear – [www.gmdirect.com.au](http://www.gmdirect.com.au)
- Sue's shop – [www.suesshop.com.au](http://www.suesshop.com.au)
- GKD Australia – [www.gkdgymnastics.com](http://www.gkdgymnastics.com)



If you have any questions about Gymnastics wear for your child,  
please don't hesitate to contact us at –  
[admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au)