



WHAT TO WEAR:

GIRL GYMNASTS:

- Leotard with or without elastic shorts OR elastic shorts and a tee shirt
- Bare feet
- Hair should be tied up with a hair tie or scrunchie - no clips or metal allowed.

BOY GYMNASTS:

- Sweat pants or gym shorts with an elastic waist, tee shirt, and socks.

All **TRAMPOLINE AND TUMBLING STUDENTS** MUST WEAR SOCKS FOR SAFETY

NOTE: All clothing, including printing on tee shirts, should be appropriate for a co-ed gymnastics environment.

If you wear glasses, consider leaving them with Mom or Dad... or get a pair of Rec-Specs®.

WHAT NOT TO WEAR:

- Clothing that chafes or restricts movement
- Blue jean shorts, sometimes known as cut-offs
- Anything that could cause discomfort or injury during vigorous gymnastics activity
- Clothing with metal such as zippers, snaps, sparkles... as the metal scratches the bars
- Necklaces, bracelets, watches, or earrings – with the exception of ONE pair of small stud earrings

WHAT NOT TO BRING:

- Electronic devices
- Student cell phones: They are not allowed anywhere on the gym floor or around the equipment.
- Valuables: Florida Flips Gymnastics is not responsible for any lost or stolen items.
- To help students who wish to buy snacks, Florida Flips offers \$5 Snack Cards that are sold and kept in the office. This minimizes the need for gymnasts to bring small change or bills to the gym.