

Dress for Success in Gymnastics Class!

1. General rules:

Not too loose. (Note: tutus and skirts wrap around the bars)

Not too tight. Gymnasts must be able to move freely. Stretch fabric is a natural.

Bellies covered. A bodysuit or a tucked-in t-shirt is good.

Bottoms covered. Beware of low-slung yoga pants.

Cleavage covered if you've got it. Beware of spaghetti straps or skimpy yoga tops.

Bodysuits, shorts, tights, sweatpants and long-enough t-shirts: all good.

Do not wear things that can tangle, stab, or grind, like:

- ◆ Rings, watches or bracelets
- ◆ Necklaces
- ◆ Dangly earrings
- ◆ Hard plastic hairbands and clips
- ◆ Bobby pins (use flip clips instead)
- ◆ Sharp pointy fingernails

Tie long hair back! If your hair is long enough to fall in your face when you lean forward or turn upside down, it needs to be tied back.

Bare feet are best. Skid-free gymnastics slippers can be worn if you have them.

And, do we need to say it? No rude or inappropriate slogans.

2. Depending on what you're doing:

Trampoline landings can scrape elbows and knees. Long sleeves and pants help. If it's hot, wear cooler clothes and put the longer stuff on when you need it. Clasps on bra straps can leave a painful imprint if you're doing a lot of backdrops. So, dress accordingly.

Aerial Fabric can burn armpits, lower back and hips. Ouch! Long sleeves and tights are the answer—bring them to every practice! Tightly-fitting clothes are essential on the fabric where everything can get tangled.

Bars (uneven, parallel and high bar): Bare hands are best. In recreational classes, the time it takes to put grips on and off makes them not worth it. If a gymnast gets a blister on bars, their coach can cover it with a bandaid plus sports tape so that they can continue working. Grips do not prevent blisters: if you're working hard you'll get them sometimes.

3. Finally:

Band-aids. They don't stay on. So, put yours where it's needed and then cover it with sports tape to hold it there!