



## Frequently Asked Parent Questions

### UNIFORMS

**Q. What should my child wear for competition?**

*A. Girls wear a team leotard. We have two. Leotards are ordered on the same four-year cycle as the Olympics, so new leotards will be ordered in 2016. Generally a short-sleeve leo is ordered to be worn by those who are levels 7 and under. This leotard is also worn during warm ups at major competitions. It is a stock GK leotard, which keeps costs down for new team members. A more-expensive, blinged out leotard is generally worn by all athletes levels 8 through elite. Boys wear a red and blue unitard and shorts or long red stirrup pants. Both genders wear white trampoline shoes or white socks on trampoline and double-mini. Gymnasts generally tumble barefoot.*

**Q. What are the hair requirements?**

A. If an athlete's (either male or female) hair is long enough to put in a ponytail, then it must be secured to the head, generally in a bun. Ponytails are not allowed. This rule is a safety-oriented concern. Long hair and/or ponytails can get caught in the equipment. If hair hits the equipment during competition, this can lead to a deduction.

**Q. What about warm ups and backpacks?**

A. Our team warm up is navy with a red-and-white swirl design. These items are not worn during competition or on the podium. You will see other teams wearing warm ups and other items on the podium, which is a violation of USAG regulations.

Air Sports athletes carry the Under Armour Storm backpack in Navy blue.

**Q. Where do I buy all this stuff?**

A. Leotards and warm ups are purchased through the gym. Sources for trampoline shoes are on the "For Parents" page of our website. There are also links for inexpensive work out leotards.