



EQUIPMENT NOTES

◆ THE INSIDE PADS OF YOUR HELMET ARE REMOVEABLE. IF YOU WANT TO WASH THE INSIDE PADS OF YOUR HELMET, DO SO WITH WARM WATER AND LAUNDRY DETERGENT. DO NOT USE ANY CLEANING SPRAYS ON YOUR PADS!

◆ YOU WILL RECEIVE A BAG THAT HAS KNEE PADS, A MOUTH GUARD AND A BELT. SOME OF YOU WILL GET THIGH PADS. A BELT STRINGER WILL BE AVAILABLE WHEN YOU GET YOUR PANTS. HAVE YOUR PARENTS STRING THE BELT INTO YOUR PRACTICE PANTS AFTER YOU HAVE A PAIR THAT FITS. AFTER YOU GET HOME, PUT ON YOUR PANTS WITH ALL YOUR PADS, AND HAVE YOUR PARENTS TRIM YOUR BELT TO LENGTH LEAVING ABOUT SIX INCHES. AFTER YOU HAVE TAKEN THE PANTS OFF, AND THE BELT HAS BEEN TRIMMED, HAVE YOUR PARENTS MELT THE CUT END OF THE BELT WITH A LIGHTER FOR ABOUT THREE SECONDS SO IT DOES NOT FRAY.

◆ TO FORM THE MOUTH GUARD, FOLLOW THE INSTRUCTIONS ON THE PACKAGE. DO NOT SUBMERSE THE STRAP, ONLY THE MOUTH GUARD.

DO NOT FIT THE BELT, MELT THE BELT, OR FIT THE MOUTH GUARD WITHOUT ADULT SUPERVISION!!!

YOUR PADS FIT THE PANTS. DO NOT TRIM THE PADS!!

◆ IF YOU HAVE BRACES, YOU SHOULD HAVE A SHOCK DOCTOR MOUTH GUARD. YOU CAN BUY THEM AT A SPORTING GOODS STORE FOR ABOUT \$12.

◆ YOU CANNOT HAVE SCREW ON CLEATS. YOU HAVE TO HAVE MOLDED RUBBER FOOTBALL SPIKES. HIGH TOPS OR MIDS ARE RECOMMENDED FOR ANKLE PROTECTION.

◆ IF YOU ARE HAVING A PROBLEM WITH ANY OF THE EQUIPMENT, LET YOUR COACHES KNOW ABOUT IT.



EQUIPMENT CARE



YOU WILL RECEIVE A BRAND NEW WHITE GAME JERSEY THIS SEASON!!!

BOTH PAIRS OF YOUR GAME PANTS AND BOTH OF YOUR GAME JERSEYS SHOULD ALWAYS BE WASHED IN COLD WATER ONLY AND HUNG TO DRY. (IF THE GAME JERSEYS ARE PUT IN THE DRYER, THE NUMBERS WILL MELT AND PEEL)! **DO NOT USE BLEACH** ON YOUR PANTS OR GAME JERSEYS!!!!

PLEASE FOLLOW THE SAME INSTRUCTIONS FOR YOUR PRACTICE JERSEY.



FROM TIME TO TIME DURING THE SEASON, PLEASE RINSE THE HELMET OFF. LET THE WATER RUN OVER IT AND THROUGH IT. THIS WILL PREVENT IT FROM BECOMING SMELLY AND STICKY.



CHEERLEADING UNIFORMS CAN BE WASHED IN COLD WATER, GENTLE CYCLE, AND HUNG TO DRY. **DO NOT USE BLEACH.** IF IRONING IS REQUIRED, PLEASE TURN THE GARMENT INSIDE OUT OR COVER THE GARMENT WITH A CLOTH OR TOWEL TO PREVENT SCORCHING OR LEAVING A SHINE ON THE FABRIC. CHEERLEADING UNIFORMS MAY ALSO BE PROFESSIONALLY DRY CLEANED.

THANK YOU FOR HELPING MAINTAIN THESE VERY EXPENSIVE UNIFORMS.

LET'S KEEP OUR LIONS LOOKING GOOD!!