

2023 SDA Cross Country Uniform Check Out Form

Uniforms will only be issued upon receipt of completed form

Please return no later than 8/18/23

As a member of the San Dieguito Academy Cross Country team, I will abide by all rules and laws pertaining to traffic and pedestrians.

Athlete's Name _____ (Please Print)

Athlete's Signature _____

Uniforms will be distributed after practice before the first meet. The SDA Uniform consists of 5 articles: Singlet, Shorts, Warm-up Jacket, Warm-up Pants and a Sports Bag. Each athlete will be responsible for keeping track of his/her assigned uniform pieces. Uniforms can get mixed up at meets. Please remember that **you will be financially responsible** for any missing pieces.

At the end of the season, uniforms and bags must be returned clean (**washed and completely dry**) and empty of trash. In the event that an item is lost or damaged, you will be required to reimburse SDAF at the end of the season.

The following are the replacement costs of each item:

Singlet	\$25	Shorts	\$25
Warm-up Jacket	\$40	Warm-up pants	\$40
Sports Bag	\$25	XC Team Shirt	\$0

____ Male ____ Female

Grade: ____ (9th - 12th)

Uniform Sizes Requested:
(sizes are true to size)

Uniform Number (to be completed at distribution):

Singlet _____ (S - XL)

Singlet _____

Shorts _____ (S - XL)

Shorts _____

Jacket _____ (S - XL)

Jacket _____

Pants _____ (S - XL)

Pants _____

Bag (N/A)

Bag _____

XC Team T-Shirt _____ (S - XL)

To be signed at Uniform Distribution:

I have received the assigned uniform pieces and acknowledge that I am responsible for returning them at the end of the season.

Signed: _____ Date: _____

Please return this filled out form to Kelly Unruh (sda.xc.parent@gmail.com).

SDA Cross Country Uniform Maintenance

Here are some helpful hints about the uniform that was assigned to you:

1. You should have received 5 articles: Singlet, Shorts, Warm-up Jacket, Warm-up Pants and a Sports Bag. Each item has a number written on it and you should keep track of your assigned uniform pieces. They all look the same and it's easy to grab the wrong one at meets.
2. To help identify your bag easily, tie a ribbon/something unique to the bag. Another suggestion is to put a piece of paper with your name in one of the pockets, just in case it gets misplaced. You are not to permanently mark the items with your name.
3. Before you wash the shorts, make sure that the track sticker has been taken off. If you forget and have sticker residue, there are ways to remove it. I found a product called Via Natural Ultra Care Tea Tree Oil (from the 99 Cents store--hair product section) that takes off the residue. Apply to the area, rub it and residue peels off. Use soap to dissolve the oil, rinse and wash with your laundry. Repeat if necessary.
4. We recommend that you do not machine dry the girl's spandex singlets and shorts. This will help to preserve their condition for future years.
5. Please take your cleats off before you put your sweats on. Otherwise, the cleats can tear the pants. Uniforms are expensive to replace so you need to take care of them. Remember that you will be **financially responsible** for any damaged or missing pieces.