

2025 SDA Track & Field Team Uniform Form

Uniforms will only be issued upon receipt of completed form

Please return by 2/14 via email to sdatrackteamparent@gmail.com

Uniforms will be distributed before practice on **Monday Feb 24**. You will be assigned 5 articles: Singlet, Shorts, Warm-up Jacket, Warm-up Pants and a Sports Bag. You will need to keep track of your assigned uniform pieces and 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. If 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 Warm-up jacket: \$40 Sports Bag: \$25 Shorts: \$25 Warm-up pants: \$40.

As a member of the 2025 San Dieguito Academy Track & Field team, I will abide by all rules and laws pertaining to traffic and pedestrians.

Athlete's Name (Print) _____

Athlete's Signature _____

Select: Female Male

Grade: 9th 10th 11th 12th

Event (circle all that are applicable):

Sprints / Hurdles / Mid-Distance (400 & 800m) / Distance (1600 & 3200m) /
High Jump / Long Jump / Pole Vault / Throws

	Uniform Size Requested – per item	Uniform Number (to be completed at distribution)
Navy Singlet (S-XL)		
Striped Singlet (XS-XL)		
Short (S-XL)		
Warm-up Jacket (S-XL)		
Warm-up Pants (S-XL)		
Bag	N/A	
Team 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.

Athlete's Signature: _____ Date: _____

SDA Track & Field 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. Via Natural Ultra Care Tea Tree Oil (from the 99 Cents store--hair product section) 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.
6. Please do not overload your track back. Overloading will cause the shoulder strap to come detached or the zipper to tear.
7. If you find any damage to your uniform kit or need to swap out for a different size, please contact your Team Parent immediately so we can get you a new piece. They can be contacted at sdatrackteamparent@gmail.com