

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. Vicks VapoRub (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 bag. 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