

## UNIFORM ESSENTIALS

As of 7 November 2019

Uniform, Hair and Training Essentials	
<p><u>Foundation</u> Stream Pre-Beginner Beginner</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> <li>• Red leotard               <ul style="list-style-type: none"> <li>✓ Bloch dance stores: L51637G (<i>dolly</i>), L52720G (<i>evanleigh</i>), L3409G (<i>petal</i>) OR</li> <li>✓ Capezio by Ballet Emporium: CL13 Red (<i>energetics cross back camisole</i>)</li> </ul> </li> <li>• Club PERÓ shorts OR any black shorts/leggings</li> <li>• Hair should be tied back in a high pony tail/bun</li> </ul> <p><u>WINTER TRAINING</u></p> <ul style="list-style-type: none"> <li>• Black cross-over               <ul style="list-style-type: none"> <li>✓ Bloch dance stores: Z0658 (<i>black</i>) OR</li> <li>✓ Capezio by Ballet Emporium: CX09 (<i>black mock cross sver</i>)</li> </ul> </li> <li>• Black long leggings</li> </ul> <div style="background-color: #ffe4c4; padding: 5px; text-align: center;"> <p>Club PERÓ have a listing account at the following <u>Bloch dance stores</u> (Bondi Junction, City/York St &amp; Parramatta) and <u>Capezio by Ballet Emporium</u> (Bronte) The staff have on file the above Club PERÓ red leotard styles for your convenience.</p> </div>
<p><u>Foundation</u> Stream Development Novice Intermediate</p> <p><u>Competition</u> Stream Multiples National Levels 3-10</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> <li>• Black leotard, any design</li> <li>• Club PERÓ shorts OR any black shorts/leggings</li> <li>• Hair should be tied back in a bun</li> <li>• Toe shoes, when advised</li> </ul> <p><u>WINTER TRAINING</u></p> <ul style="list-style-type: none"> <li>• Black cross-over               <ul style="list-style-type: none"> <li>✓ Bloch dance stores: Z0658 (<i>black</i>) OR</li> <li>✓ Capezio by Ballet Emporium: CX09 (<i>black mock cross sver</i>)</li> </ul> </li> <li>• Black long leggings</li> </ul> <p><u>COMPETITION GYMNASTS FOR COMPETITION</u></p> <ul style="list-style-type: none"> <li>• Club PERÓ tracksuit jacket and leggings</li> <li>• Club PERÓ competition leotard/s (with appropriate coloured underwear/body stocking)</li> </ul>
All uniform items <b>MUST BE NAMED.</b>	
Gymnasts are not required to provide their own apparatus, however if you are interested, please speak to your daughter's coach prior to purchasing.	
Every gymnast should have their own water bottle, light snack, small towel and deodorant for each training session.	
Club PERÓ training sessions are nut-free. Please <b>DO NOT</b> pack nuts or any nut-related products in your daughter's bag for snack time.	