

COMPETITION CHECKLIST



APPARATUS & LEOTARDS

- Apparatus for routines
- Toe shoes
- Toe shoes spares (you never know)
- Leotards for routines
- Leotard cover

WARM UP & CLOTHING

- Club tracksuit
- Underbody for leotards
- Leggings/shorts
- Training top
- Socks (& spares)

WARM UP KIT

- Leg warmers / Ankle warmers
- Stretch Elastic / Foot elastic
- Stretch cushion
- Yoga block/s
- Weights
- Muscle roller
- Rope

NUTRITION

- Nutritious lunch
- Water bottle (filled)
- Rehydration drink
- Snacks (Small & frequent refuelling)

OTHER ESSENTIALS

- Hair bits (Bands ,nets, clips, brush, spray etc.)
- Make up (Mascara, wipes, blusher, lipstick etc.)
- Period essentials (Pads, Tampax, liners, spare pants - if of that age)
- Pain killers/muscle gels (You should give/talk to coach, remember to always tell your coach about medications)
- Apparatus spares (Tape, ball pump, ribbon connectors, ribbon stick grip)
- First aid kit (Plasters, tape, ankle support)
- Money (just on case!)

REMEMBER:

- CONGRATULATE YOUR COMPETITORS
- BE PROUD OF YOURSELF
- THANK YOUR JUDGES, COACHES & PARENTS
- HAVE FUN