

Team Gym Bag Items

Level 3 – 10 & Xcel

Below is a list of items that ALL girls, Level 3 thru Level 10 will need to keep in their OGA gym bags at ALL times. All Level 3 – 10 and Xcel are required to purchase an OGA gym bags with your uniform order. We ask that all items be in the gym bag by the start of the Fall Schedule. These items that we ask you to carry in the bag are used to aid in the training of your gymnast.

- ❑ **Extra Leotard (just in case)**
- ❑ Bike Shorts (used to climb rope)
- ❑ Socks (used for dance)
- ❑ 2 Pairs of Wrist Bands – Athletic Sweat Bands (the thicker the better!) – can be purchased at Sporting Goods Stores, Wal-Mart, or Target – *washed weekly*
- ❑ Hair Accessories – Ponytail holders, clips, hair brush, and hair spray
- ❑ Deodorant
- ❑ Roll of White Athletic Tape – can be purchased in the Pro Shop or at any Sporting Goods Store – extra tape as needed per individual child's need
- ❑ Roll of Underwrap (a thin, stretch foam used when taping injuries to prevent tape from sticking to skin) – can be purchased in the Pro Shop or at any Sporting Goods Store
- ❑ Band Aids
- ❑ Neosporin
- ❑ Nail Clippers
- ❑ Contact Solution and case (if needed)
- ❑ Sanitary Products (as needed per individual child – with knowledge of use)
- ❑ Pain Medication – Ibuprofen, Tylenol (if comfortable – with knowledge of dosage)
- ❑ Jump Rope – needs to fit individual
- ❑ Ankle Weights – can be purchased at Sporting Goods Stores, Wal-Mart, or Target
 - Under 100 lbs. – 3 lb. total weight: 1.5 lbs. each
 - Over 100 lbs. – 5 lb. total weight: 2.5 lbs. Each
- ❑ Paper and Pen/Pencil
- ❑ Flip Flops – for meet season (preferably red or white)
- ❑ 2 Pairs of Dowel Grips * *Level 4 and up.* (see child's coach for more information)
- ❑ Lacrosse Ball

Team Gym Bag Items

Level 1 & Level 2

Below is a list of items that ALL girls, Level 1 and Level 2 will need to keep in their gym bag at ALL times. Level 1 gymnasts are **not required to have an OGA team bag** – any bag will do. Level 2 gymnasts are required to purchase an OGA team gym bags with their uniform order. We ask that all items be in the gym bag by the start of the Fall Schedule. The items that we ask you to carry in the bag are used to aid in the training of your gymnast.

- Extra Leotard (just in case)
- Bike Shorts (used to climb rope). These can be just basic spandex shorts.
- Socks (used for dance)
- Wrist Bands – Athletic Sweat Bands (the thicker the better!)
- Hair Accessories – Ponytail holders, clips, hair brush, and hair spray
- Deodorant (as appropriate)
- Roll of Tape – can be purchased at any Sporting Goods Store or sporting section of Walmart or Target – tape is used for covering of band-aids, taping of hands, etc.
- Band Aids
- Paper and Pen/Pencil
- White pair of flip flops