



TRAINING WEAR

SOUTHERN ARTISTIC GYMNASTICS ACADEMY IS COMMITTED TO ENSURING THAT ALL GYMNASTS TRAIN IN CLOTHING THAT IS SAFE, COMFORTABLE, BREATHABLE, AND APPROPRIATE FOR GYMNASTICS ACTIVITY. THE ACADEMY'S PRIORITY IS TO PROMOTE FREEDOM OF MOVEMENT, COMFORT, AND SUITABILITY FOR TRAINING ENVIRONMENTS.

PRESCHOOL AND RECREATIONAL GYMNASTICS

GYMNASTS WITHIN PRESCHOOL AND RECREATIONAL PROGRAMMES ARE REQUIRED TO WEAR THE PLAIN LITTLE STARS LEOTARD, WHICH MUST BE PURCHASED THROUGH THE ACADEMY CLUB STORE OR SAGA STOREFRONT. IN THE INTEREST OF COLLECTIVE IMAGE, ALL RECREATIONAL GYMNASTS MUST WEAR SAGA UNIFORM AND THIS MUST BE PURCHASED AFTER THE INITIAL TRIAL SESSION.

GENERAL ARTISTIC, PRE-ARTISTIC AND WOMEN'S ARTISTIC

GYMNASTS WITHIN GENERAL ARTISTIC, PRE-ARTISTIC, AND WOMEN'S ARTISTIC PROGRAMMES MAY WEAR THE OFFICIAL SAGA SQUAD TRAINING LEOTARD OR SUITABLE FITTED GYMNASTICS TRAINING WEAR, INCLUDING CROP TRAINING SETS AND ATHLETIC WEAR FROM RECOGNISED SPORTS BRANDS SUCH AS NIKE PRO, UNDER ARMOUR, ADIDAS. OR LITTLESTARS. ON SET DAYS. GYMANSTS MAY CHOOSE TO WEAR THEIR OWN LEOTARD COLLECTION, THIS IS APPROVED BY THE ACADEMY, IN THE INTEREST OF INDIVIAULTY.

GENERAL EXPECTATIONS

ALL TRAINING WEAR MUST BE APPROPRIATE FOR GYMNASTICS PARTICIPATION AND ALLOW COACHES TO SAFELY OBSERVE BODY POSITIONING AND TECHNIQUE. CLOTHING THAT IS CONSIDERED UNSAFE, EXCESSIVELY LOOSE, RESTRICTIVE, OR UNSUITABLE FOR GYMNASTICS ACTIVITY MAY NOT BE PERMITTED.

JEWELLERY SHOULD NOT BE WORN DURING TRAINING UNLESS REQUIRED FOR MEDICAL OR RELIGIOUS REASONS AND AGREED WITH THE ACADEMY. HAIR SHOULD BE TIED BACK APPROPRIATELY FOR ALL TRAINING SESSIONS.