



## Rocklin Jr. Thunder Uniform Care Instructions

It's important to take good care of your (new and returning) uniform! Each Cheerleader must ensure that their uniform is **clean** and ready to go for each game and competition. Arriving to an event missing any piece of your uniform will result in a request to the parents to bring the missing item.

### **A complete uniform includes:**

- Shell Top, Skirt,
- Long Sleeve Liner (when required: cold weather coach will request and for photo day and competitions)
- Cheer Game Shoes and Cheer Socks
- Silver Game Bow (distributed this week and Pink bow will be distributed in October)
- Blue Kick Pants (Spankies)
- Backpack or cheer bag with Poms
- RJT warm-ups or Just the warm-up jacket (No other jackets or warm-up can be worn)

**Note:** Under garments like sport bra's or tank tops must not be visible or must be a royal blue or black

### **Washing your uniform and Jersey:**

This is so important in order to keep your uniform in good condition

- Turn inside out and wash separate from other clothes
- Use very little detergent
- Wash on Light or Delicate setting
- HANG TO DRY – Do NOT place uniform in the dryer, this will **ruin the silver!**
- **Never** Iron or Dry Clean the uniform
- Stains: every effort should be made to make sure your uniform remains stain free. Tide stain pens work well as does Shout stain remover.

### **Spot cleaning cheer shoes:**

- Shoes: Magic Eraser works really well to get shoes clean. **Your shoes must be cleaned before every event.**

It is really important that the uniform be clean at the start of each game. The skirt has a wide band of white that tends to get dirty easily. Please make sure that it is cleaned prior to each game and competition.

### **Rules while in uniform or Spirit Jersey:**

- You are a representative of RJT while in uniform or Jersey. Your actions are a direct reflection of our squad, our league, your parents, and yourself. Please set a good example and act appropriately AT ALL TIMES! It's especially important to be on your best behavior while attending RHS game.
- Absolutely NO eating anything that has stain potential! I recommend bringing a t-shirt that you can put on over your uniform if you plan on eating at the stadium (after the game). Otherwise take it off!