

Hand Apparatus

Please complete your details and hand in together with your payment total to the desk at the start of the session, or email: rgcworcester@gmail.com

Your name:	Date of order:		
Contact tel/mob no:	ntact email:		
Gymnast name: Cla	ss attending:		
<u>Payment is required on ordering</u> (cheques payable to RGC)	_		
Payment made: Bank Transfer  Cheque Pa			
Item (circle/tick size where appropriate)	Price	Qty	Total
Royal Blue Short Sleeve Leotard Size: 24 26 28 30 32 34 36 38	£25		
RGC Logo Black Shorts Please provide measurement WAIST: (Inches):	£17.50		
RGC Logo Black Vest Please provide measurement CHEST: (Inches):	£16.50		
Club Hoodie <u>Child</u> 5-6y 7-8y 9-11y 12-13y <u>Adult</u> Small Medium Large XL XXL	f22 f28		
Blue Gym Sack for equipment with club logo	£6		
Large Blue Gym Bag with club logo	£20		
Rucksack with club logo	£20		
Club Bottle with club logo	£3.50		
Hoop (various colours) floor to hip bone height: Mm S £10 M £11	L £13 XL £14		
Rope Rope length required: *	rmpit £8		
Ball Small (17cm) S £17 Large (19cr	· · · · · · · · · · · · · · · · · · ·		
Clubs for age 5-7 (various colours)	£10		
Clubs for age 7+ (Large)	£20		
Ribbon with wand (various colours)	£15		

**Squad National Kit:** Please email name, item & measurements direct to rgcworcester@gmail.com \*Squad Kit is for competitions only

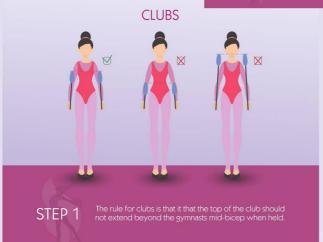
If you are unsure on the equipment size required, your coach will be happy to advise prior to ordering

Order TOTAL :	£
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Hoop should be at hip bone height





Ribbon length is based on gymnast size and 'level'

Measure total length of rope from armpit to armpit and remember to allow extra rope length for knots.

