



Order Form

www.rgc-worcester.com

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: Contact email:

Gymnast name: Class attending:

Payment is required on ordering (cheques payable to RGC Worcester) Date of payment:

Payment made: Bank Transfer Cheque Payment ref:

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	£22 £28		
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		

Hand Apparatus	Hoop (various colours) floor to hip bone height: mm S £10 M £11 L £13 XL £14		
	Rope Rope length required: * mm *measure from armpit down, under feet back up to other armpit	£8	
	Ball Small (17cm) S £17 Large (19cm) L £20		
	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 **£**



Guide to measuring apparatus

Hoop should be at hip bone height

HOOP

STEP 1 Either hold the hoop and have it meet your hip bone
Or

STEP 2 Have a friend or parents measure from your hip bone down to the floor to help you choose your size

CLUBS

STEP 1 The rule for clubs is that it that the top of the club should not extend beyond the gymnasts mid-bicep when held.

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.

ROPE

STEP 1 Tie a knot or a double knot at one end

STEP 2 Stand on the rope slightly off the middle to have the knots meet at the armpit

STEP 3 Make knots on the other side