

## TRAINING SESSIONS

As of 10 November 2017

Uniform, Hair and Training Essentials	
<p><u>FOUNDATION STREAM</u> Pre-Beginner Program Beginner Program</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> <li>• Red Leotard               <ul style="list-style-type: none"> <li>✓ From any Bloch Dance Stores - Choose from the following designs: <i>L51637G - DOLLY, L52720G – EVANLEIGH, L3409G – PETAL OR</i></li> <li>✓ From Capezio by Ballet Emporium: <i>CL13 RED – ENERGETICS CROSS BACK CAMISOLE</i></li> </ul> </li> <li>• Club PERÓ Shorts <b>OR</b> Any Black Shorts / Leggings</li> <li>• Hair should be tied back in a high pony tail or bun</li> </ul> <p><u>WINTER TRAINING</u> (Can be added to the above training uniform)</p> <ul style="list-style-type: none"> <li>• Black Ballet Cross-Over               <ul style="list-style-type: none"> <li>✓ From any Bloch Dance Stores: <i>Z0658 – BLACK OR</i></li> <li>✓ From Capezio by Ballet Emporium: <i>CX09 – BLACK MOCK CROSS OVER</i></li> </ul> </li> <li>• Any Black Long Leggings</li> </ul>
<p>Club PERÓ have a listing account at the following <u>Bloch Dance Stores</u> (Bondi Junction, City/York St &amp; Parramatta) and <u>Capezio by Ballet Emporium</u> (Bronte) The staff have on file the above Club PERÓ red leotard styles for your convenience.</p>	
<p><u>FOUNDATION STREAM</u> Novice Program Intermediate Program</p> <p><u>COMPETITION STREAM</u> Multiples Program National Levels 3-10 Program</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> <li>• Black Leotard (From Bloch Dance Stores <b>OR</b> Capezio by Ballet Emporium - Any design)</li> <li>• Club PERÓ Shorts <b>OR</b> Any Black Shorts / Leggings</li> <li>• Toe Shoes (<u>COMPETITION STREAM</u> gymnasts, when advised)</li> <li>• Hair should be tied back in a high pony tail or bun</li> </ul> <p><u>WINTER TRAINING</u> (Can be added to the above training uniform)</p> <ul style="list-style-type: none"> <li>• Black Ballet Cross-Over               <ul style="list-style-type: none"> <li>✓ From any Bloch Dance Stores: <i>Z0658 – BLACK OR</i></li> <li>✓ From Capezio by Ballet Emporium: <i>CX09 – BLACK MOCK CROSS OVER</i></li> </ul> </li> <li>• Any Black Long Leggings</li> </ul> <p><u>COMPETITION</u></p> <ul style="list-style-type: none"> <li>• Black Leotard (From Bloch Dance Stores <b>OR</b> Capezio by Ballet Emporium - Any design)</li> <li>• <b>NEW STYLE</b> Club PERÓ Tracksuit Jacket and Leggings</li> <li>• Club PERÓ Competition Leotard (with appropriate coloured underwear / body stocking)</li> <li>• Toe Shoes (<u>COMPETITION STREAM</u> gymnasts, when advised)</li> <li>• Hair should be tied back and hair-sprayed in a high bun</li> </ul>
<p>All uniform items <b>MUST BE NAMED.</b></p>	
<p>Gymnasts are not required to provide their own apparatus, however, if you are interested, please speak to your daughter's coach prior to purchasing.</p>	
<p>Every gymnast should have their own water bottle, light snack, small towel and deodorant for each training session.</p>	
<p>Club PERÓ training sessions are nut-free. Please <b>DO NOT</b> pack nuts or any nut-related products in your daughter's bag for snack time.</p>	

PLEASE NOTE: Over the past 2 years, the **OLD STYLE** Club PERÓ Tracksuit Jacket and Pants has been phased out. Please do not have your daughter any **OLD STYLE** uniform items from 2018.

If you decide that you would like to purchase a uniform during the year, parents and guardians will need to personally place the order themselves. Please speak to your daughter's coach for a Uniform Order Form for personal orders.