

## Uniform Care / Reminders

Name: \_\_\_\_\_

Our team has invested in some pretty great gear—we should feel great about ourselves on the field!

This note will familiarize you with the Monta Vista team and CIF rules—as well as some suggestions so that we all look our best!

**Uniform Tracking and Return:** Every item—shorts, jacket, bag, singlet, pants—has a number written on the item. Please keep track of this; we want you to return the same item!

You are responsible for returning each item that you were loaned in good condition. You agreed to pay \$50 for every lost or damaged item and that includes returning the wrong number!

During meets, everyone grabs each other's jackets and pants and bags—it's confusing. You can help identify your gear by:

--Put your name in the luggage tag holder, along with the numbers for all your uniform pieces—we have a tag designed for you below.

--Have some kind of unique dangle toy or ribbon on the bag handle to help you find your bag.

**How to care for your uniform:** Uniforms are for race day only! Do not wear this gear as your everyday jacket and never for your workout gear—excessive wear is a problem. If you love your gear, you can buy any of this clothing for yourself at Running Revolution.

Washing: **DO NOT BLEACH!** If stained, spot treat with Oxyclean spray stain treatment but NEVER BLEACH! Wash the uniform in cold water with a mild detergent and no bleach and no fabric softener. Dry on **LOW** and remove promptly, or you can **hang to dry**. Be gentle please! Do not iron!

**Removing Hip # Sticky: Contact Mrs. Flatow!!!** The best answer is—remove the hip number right away! **Don't** let your hip number go through the wash!

## Your Numbers

Bag: \_\_\_\_\_

Singlet: \_\_\_\_\_

Shorts: \_\_\_\_\_

Jacket: \_\_\_\_\_

Pants: \_\_\_\_\_

	Name _____		Athlete
<b>MONTA VISTA RUNNING</b>			
Monta Vista High School 21840 McClellan Road Cupertino, CA 95014 T: 408.366.7600		Singlet _____	Jacket _____
		Shorts _____	Pants _____