



To all LaFleur's Team Members:



As we prepare for our return to the gym, we will be requiring and asking a few things from you. The first thing we are requiring, is for you to have a large backpack for the gym. We are not going to let any team member leave their bag at the gym until further notice. You will be responsible for cleaning and sanitizing your athlete's belonging.

Also, for the moment we will not be using some of our team training equipment, such as weights. We have a list of things we want in each bag and ask that you start preparing it now. All grip bags at the gym will be kept in this larger backpack that you are preparing! We need the bag to have enough room for their shoes and extra clothing they wear to the gym.

<p><u>Level 2 – 5 girls, level 4 – 6 boys & Xcel</u> (put name on everything)</p>	<p><u>Level 6 -10 girls and 7 – 10 boys</u> (put name on everything) *make sure backpack big enough for everything. I can look into buying bigger LaFleur's back packs that match, if teams are interested.</p>
<ul style="list-style-type: none"> • Grip bag • Hand sanitizer • 1-gallon zip-lock (freezer bag) for chalk. Each gymnast will have their own chalk. • Ankle weights (2 – 3 pounds) • Furniture slider (need one) -click for amazon (comes in a four pack, buy with friends) 	<ul style="list-style-type: none"> • Grip bag • Hand sanitizer • 1-gallon zip-lock (freezer bag) for chalk. Each gymnast will have their own chalk. • Small spray water bottle for bars if they use water. A 4oz bottle is good. • Ankle weights (2 – 3 pounds) • TheraBand loop Medium-click for amazon • 7ft TheraBand – click for amazon • Furniture slider (need two) -click for amazon (comes in a 4 pack, buy with a friend) • Travel size roller