

Care of Equipment

Uniform Tops (Green “Hilltoppers” or “GW”)

Rain-proof sweat top

Rain-proof sweat bottom

Separate colors. Wash these pieces of equipment in COLD WATER and use a mild detergent *without* bleach. Hang to dry...

NO DRYERS & NO IRONS, Please!

Shoes:

Should avoid the washing machine and should NEVER be placed in the dryer, as it will destroy the make and performance of the shoe.

If shoes are wet, place wadded-up newspaper into the shoe overnight; remove the newspaper from the shoe the next morning and the shoes should be dry.

A pair of running shoes may only last 300-400 miles; replacing shoes before they stop providing cushioning support often prevents injury. Please be proactive.

Athletes who advance to the state series will need another pair of shoes prior to the end of the season.

Remember, purchasing appropriate shoes are less expensive than Doctor visits (both monetarily and in time).