

Care of Equipment

Uniform Tops (Green & White)

Invite Uniforms (new & old)

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.

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