



WHAT TO KEEP IN MY GYM BAG

All items in your Gym Bag **MUST** be labeled with your Gymnasts' Name

Gym Bag	Required - A small/medium sized drawstring bag that is easily distinguishable to them (no large bookbags or duffle bags)
Ziploc Bag & Mask/Face Covering	Required - When masks are not in use they will be kept in a ziploc bag, inside their gym bag for easy access. Gymnasts are NOT required to wear a mask while practicing; however, they are required to wear it in all common areas (bathrooms, lobby areas, etc).
HAND SANITIZER/Hand Wipes	Recommended - While we have numerous sanitizing stations throughout the gym, having a personal supply is highly encouraged for frequent use during a rotation.
2 Gallon Ziploc Bag w/Chalk Block	Provided to you by X-treme Gymnastics - NO OUTSIDE CHALK WILL BE PERMITTED!
Grip Bag/Grips/Wristbands	Required - Not all gymnasts have these yet - gymnasts will be told by their coaches when they are allowed to get these.
Grip Brush	Highly recommended for gymnasts with grips
Small Spray Bottle (with water)	Required for all gymnasts with grips
Ankle Weights	Required - Ages 8 & Under: 1 lb, Ages 9-12: 1.5 lb, ages 13&older: 1.5-2.5lbs. depending on gymnasts strength/flexibility and size. (For reference: the TheraBand brand weights we have at the gym are Red 1 lb, Green 1.5lbs, and Blue 2lbs)
Thera Band	Recommended (Medium-Extra Heavy depending on gymnasts size/strength/flexibility)
Loop Band	Recommended (Medium-Extra Heavy depending on gymnasts size/strength/flexibility)
Jump Rope	Recommended
Tape/Pre Wrap/Tape Grips	Required - Available for purchase at the front desk
Band Aids/Nail Clippers	Required
Feminine Hygiene Products	Recommended - It is best to always be prepared
Other	Other items your gymnast may use (i.e. braces/writguards/heel cups/etc.)

Equipment that is REQUIRED will NOT be provided by X-treme Gymnastics for use.

If you do not have your own, you will have to do the exercise without the equipment.

Equipment that is RECOMMENDED will be available at X-treme Gymnastics, but you are highly encouraged to bring and use your own. This will save time in having to disinfect after each use before putting away and help to reserve cleaning supplies.