



## General Uniform Care Instructions:

Most uniform items will have a cleaning direction tag on them. Over time those can be hard to read.

In general, prevention is the best way to take care of our uniforms. Simple things like wear uniforms only when needed, clean them right after using them, avoid excessive use of make-up/deodorant prior to wearing them for games.

When your child has worn a uniform, we strongly encourage you to train your child to immediately change/shower when they get home and to put their uniform into the washer. That is not only a good health practice, it also allows you to not let stains set and allows the uniform air dry overnight.

## Laundry Setting Guidelines:

COLD WATER      AIR DRY

DO NOT ADD SOFTENERS PLEASE!

It is okay to use spray on stain removers, but never add bleach.

Most uniform materials can withstand many years of use, but it is the letters, numbers and logos that can wear prematurely. That is why NOT putting them into the dryer is so vital. The more often they go through a dryer the more quickly the lettering can crack and peel.

Depending upon the sport, athletes may need to purchase other items like, shoes, cleats, knee pads, shorts, etc.