

Dear Parents,

As we begin a new year/season, we want to make sure that all parents are aware of our expectations regarding practice and game attire. Our guidelines match Seton School's modesty dress code. The general guideline is to avoid too tight, too short, and see-through.

GIRLS TEAMS:

- Shorts:
 - There should be a 3" or less gap between the top of the kneecap to the bottom of the shorts (about the width of 4 fingers).
 - With shorter shorts, compression shorts or yoga pants may be worn underneath so that the spirit of the guidelines is still met.
 - Girls may not wear yoga pants/biker shorts/compression shorts/leggings without additional looser shorts on top.
- Tops:
 - All shirts must have sleeves at games and practices, except for approved official sleeveless sports uniform shirts.
 - If student-athletes are wearing jerseys with no sleeves, the armhole should be small enough to cover undergarments – else, a sleeved t-shirt should be worn underneath.
 - Tank tops, racerback tops, other tight fitting or midriff revealing tops, should be avoided.
 - Teams that practice outside in the rain should be aware that soaked light colored t-shirts do not follow the modesty guidelines. Dark colored t-shirts help this problem.

BOYS TEAMS:

- Tops:
 - Shirts should be worn at all times.
 - Tank tops and open-sided/muscle shirts are not allowed.
 - All shirts must have sleeves at games, except approved official sleeveless sports uniform shirts.
- Shorts:
 - There should be a 3" or less gap between the top of the kneecap to the bottom of the shorts (about the width of 4 fingers).
 - No biker shorts/compression shorts worn without looser fitting shorts over them.
 - With shorter shorts, compression shorts or yoga pants may be worn underneath so that the spirit of the guidelines is still met.

CHANGING CLOTHES SHOULD TAKE PLACE IN THE BATHROOMS OR OTHER PRIVATE AREAS. THERE SHOULD NOT BE ANY KIND OF CHANGING TOPS OR BOTTOMS IN PUBLIC VIEW – EVEN IF TANK TOPS/SPORTS BRAS/COMPRESSION SHORTS/ETC. ARE UNDER THE T-SHIRTS OR LOOSER SHORTS.

If a student-athlete arrives at a game or at practice in inappropriate attire, a coach will offer him/her an opportunity to change into something more appropriate. Without compliance, the student-athlete will be asked to return home. Parents, thank you for your support and understanding with these issues.

Girl teams who have only male coaches will have designated team moms who can help. Young ladies, please feel free to contact the team mom, if assistance is needed in this area.

If you have any questions, please feel free to contact me.

Thank you for your commitment to the physical and spiritual development of our student-athletes.

God bless.
Dan Vander Woude