

With years of pattern making and sizing experience, we have found the most accurate sizing method is to rely on the athlete's body measurements. Measuring athlete's allows you to easily and reliably find the athlete's correct size and most importantly takes the guess work out of sizing. Athletes perception of fit may vary, however our patterns and sizes are designed for a sleek fit to respond to the demands of gymnastics and cheer.

HOW TO MEASURE

The aim of measuring your athlete is to find the most appropriate size based on the size chart below. Please ensure that athletes are wearing fitted apparel during the measuring process.



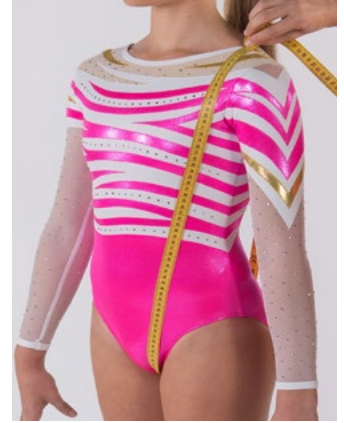
CHEST
With arms by side, measure around the fullest part of chest.



WAIST
Measure around waist at navel.



HIP
Measure around the fullest part of buttocks.



TORSO
Measure from centre of shoulder through legs and back to the same shoulder (back to the start of tape).

SIZE CHART IN CENTIMETRES

Refer to the following size chart to determine which size corresponds to the athlete's measurements. Do not add extra centimetres for growing room as this will distort the sizing. If an athlete falls across two sizes, select the larger size.

SIZE	CHEST	WAIST	HIP	STANDARD TORSO
CHILD 4	56	52	56	100
CHILD 6	62	56	62	110
CHILD 8	68	60	68	120
CHILD 10	74	64	74	130
CHILD 12	80	68	80	140
ADULT XS	86	72	86	150
ADULT S	92	76	92	160
ADULT M	98	80	98	170
ADULT L	104	84	104	180

LONG TORSO*	SHORT TORSO*
108	95
118	105
128	115
138	125
148	135
158	145
168	155
178	165
188	175

* Long Torso and Short Torso are not available for Practice Wear garments.