

RCRC JUNIOR KIT REQUIREMENTS

Please make sure ALL kit is named

Short sleeve T-shirt (sports appropriate i.e. no underwear on show)

Sports Shorts (preferably navy, not baggy)

Tracksuit bottoms/ leggings (preferably navy)

Fleece or sweatshirt (**STRICTLY NO HOODIES**)

Thermal layers as required (2-3 thin layers are better than one thick one)

Training shoes & socks

Waterproof top

Sun hat & Sunscreen OR Woolly hat

Water bottle/ snacks

Towel

Change of clothes, including underwear

FOR REASONS OF SAFETY HAIR MUST BE TIED BACK OFF THE FACE

“Young Royals” T shirts will be provided and can be worn for training and competition.

Optional: RCRC sweatshirts, fleeces and kit bags are made available for purchase through the club shop.

JL/Godfrey racing kit: Not compulsory and would not be recommended until juniors are in regular competition. (JL; Available through the club.)

See www.royalchesterrowingclub.co.uk for all details.

Money & Valuables: Phones, ipods, cash etc, should not be brought into the club and is done so entirely at juniors own risk.

Please remember coaches reserve the right to exclude from training any juniors attending with inappropriate clothing or footwear.