

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.



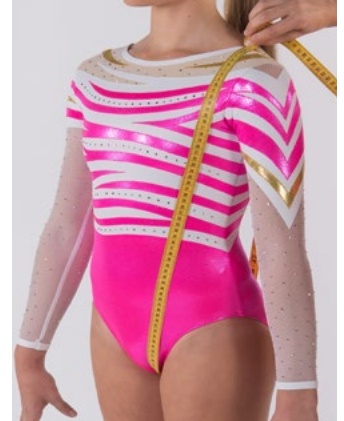
**CHEST**  
With arms by side, measure around the fullest part of chest.



**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
<b>CHILD 4</b>	56	52	56	100
<b>CHILD 6</b>	62	56	62	110
<b>CHILD 8</b>	68	60	68	120
<b>CHILD 10</b>	74	64	74	130
<b>CHILD 12</b>	80	68	80	140
<b>ADULT XS</b>	86	72	86	150
<b>ADULT S</b>	92	76	92	160
<b>ADULT M</b>	98	80	98	170
<b>ADULT L</b>	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.