



## Apparatus & Equipment Guide

### York Stars Rhythmic Gymnastics Club

- ★ **DISCLAIMER** - BEFORE PURCHASING ANYTHING, please email the office who will then consult proper coaches
- ★ **DISCLAIMER #2** - LABEL YOUR BELONGINGS (except for apparatus since they are personalized... for a rope, use a coloured tape on either end of a rope)
- ★ **DISCLAIMER #3** - NATIONALS MUST HAVE FIG LOGO ON ALL APPARATUS

#### Competitive Athlete Checklist

- **Interclub Athletes:** the apparatus you will compete with
- **Provincial and National Athletes:** mandatory 1 of each apparatus (ball, hoop, clubs, ribbon & rope)
- Rope
- Toe shoes: 1 pair for training and 1 pair reserved for competitions
- YS Tank Top
- YS Zip-Up Sweater
- Knee Pads
- Elastic stretching and conditioning band
- Ankle Weights
- Undersuit
- Suit
- Notebook and Pen (for coaches and athletes to keep track of comments and corrections)
- Water Bottle

#### Optional Accessories Checklist

- Ball pump
- Ball carrier
- Hoop cover
- Ribbon roller



## Online Sources

- ★ Below are links to websites where apparatus and apparatus accessories can be purchased

[Romsport Website](#) - carries Chacott and Sasaki

[ShopGymnastic Website](#) - carries Pastorelli, Sasaki and Chacott (available for pickup in Thornhill)

[Pastorelli Website](#)

[Gymnamo Website \(UK\)](#) - carries Pastorelli, Chacott and Sasaki (there will be an additional shipping fee)

[NISHOHI](#) - carries Pastorelli & Sasaki

## In-person Stores

**York Stars Apparatus Store** - find new and used items in-person

**ShopGymnastics** - can arrange pickup in Thornhill (need to be contacted beforehand as they run it from their home)



## **Ball Guidelines**

**Preferred Brand:** Chacott

*Do not buy Pastorelli*

### **Important Information To Note**

**Price Range:** \$94-\$199

**Color:** Anything besides black or white (pearl is acceptable)

**Size:** Senior size for all competitive athletes; 18.5cm in diameter & 400g minimum.

### **Ball Care & Other Costs**

#### **Ball Care:**

- ★ Deflate the ball during flight (because the air levels can change drastically)
- ★ Don't leave a ball in the cold for excessive periods of time (i.e. car trunk during winter)
- ★ Wrap ball to avoid scratches (can use ball bag or a toque/knit hat)
- ★ Only use appropriate ball pumps
- ★ Don't over-inflate the balls (they should stay slightly squeezable)
- ★ Best to ask a coach how to pump a ball

#### **Ball Pump Price:** \$10-\$35

- ★ The ball pump is an optional cost



## Hoop Guidelines

**Preferred Brand:** No preferred brand but must be thin

- ★ Thin hoops are preferred because they are lighter and easier to work with (ask supplier if it's thin)
- ★ SIZING - CHECK WITH COACH AT THE GYM

## **Important Information To Note**

**Price range:** \$35-\$65

**Color:** The hoop tape will be matched to the suit

**Size:** The hoop must reach the hip bone when standing beside the hoop.

81, 85 & 89cm hoops are standard sizes. **CHECK WITH COACH AT THE GYM**

## **Hoop Care & Other Costs**

### **Hoop Care:**

- ★ Avoid scratching hoop tape
- ★ If the hoop tape starts to peel, use ultra clear tape to stick it back down
- ★ Don't bend the hoop excessively

**Hoop Taping Cost:** \$20-\$40 (varies according to size and amount of tape/time) paid to coach

- ★ Hoop spray painting is also an option. Check with coaches first.

**Hoop Cover Cost:** \$40-\$85

- ★ The hoop cover is an optional cost but preferred if you are traveling with a hoop as it helps protect the hoop



## Rope Guidelines

**Preferred Brand:** No preferred brand (can be Sasaki, Chacott, Pastorelli)

*Do not buy rainbow rope on Amazon*

### **Important Information To Note**

**Price Range:** \$40

**Color:** Any color besides black or white

**Size:** Coaches at the gym **MUST** cut the rope to size

**Material:** Nylon

**Rope Marker:** We advise that each rope be marked by rungs of tape of varying color around the handles of the rope to help differentiate everyone's rope from one another (There are often a lot of pink ropes in the gym and when they get misplaced they're hard to identify)



## **Club Guidelines**

**Preferred Brand:** Sasaki - fully rubber & stackable

*Do not buy Venturelli*

## **Important Information To Note**

**Price Range:** \$158-\$263

**Color:** Any color as they will be taped (unless otherwise specified)

**Material:** Fully rubber and stackable (can insert into one another)

**Size:** Senior size (if a gymnast is younger than 10 she should buy Junior clubs but will have to switch to senior clubs in the later years)

## **Other Costs**

**Clubs Taping/Spray Painting Costs:** \$15-\$25



## **Ribbon Stick Guidelines**

**Preferred Stick Brand:** Venturelli

Second Suggested Stick Brand: Chacott

*Do not buy Sasaki*

### **Important Information To Note**

**Stick Price Range:** \$68-\$115

**Size:** Senior stick

## **Ribbon Guidelines**

**Preferred Ribbon Brand:** Chacott

Second Suggested Ribbon Brand: Sasaki

*Do not buy Venturelli*

### **Important Information To Note**

**Ribbon Price Range:** \$30-\$70

**Color:** Match to suit (consult with coaches)

**Size:**

- ★ Senior ribbon 6 meters
- ★ Younger gymnasts can use 5 meter long ribbon but will have to get a longer one when they are older

## **Ribbon Care & Other Costs**

### **Ribbon Care:**

- ★ Loosely roll the ribbon when storing it
- ★ Don't fold them around the stick (it pokes holes in the ribbon)
- ★ Iron and lightly starch (you can use hairspray) the ribbon before competitions
- ★ They may be machine washable (gentle cycle)

**Ribbon Roller:** Sasaki or other

- ★ The ribbon roller is an optional purchase



## Accessories

### Toe Shoes

- ★ Sasaki sock toe shoes are the best quality and will last longest
- ★ Pastorelli sock toe shoes are not as good quality but are less expensive
- ★ Suede toe shoes are optional upon consultation with a coach as they only suit some gymnasts

**York Stars Apparatus Store** - Toe shoes are available for purchase at our gym

### Toe shoe Care:

- ★ Machine wash toe shoes weekly on gentle cycle or hand wash
- ★ Lay flat to dry
- ★ Optional to sew or patch toe shoes if there is a hole

### Knee Pads

- ★ Any volleyball knee pads are acceptable (can be found on Amazon or at Canadian Tire, etc)
- ★ Sasaki knee pads have more padding and are recommended if purchasing RG specific pads
- ★ *Do not buy Pastorelli knee pads because they are too thin*

### Elastic Bands

- ★ [Buy stretching elastic here](#)
- ★ We recommend getting exactly this resistance band so that all our gymnasts have a uniform length and resistance level. Other ones are too strong or do not fit the girls feet/ankles properly (fall off)

### Ankle Weights

- ★ 1-2 lb weights are recommended, which you can buy from many places. (Amazon, Canadian Tire...)
- ★ *Do not buy red Goodlife weights because they break very easily*

### Undersuit

- ★ Skin coloured undersuits are required for all competitive athletes
- ★ This can be purchased at Second Skin Fashions Ltd. in Thornhill
  - You can mention York Stars and get a 10% discount
  - Please consider stock may be affected by the longer shipping periods.
- ★ This can also be purchased at On The Dance Floor in Richmond Hill and Gabies Boutique in Newmarket
  - We do not have a discount with them
- ★ The undersuit should be a full leotard or two pieces (skin tone bra and underwear from a dance store)





## Suit

- ★ There will be a suit sale at the gym
  - Rent or purchase options are available
- ★ Rent goes from \$75-\$350 depending on the suit's size & quality
- ★ Purchase can go from \$150-800

***Do not purchase or rent a suit without consulting a coach!***