

Uniform & Equipment Care

Uniforms:

- Machine wash cold with like colors (blue with blue / white with white)
- Pre-treat stains with OxiClean Max or similar non-bleach stain remover
- No bleach
- No fabric softener
- ***Hang dry (do NOT use a dryer, this is the most helpful thing to make uniforms last)!!!***
- Repair rips with needle and thread when they are small. If you are not comfortable doing this, please ask for help.

Helmets / Shoulder Pads:

- Avoid warm, dark, moist storage area (*ensure your athletes unload their gym bag of all gear each night after practice*)
- Set out in sun to dry the following morning with inside of helmet and underside of shoulder pads up (allowing pads and helmet to air out between practices in the sun is a best practice, the UV light kills a lot of the funk that you smell on the way home from practice!!!)
- Wash with rag / soapy water (dawn dish soap or similar non-citrus, bleach free mild soap). Commercial cleaners and polishes may damage the helmet shell, liner, etc. and will void the warranty (remember, these are 10-year helmets)
- A sponge or toothbrush are also helpful
- Rinse but do not submerge
- Non-bleach disinfectant wipes are OK

Pro Tips:

- *If you wash but don't get uniforms dry in time, your player can wear a damp uniform- they're going to soak it with sweat anyway!!!*
- Use hangers or foldable indoor laundry drying rack to dry uniforms when it's wet / cold outside
- Prior to practice/game have your son lay out their uniform/pads/gear in the shape of a little football player on the floor (from helmet down to cleats) then load their gym bag
- Have your athlete unload their gear bag and spread it all out to dry in the garage, on the porch or in the laundry room when you get home. Do not let them in the house until this is done! Have them wipe out their gym bag if it's funky (after unloading)... it will be!
- In the morning or once the gear is dry, have them reload their gym bag well ahead of practice
- Keep a few old towels in the back of your vehicle so that they can sit on them on the way home if they are wet/muddy
- Remove insoles from soaked cleats and stuff with newspaper to absorb water. Do this a couple times for about 20 minutes or until the newspaper is soaked, then empty and place cleats upside down over a floor vent in the laundry room overnight (or in front of a fan in the garage / on the porch). This will help them dry for practice the next day and avoid extra funk.