

2025-26 Pride of Colgan Marching Band Handbook



Timothy Grant, Director of Bands

We are so excited about the upcoming season of the Pride of Colgan! In an effort to keep you informed, you are receiving a lot of information today rather than a little bit of information spread out over the next couple of months. This handbook will be available on our website if you need to access it in the future.

1. Register for the 2025-26 Pride of Colgan online
 - a. Registration/Student/Parent Contract/Uniform Ordering Instructions:
<https://forms.gle/pWNVGwZLX38bCibY7>
2. Sign up for our weekly newsletter [here](#).
3. Pay your marching band fees through your CutTime account or by check payable to **Colgan Band Boosters**, or by cash in a labeled envelope with your student's name
4. Order and pay for all required Uniform Orders July 1st through July 7th
<https://colgan-hs-band-boosters.square.site/>

Get in contact!

Timothy Grant, Director of Bands grantt@pwcs.edu

Instagram @colganband

Facebook: @ Colgan Band Boosters

Marching Band Staff

Director of Bands-Timothy Grant

Assistant Director - Laurel Siberts

Brass Instructor - Isabella Lowe

Drumline Instructors - Mike Siberts, Derek Thompson

Front Ensemble Instructor - Andrew Sheloski

Color Guard Instructor - TBD

Attendance Policy

Performances are the culmination of many hours of rehearsal. We all look forward to the performance, but the degree of **QUALITY** wanted can only be achieved **DURING THE BAND PRACTICE SESSIONS!!!** Any and all rehearsal time is extremely valuable and is necessary in producing any fine organization. With this in mind, all members of the Pride of Colgan Marching Band will be required to follow a few basic rules.

Full attendance at ALL rehearsals and ALL performances is both 100% **REQUIRED** and **NECESSARY!!** (This includes being on time and not leaving early!) All pre-arranged rehearsals/performance that are announced with at least 2 weeks notice are considered requirements for successful completion of the marching band course. Only through pre-arranged plans with director approval may a rehearsal or performance be excused. All rehearsals and performances held before or after normal school hours are considered to be an extension of the school day and are to be treated as such. In the case of an emergency which would cause you to miss a scheduled band function, you must be sure that your parent(s) call or email the Director **BEFORE** the function is missed, if at all possible.

Parents should schedule doctor's appointments around band rehearsal and performance times. Students with unexcused absences from rehearsal will be ineligible to perform at the next game or competition. Students with multiple/excessive unexcused absences will be given a warning and eventually be asked to find another activity in which they can commit to.

All band events for the year are scheduled and are on the calendar on the band website. Sometimes events will be added and participation is mandatory. Notice for these mandatory events will be given at least two weeks in advance and conflicts will be handled on a per person basis. Any band event not scheduled at least two weeks in advance will be expected but will not be made mandatory.

All performances and rehearsals are required. A request to be excused from a rehearsal must be made at least one (1) week in advance from the date of the missed rehearsal. A request to be excused from a performance must be made at least four (4) weeks in advance from the date of the performance. This request must be **IN WRITING** and must still be cleared by the Director. Submitting a request does not mean it will automatically be approved.

Excusable absences would include:

1. Sick and absent from school with doctor's note
2. Death in the family
3. Religious holidays
4. Immediate family emergency

Unexcused absences include, but are not limited to:

1. Appointments (non-emergency)
2. Clubs, sports
3. Driving tests

4. Detentions
5. Homework (learn to manage your time wisely)
6. Pop/Rock concerts or sporting events
7. Birthdays/Anniversaries
8. Work/babysitting
9. Family trips
10. Don't have a ride (this can be worked out with your section leader or other band members)

Grading Policy & Expectations

Marching band is a class that students receive credit for through their participation.

Students will be graded based on the following criteria:

- Attendance
- Participation
- Music memorization (warm ups & show music)
- Performances at games/competitions

Dues & Expenses

Marching Band & Color Guard

2025-2026 Dues: \$375

Senior Fee: additional \$25 is due by August 18, 2025 (This fee includes senior banner, medal and flower at senior night, senior dinner and end of year recognition)

Payment #1: \$100 is due July 1st, 2025 and no later than July 7th, 2025 with uniform order
Payment #2: \$125 is due by July 25th, 2025

Payment #3: \$150 is due by August 18^h, 2025

Full Payment may be made, if preferred

All clothing purchases (New & Returning Marchers) are due July 7th, 2025

***FIRST TIME MARCHERS:** Must purchase: 2 blue uniform shirts, 1 pair gray uniform shorts, 1 pair blue uniform warm up pants, 2 pair black uniform socks and 1 pair of black marching shoes (see info on how to order at the end of this packet) Many marchers purchase a second pair of uniform shorts and socks

***FIRST TIME COLOR GUARD:** Must purchase: 2 blue uniform shirts, 1 pair gray uniform shorts, 1 blue color guard jacket, 1 pair blue uniform warm up pants, 1 pair color guard gloves, and 1 pair color guard marching shoes (see info on how to order at the end of this packet)

****Additional uniform items may be purchased****

Forms of Payment for Pride of Colgan Dues:

- **Check-** Checks should be made out to **COLGAN BAND BOOSTERS**. Please note the student's name on check. Payment may be mailed to: Colgan Band Boosters, 13833 Dumfries Rd, Manassas, VA 20112 or returned to the Band Director or a booster board member. Checks will not be cashed prior to July 1, 2025
- **Cash-** Please have cash in envelope with Student's Name clearly marked
- **Money Order**
- **Electronic Payment: After July 1, 2025:** Account setup and payment instructions will be emailed to all registered email addresses (students and parents) at a later date

We realize that all family budgets may not be able to meet the requested payment schedule. If dues payments are an issue, please contact our treasurer treasurer@colganband.com as soon as possible to discuss an individualized payment plan. Fulfillment of your band dues commitment is an integral part of CBB's budget planning process and finding a mutually acceptable means benefits all parties concerned.

Please note: Any student participating in winter drumline or guard must have their marching band fees paid in full before participating in these groups.

Other Possible Fees for Marching Band Students

(These anticipated expenses are provided for family budget planning purposes only. Payment instructions will follow at a later time.)

- \$44-\$55 for replacement marching shoes (sometimes shoes are worn out, broken, or lost during the season)
- \$3-\$10 for replacement socks or gloves
- \$130-\$150 for color guard items such as gloves, shoes, tights, make-up (cost varies depending on which items particular individuals need)
- Meals- Due to the distance of some competitions we attend, it is necessary for students to eat while we are gone. We will usually work with the competition site to preorder concession meals for our students 1-2 weeks prior. Students will sign up and prepay \$5-\$8 for their meal with us. They always have the option of bringing a meal from home as well.
- Spirit Week- During the second week of band camp the students participate in spirit week. This is optional and most days the items can be found around the house for the theme of the day. Some sections like to wear matching outfits and buy shirts or items at the store.

Spirit wear such as band gear bags, car magnets, etc. will be available for purchase in August. Watch for future emails detailing this year's items.

Marching Band Rehearsals and Camps

June Music Rehearsals

June 3,4 & 5 Pride of Colgan Rehearsal 6:00 PM- 8:00 PM @ Colgan HS

There will be a Marching Band Season Kick Off Event and the Colgan Band 101 Meeting at 6pm on Tuesday June 3th @6PM All Band students and parents/guardians should attend. June 5 and 6 are rehearsals for all new and returning members from 6-8PM. Parents do not need to attend.

Summer Music Rehearsals & Sectionals

Summer full band rehearsals and sectionals allow students to work with our staff on the music prior to band camp and stay active during the summer. These dates are used to memorize music and work on music fundamentals that will be needed for the upcoming season.

These rehearsal dates are encouraged and have been very helpful over the years for all new and returning students. If you are in town when your section or the full band meets, please plan to attend. If you are away on vacation for any of the dates prior to band camp, enjoy your time away and we hope to see you at the next meeting date.

Below are the dates for each section:

Woodwinds: June 16, 23, 30, July 14 (6:30-8pm)

Brass: June 16 & 23, July 7 & 14 (12-2pm)

Drumline: June 19, 26 and July 10 (6-8pm)

Front Ensemble: June 20, 27, July 11, 18, 25 (12-2pm)

Full Band: July 17 & 24 (6-8pm)

Drumline Auditions & Summer Rehearsals

Drumline clinics: May 8, 15, 22 (6-8pm @ Colgan HS)

Drumline Auditions: Wednesday, May 28 @ Colgan HS

Color Guard Summer Rehearsals

Color Guard is planning summer rehearsals. Please go to www.colganband.com and view band calendar regularly for updates regarding the summer rehearsal schedule.

Band Camp

Monday July 28- Friday August 1 8:00 am – 4:00 pm @ CHS

Monday, August 4– Friday, August 8 8:00 am – 4:00 pm

Our band camp preview performance will be held on Friday evening August 8th at 5pm for parents and family with an ice cream social following

Band camp is required for all Pride of Colgan Marching Band students. Any anticipated absence must be approved by Mr. Grant prior to camp.

After-School Rehearsals

The regular practice schedule runs from the first week of the school year and ends in early November.

Monday: No rehearsals. Schedule appointments, make up work and other activities on Mondays to avoid missing a practice during the week

Tuesday: Full Marching Band Rehearsal – 2:30-5:00 pm

Wednesday: Full Marching Band Rehearsal – 2:30-5:00 pm

Thursday: Full Marching Band Rehearsal – 2:30-5:00 pm

Friday: Football Game Day (occasional games are held on Thursdays)

**Color Guard and Drumline may have additional practices and/or different times than those listed. These will be provided in the late summer/early fall.*

2025 Performance & Fundraiser Schedule

August 23 Tag Day Fundraiser **DO NOT TAKE THE SAT THIS DAY**

August 18 First Day of School Performance

August 28 Home Game VS Osbourn HS

September 13 Woodbridge Viking Invitational (@ Woodbridge HS) **DO NOT TAKE THE SAT THIS DAY**

September 19 Home Game VS Broad Run HS

September 20 Colgan Classic

September 27 Herndon HS Competition
October 10 Homecoming Game VS Freedom
October 18 VBODA Marching Assessment and/or Oakton HS Competition
October 24 Home Game (8th Grade Night)
October 25 VBODA Marching Assessment or VMBC State Championships (Lynchburg, VA)
October 31 Home Game VS Forest Park HS
November 1 Freedom HS Competition

Home Game Schedule:

Typically students will remain at school for rehearsal, followed by a homework/social break and dinner. Around 5:40 pm, students will change into their uniforms to prepare for pregame activities. If you'd like to see the band for pregame, plan to arrive by 6:30 pm to find a seat in the stadium.

Dinner: The boosters arrange a variety of meals for the students. Your band fees will help cover the cost of the meals ordered in.

Please note that Home Game Day Schedule may be subject to change so pay attention to email communication.

Away Game Schedule: Typically, students leave school at dismissal and go home. They will need to eat dinner before returning around 5:00 pm to change into their uniform and travel to the game. Students return to Colgan at the conclusion of the game, usually around 10:00 pm.

Note: Times/dates may be adjusted to compensate for weather and other activities on campus. Mr. Grant sets the arrival time based on where the game is located..

Food Allergies and Dietary Needs:

We will do our best to accommodate food allergies and dietary needs but please understand we may not be able to accommodate every allergy/need at every meal. All food provided is open to all students, so if a student isn't able to eat the main meal item they may still choose any of the other items we offer for dinner that evening. Please be sure to fill out the food allergy/dietary need section of the paperwork so we can start planning the meals we will be serving.

Saturday Competition Schedule

Before every competition, the band rehearses for 1-1 ½ hours to prepare a final run through of the show specific to the host location's field orientation. If the host school has moved the competition indoors, the students will rehearse in the gym to familiarize themselves with that competition set-up. After rehearsing, the students will be given a break to eat a meal brought from home. **Students always need to bring a meal from home on competition days.**

After the lunch break, the students will get dressed into their uniforms and load the buses to travel to the competition. Once we get to the competition the students will warm up and then march into the venue to perform. The band will stay until the end of the competition for the awards and then load the buses and travel home. Since we are a larger band, we usually perform towards the end of a competition.

We attend local competitions and ones that are almost two hours away, so the day can be very long depending

on where we are traveling. Students can bring a snack with them but make sure it is uniform friendly and doesn't contain anything sticky, colored, powdery, or chocolate. If we know we will be gone long enough that the students will need to eat another meal we usually try to pre order meals from the host school's concession stand and our band volunteers deliver it to our students in the bleachers. If we do this, you will sign up via an electronic form a couple of weeks before the competition and pay for the meal of choice.

Sample Competition Day, 8:00 pm performance time (1.5 hr. travel time)

2:30 pm Rehearsal starts on main field

4:00 pm Eat meal/ Dress in uniform/ Load buses

5:00 pm Departure from Colgan

6:30 pm Arrival at Competition

8:00 pm Performance

8:20 pm change out of uniform, food from concessions, awards

10:30-10:45 pm Approximate return to Colgan

Uniforms

UNIFORM FITTINGS WILL TAKE PLACE AT SUMMER REHEARSALS AND BAND CAMP. MORE INFORMATION TO COME AT A LATER DATE.

What does my marcher need for the fitting day?

To keep our uniforms clean, all marchers need to wear a shirt with sleeves during the fitting. Returning marchers need to wear their marching shoes to measure the proper pant length. New marchers should wear athletic shoes.

What happens once my marcher is fit for a uniform?

The marching uniform stays at school. Your marcher simply needs to remember to have the correct garments that are worn under the uniform, black knee socks, and their marching shoes with them anytime they will be dressing in the marching uniform.

What is worn under the uniform?

Marchers must wear their navy, dry-fit uniform shirt, gray uniform shorts, and black **knee** socks under their marching uniform. These items were available for purchase on the Colgan Band Store website from July 1- July 6 ONLY! If you still need items, please see our Uniform Coordinator immediately.

You may be asked to wear your uniform shirt occasionally to school for a pep rally performance, but your gray uniform shorts are to be worn only under your uniform.

Uniform Wearing Rules

All hair (male and female) must be tucked under the hat with no pieces hanging out. Make-up is not allowed on the face or neck to avoid transferring any stains to the uniform. No nail polish. No jewelry of any kind. Marchers who are in violation will be asked to fix the issues and then return to the uniform room when ready. Only approved foods may be eaten in uniform.

Marching shoes

All marchers are required to wear black marching shoes with long all black socks. Our uniform coordinator will size all students for shoes, even if they don't currently need them. Returning marchers- please check the condition of your marching shoes. If they are too small, damaged, or they can't be cleaned to uniform standard condition, you will need to purchase new shoes.

Hats in the Stands

The shako (the hat that is part of the uniform) may be taken off when marchers are in the stands. Only two hats are approved to be worn with the uniform while in the stands- the navy Colgan Band baseball cap, or the navy Colgan Band winter beanie hat. The baseball cap and the winter beanie are available for purchase from our Spirit Wear Coordinator.

Uniform Inspection Guidelines

- 1. Stand at standby. You will be called to attention.*
- 2. Uniforms must be clean and properly pressed.*
- 3. Each student must have their Band Bag and/or any other items needed for the bus ride.*
- 4. Uniform accessories will be clean and properly worn.*
- 5. The correct color gloves will be clean and will be properly worn.*
- 6. Long black socks. Clean shoes.*
- 7. The shako will be worn properly. All long hair that reaches below will be worn in the shako in a bun.*
- 8. Instruments are to be clean, polished, and in good working order.*

Thank you for making our band look great!

BAND CAMP “SURVIVAL” LIST

WEAR:

- Shirt
- Shorts
- Socks
- Tennis/Running Shoes with good support (no Converse, Skate shoes, etc.)
- Hat
- Sunglasses
- Bandana (optional)

BRING A DRAWSTRING BACKPACK EVERY DAY WITH THE FOLLOWING:

- Lunch
- Water Jug (provided for new members)
- Sunscreen
- Towel to safely place instrument on
- PRIDE OF COLGAN Marching Band lanyard with name tag (provided at Band Camp)

The first couple of days of band camp will be spent teaching new marchers the fundamentals of marching. They will be joined by the full band, and they will begin to put the music they’ve been practicing with steps of the drill to create a marching show. The practice sessions during camp are long and demanding but so rewarding when students see what they can accomplish together with hard work and attention to detail.

They’ll also make some of the best friends of their high school career!

There’s no getting around the fact that band camp is exhausting, but here are a few tips from seasoned parents to help new members stay strong and energized:

1. Prepare for **heat**. Slather on the sunscreen, wear a hat and sunglasses, and drink plenty of water throu during camp. Make sure you bring your Pride of Colgan water jug to the practice lot.
2. Wear sturdy **shoes** (that are already broken in, No brand new shoes, please!) AND cushioned socks. Save those cute sandals and stylish fashion sneakers for school days.
3. Section leaders will encourage your student to dress for “Spirit Days” the second week of Band Camp. Ask him/her/them about it- and urge participation because it is crazy fun! It also helps bond a section together for the season.
4. Encourage your student to eat a healthy breakfast and pack a nutritious lunch. Students burn a lot of calories at Band Camp and need a nutritious breakfast and lunch to make it through the long days. Lunch break is a fun social time so encourage your child to join in when upper-class students invite them to sit together.

5. **Rest.** Encourage early bedtime during camp.

6. Encourage a little exercise over the summer if your student usually has a rather sedentary summer. Camp is more enjoyable if you start to exercise a few weeks before camp starts. Go for a long walk or hike, stretch, and drink water. Encourage them to get their bodies ready for the workouts that band camp will require.

7. Rehearsal starts at the posted time. A student who shows up at the posted time doesn't have time to put away their things, get their instrument, and get to the practice location before rehearsal begins. Most students arrive at least 15 minutes before the posted time to be ready to rehearse at the posted time

MUSIC TIME = EARLY IS ON TIME, ON TIME IS LATE

8. There's one more piece to the puzzle, YOU! We would love to see you during Band Camp! We ask for volunteers during Band camp to help keep water jugs filled, snacks stocked, and be a helping hand to the staff when they need it. It's a great opportunity to meet the wonderful teenagers in the Pride of Colgan and the other parent volunteers. We hope you'll be able to join us for a couple of hours this August!

Parents' Introduction to Marching Band Competitions

What can you expect on Marching Band Competition Day?

Typically, the band will rehearse at Colgan before boarding the bus to travel to the competition. The students are given an opportunity to eat a meal they've brought from home after rehearsal and before getting dressed into their uniform. The exact schedule depends on travel time to the event and when the band is scheduled to perform at the competition. The schedule for each competition day will be distributed to students a few days before the competition by Mr. Grant. It will also be posted on our website, sent out by email, and posted on our Facebook group.

Parent help is needed for every competition in several areas. If you are only able to help a little, this is the best way to make a big impact. We will send out a volunteer sign-up with areas we need help.

Important – For planning purposes, students should expect a marching band competition to be an **all-day commitment** which will last until late in the evening. Parents who just want to attend the competition do not need to follow the student's schedule. They should plan to arrive at the competition site at least an hour before the band is scheduled to perform in order to ensure adequate time to find parking, walk to the stadium, pay admission (typically \$10-\$15 for adults), and find their seats before the band competes.

Spectators are asked not to enter the stadium during a band performance. If you arrive while a band is performing, you should wait until a break before finding your seat. In fact, at many competitions there will be ushers who will indicate when to wait, and when you may enter the stands. We strongly recommend that parents plan their time at the competition so they can observe as many bands as possible – not just our band.

Transportation

Students always travel to and from marching band competitions as a group on buses.

Food

Students are given an opportunity to eat a meal before leaving for a competition but sometimes the band is gone for a long period of time over a usual meal time. If this happens the Band Boosters will try to make accommodations with the event venue to pre-purchase meals for our students, which will be ready for them after they perform. These meals usually cost around \$6 and have been Chick-Fil-A sandwich meals in the past. Band volunteers have an opportunity to purchase this meal as well. Additionally, food is also typically available for purchase at every competition arranged by the hosting venue. Some parents choose to provide money for his/her student for snack purchases. Students are responsible for following the uniform guidelines when purchasing and eating food in uniform.

UNIFORM ITEMS: WHAT DO I NEED TO ORDER?

All New Marching Band & New Color Guard students will need to order the required uniform items Please go to <https://colgan-hs-band-boosters.square.site/> to put the following items in your cart and pay at check out. These items **MUST** be purchased between **July 1st, 2025 and July 6th, 2025** or they will not be available to be distributed during the second week of band camp. Late orders will also not be guaranteed to be received and distributed prior to marching band season and may need to be ordered by the parent/guardian.

If you require a financial plan please contact treasurer@colganband.com to make arrangements **NEW MARCHING BAND REQUIRED UNIFORM ITEMS:**

- 2 Navy Shirts (please choose size)
- 1 pair gray shorts (Select size and 5" womens cut or 7" mens' cut)
- 1 pair navy warm up pants (Select size and "Ladies" or "Mens" for cut)
- 2 pairs black uniform socks
- 1 pair black marching shoes (Students will be sized during summer uniform measurement appointments)

New marchers receive; 1 pair of gray gloves, & a water jug at no cost.

Additional items may be purchased at this time: Many marchers like to have a second pair of uniform shorts, as well as additional gloves-especially if they cut the fingertips off of them. Drumline and Front Ensemble to not require to purchase gloves

NEW COLOR GUARD REQUIRED UNIFORM ITEMS:

- 2 Navy Shirts (please choose size)
- 1 pair gray shorts (Select size and 5" womens cut or 7" mens' cut)

- 1 pair warm up pants (Select size and “Ladies” or “Mens” for cut)
- 1 Color Guard Jacket (Select size and “NAME” you want on your jacket)
- 1 pair jazz shoes (Students will be sized during color guard summer rehearsals)
- 1 pair Color Guard gloves

New color guard members receive a water jug at no cost. If your student requires additional items (like an extra pair of shorts) please purchase at this time.

****Any issues ordering please contact treasurer@colganband.com****

RETURNING MARCHERS AND COLOR GUARD MEMBERS:

Returning Color Guard are required to purchase new jazz shoes and 1 pair of Color Guard gloves
For all members: Please check the fit of your current navy shirts, gray shorts, warm up pants, and marching shoes Sizing for marching shoes and color guard shoes will be taken at the summer uniform measuring appointment. If you require replacements or additional items you will need to purchase no later than Friday July 6th. Should you find that you cannot find items, or they no longer fit and order after July 6th we cannot guarantee that you will have them before the marching band season begins.

****REMINDER: You will be required to pay for all uniform items at checkout in the online store. DEADLINE IS FRIDAY JULY 6TH, 2025 FOR ALL UNIFORM ORDERS****

PRIDE OF COLGAN UNDERGARMENT SIZING GUIDE

MEN'S WARM-UP PANTS (INCHES) <small>Item #77601</small>					
SIZE	S	M	L	XL	2XL
ELASTIC WAIST RELAXED	27	29	31	33	35
HIPS – 8" FROM TOP OF WAIST	38	42	46	50	54
INSEAM	31	31 ½	32	32	32

LADIES WARM-UP PANTS (INCHES) <small>Item #7762</small>					
SIZE	XS	S	M	L	XL
ELASTIC WAIST RELAXED	29	30	31	32 ½	34 ¼
HIPS – 8" FROM TOP OF WAIST	40	42	44	47	50 ½
INSEAM	31 ½	32	32 ½	33	33

YOUTH WARM-UP PANTS (INCHES) <small>Item #7761</small>	
SIZE	YOUTH LARGE (YL) (AKA MEN'S XS)
ELASTIC WAIST RELAXED	26 ½
HIPS – 8" FROM TOP OF WAIST	38
INSEAM	28 ½

UNISEX SPORT-TEK TEES (INCHES) <small>Item #ST350</small>						
SIZE	XS	S	M	L	XL	2XL
CHEST (PIT TO PIT)	18 ½	20	21 ½	23	24 ½	26
APPROX. CHEST CIRCUMFERENCE	37	40	43	46	49	52
BACK LENGTH	27	28	29	30	31	32
SLEEVE LENGTH	17 ¾	18 ½	19 ¼	20	20 ¾	21 ½

MEN'S SHORTS (INCHES) <small>Item #410700</small>						
SIZE	XS	S	M	L	XL	2XL
ELASTIC WAIST RELAXED (ACROSS TOP OF WAIST OPENING)	13 ¾	14 ¾	15 ¾	16 ¾	17 ¾	18 ¾
APPROX RELAXED WAIST CIRCUMFERENCE	26 ½	28 ½	30 ½	32 ½	34 ½	36 ½
INSEAM	7	7	7	7	7	7

LADIES SHORTS SIZING GUIDE (INCHES) <small>Item #411600</small>						
SIZE	XS	S	M	L	XL	2XL
ELASTIC WAIST RELAXED (ACROSS TOP OF WAIST OPENING)	12 ½	13 ½	14 ½	15 ½	16 ½	17 ½
APPROX RELAXED WAIST CIRCUMFERENCE	25	27	29	31	33	35
INSEAM	5	5	5	5	5	5

GLOVES AND SOCKS ARE ONE-SIZE FITS ALL (OS)

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