

# **Region 4 Level 9 Westerns** **Coaches Apparel Instructions**

All attire will be available for pick up on Training day. If you cannot be there for training day, you must make arrangements to pick up your apparel from Don Houlton/Bryon Hough at the meet site or have someone get it for you.

## **Thursday – Warm Up Day**

**Wear Navy T-Shirt Provided**

## **Friday- *Jr. A, Jr. B, Jr. C***

**Ladies V-Neck Tank Top or  
Men's White & Navy Crew Neck**

## **Saturday- *Jr. D, Sr. A, Sr. B***

**Ladies Navy Polo or  
Men's Light Blue Polo**

## **Sunday- *Sr. C & Sr. D***

**Ladies V-Neck Tank or  
Men's Light Blue Polo**

\*Men & Women- Please wear Navy Bottoms or Khakis with your tops.

\*Coaches who receive level 10 attire may wear the sweatshirts as well any of the days