

# Illawarra Sports High School

## TSDP Training Uniform Order Form

### Pay online through school website

*Hand in this form at the Sports Office to collect uniform.  
Uniform is not given unless fully paid. Everyday school uniform is at Lowes Warrawong.*

|                           |  |              |
|---------------------------|--|--------------|
| <b>NAME:</b>              |  | <b>YEAR:</b> |
| <b>SPORT:</b>             |  |              |
| <b>Online Receipt No.</b> |  |              |

| INDIVIDUAL<br>UNIFORM ITEMS | COST | SIZE | QTY | TOTAL |
|-----------------------------|------|------|-----|-------|
| Training Shirt              | \$35 |      |     |       |
| Training Shorts             | \$35 |      |     |       |
| Training Singlet            | \$30 |      |     |       |
| Rugby League/Union Shorts   | \$30 |      |     |       |
| Navy Playing Socks          | \$15 |      |     |       |
| Tag Tights                  | \$45 |      |     |       |
| Sydney FC Training Shirt    | \$35 |      |     |       |
| Sydney FC Training Shorts   | \$35 |      |     |       |
| TSDP Cap                    | \$15 |      |     |       |
| Winter Jacket               | \$70 |      |     |       |
| Sport Kit –                 | \$   |      |     |       |
| <b>TOTAL</b>                |      |      |     |       |

| WHOLE KITS                    | COST         | SIZE             | QTY | TOTAL |
|-------------------------------|--------------|------------------|-----|-------|
| <b>Basketball Kit</b>         | <b>\$140</b> |                  |     |       |
| 2x Training shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| 1x Training singlet           |              | Singlet size -   |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Cricket Kit</b>            | <b>\$125</b> |                  |     |       |
| 2x Training shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| Hat                           |              |                  |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Football/Soccer Kit</b>    | <b>\$160</b> |                  |     |       |
| 1x Syd FC shirt               |              | Shirt size -     |     |       |
| 1x Syd FC Short               |              | Short size -     |     |       |
| 1x Training Shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| Playing socks                 |              | Sock size -      |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Hockey Kit</b>             | <b>\$140</b> |                  |     |       |
| 2x Training Shirt             |              | Shirt size -     |     |       |
| 1x Training Short             |              | Short size -     |     |       |
| Playing socks                 |              | Sock size -      |     |       |
| Hat                           |              |                  |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Netball Kit</b>            | <b>\$110</b> |                  |     |       |
| 2x Training shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Rugby League/Union Kit</b> | <b>\$170</b> |                  |     |       |
| 2x Training Shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| 1x Playing short              |              | Short size -     |     |       |
| Paying socks                  |              | Sock size -      |     |       |
| Hat                           |              |                  |     |       |
| Water bottle, Gear bag        |              |                  |     |       |
| <b>Touch &amp; Tag Kit</b>    | <b>\$170</b> |                  |     |       |
| 2x Training shirt             |              | Shirt size -     |     |       |
| 1x Training short             |              | Short size -     |     |       |
| 1x Tag tights                 |              | Tag tight size - |     |       |
| Hat                           |              |                  |     |       |
| Water bottle, Gear bag        |              |                  |     |       |



## Talented Sports and Development Program Uniform Requirements

- All TSDP & Sydney FC training kit and singlets can also be worn for PE practical lessons as well as TSDP training.
- It is recommended that all Football students also have at least one general training kit for school carnivals, PE and representing school at other sport events.
- Students have the option of a training singlet in hot weather.
- Winter jackets are a soft shell with polar fleece lining and can be worn as everyday school uniform. They are also suitable for early morning winter training sessions.
- A winter tracksuit is available at Warrawong Lowes. It can be worn as everyday school uniform and to games/events.
- Sizes are unisex and range from kids 10 / 12 and then they move into adult sizes, an XS is a 14, a S is a 16, sizes then go up to 3XL.
- It is recommended that students have a minimum of at least 2 shirts due to the large number of practical sessions per week.
- All team playing kits, jerseys, dresses, playing singlets, etc are supplied by school.

### CSM Training Kit Size Guide

|     | Training Tee |            | Training Shorts |     |       | RL Shorts |       |
|-----|--------------|------------|-----------------|-----|-------|-----------|-------|
|     | Length       | Full Chest | Length          | Hip | Waist | Length    | Waist |
| 2   | 47           | 65         | 28.5            | 72  | 38    | 23        | 40    |
| 4   | 50           | 70         | 30              | 77  | 40.5  | 23.5      | 43    |
| 6   | 53           | 75         | 31.5            | 82  | 43    | 24        | 46    |
| 8   | 56           | 80         | 33              | 87  | 45.5  | 24.5      | 49    |
| 10  | 59           | 85         | 34.5            | 92  | 48    | 25.5      | 52    |
| 12  | 62           | 90         | 36              | 97  | 50.5  | 26        | 55    |
| 14  | 65           | 95         | 37.5            | 102 | 53    | 27        | 58    |
| XS  | 68           | 100        | 39              | 107 | 56    | 27.5      | 63    |
| S   | 70.5         | 105        | 40.5            | 112 | 59    | 28        | 67    |
| M   | 73           | 110        | 42              | 117 | 62    | 29        | 70    |
| L   | 75.5         | 115        | 43.5            | 122 | 65    | 29.5      | 73    |
| XL  | 78           | 120        | 45              | 127 | 68    | 30        | 76    |
| 2XL | 80.5         | 125        | 46.5            | 132 | 71    | 31        | 78    |
| 3XL | 83           | 130        | 48              | 137 | 74    | 32        | 80    |



## TSDP Training Uniform

|  |   |  |
|--|---|--|
| <p><b>TSDP Training Shirt</b></p>                              |    | <p><b>KIDS 10</b></p>  |
| <p><b>TSDP Training Shorts</b></p>                             |    | <p><b>KIDS 12</b></p> <p><b>KIDS 14/XS</b></p> <p><b>KIDS 16/S</b></p> |
| <p><b>TSDP Singlet</b></p>                                     |    | <p><b>M</b></p> <p><b>L</b></p> <p><b>XL</b></p> <p><b>XXL</b></p>     |
| <p><b>Rugby League &amp; Union<br/>Playing Shorts</b></p>      |   | <p><b>XXXL</b></p>   |
| <p><b>Tag Tights</b></p>                                       |  | <p><b>Ladies<br/>8 - 20</b></p>  |
| <p><b>Sydney FC Football<br/>Shirt &amp; Shorts</b></p>        |  | <p><b>K10 – 3XL</b></p>  |
| <p><b>Playing Pro-skin Socks –<br/>RL, RU, H, &amp; FB</b></p> | <p style="text-align: center;"><b>Plain Navy blue</b></p>                           | <p><b>Youth<br/>2-8<br/>8-11<br/>11-14</b></p>                         |
| <p><b>Winter Jacket</b></p>                                    |  | <p><b>K10 – 3XL</b></p>  |
| <p><b>TSDP Trucker Hat</b></p>                                 |  | <p><b>One size</b></p>   |

