



Tips for Always Looking Like a Pro!

Look neat and clean for the game

- ◆ Wear a freshly laundered shirt and slacks.
- ◆ Always hang your shirt and slacks or fold neatly after laundering and during transporting to game to prevent wrinkles.
- ◆ If your schedule is tight, have several pairs of shirts and slacks clean and ready for duty in your equipment bag or car.

Prevent fading of dark color uniforms

- ◆ Reduce prolonged exposure to direct sunlight by storing in a garment bag when hanging in the back of your vehicle.
- ◆ If you don't use a garment bag, try covering them with a piece of cloth, at least across the shoulders.

Keep hats neat and free of dirt

- ◆ "Crease" your hat to give a sharp appearance.
- ◆ After a game, brush hat with a stiff bristle brush to remove dirt and dust.
- ◆ Spot clean hat with mild soap and water, rinse thoroughly.
- ◆ Use a hat liner to hold its shape between games.
- ◆ Allow hat to completely dry of perspiration before storing.
- ◆ It is not recommended to store in plastic bags since moisture in hats can cause mildew. Use a hat keeper or a cardboard box.

Get the right hem length on your plate slacks

- ◆ When having alterations done on slacks, have on leg guards and plate shoes you would usually wear to ensure the correct length is achieved.
- ◆ Hem length should be set at the top edge of the sole so the at the pants don't "ride up" too high when you are in your plate stance.

Clean protective equipment after every wear

- ◆ After a game, brush equipment with a stiff bristle brush to remove dirt and dust.
- ◆ Wipe off moisture and allow to completely dry of perspiration before storing in cloth bags or your gear bag, especially during our hot Florida weather.
- ◆ It is not recommended to store in plastic bags since moisture can cause mildew.
- ◆ If they are particularly dirty, surface clean with mild soap and water, rinse thoroughly.
- ◆ It is always wise to inspect equipment after each use for signs of wear or damage.

Shine shoes to a high luster

- ◆ They do not have to be "spit-shined", but they **DO** need to be shined and clean.
- ◆ Protect shoes using leather conditioners to ensure long wear ability.
- ◆ After game, brush soles of shoes with a stiff bristle brush to remove dirt.
- ◆ Wipe shoe uppers with a soft cloth to remove dust, dirt and moisture.
- ◆ Store in a cloth shoe bag to keep clean. It is not recommended to store in plastic bags since moisture can cause mildew.
- ◆ Keep a spray bottle of water and a couple of old towels/rags in your gear bag to remove dust or dirt.
- ◆ If your shoes get muddy, wipe/scrape off excess mud and then use the spray bottle (or take them inside when you get home) to remove the remaining dirt. You can let it dry first, it will work just as well when you are ready to clean them. Just remember to use the water sparingly.

ALWAYS have a professional attitude

- ◆ Keep language clean and follow good sportsmanship.
- ◆ Hold yourself to a higher standard with exemplary behavior and attitude.
- ◆ Though players may disagree with your call, if you conduct yourself in an appropriate, professional manner, they will respect your decision and your position on the field.
- ◆ Remember, you set the example on how the game should be played.