

Mandatory



Plain Black T Shirt with school logo



Leggings - Plain Black
(no large logos)

Or



Shorts Plain Black
(no large logos)



Long red socks
(football, hockey, rugby)



Trainers
Running or exercise trainers



Boots
Ideally with 'Moulded Studs' that can be used on the 4G astroturf

Optional



¼ Zip Top Plain Black with school logo



Rugby shirt
We strongly advise these for rugby lessons!
(T-shirts can rip/tear easily)



'Skins' - black, grey or red, to be worn under t-shirt/rugby shirt
(in cold weather)



'Skins' black, grey or red to be worn under t-shirts
(in cold weather)

These items can be purchased at the following stores: -
TSS Print & Embroidery. Bartlett St, Caerphilly CF83 1JS
CC Sports. 3-15 Hanbury Rd, Bargoed CF81 8QS

IMPORTANT (Health & Safety)

- Footwear such as 'Nike Air Force one' or 'Converse hi tops' are not permitted
- Hotpants type shorts or 'short Nike Pro' shorts are not permitted
- 'Hoodies' are not permitted
- Jewellery is not permitted