

Guide To Measuring for a Skirted Leotard

Getting Started



Ensure your gymnast is wearing fitted clothing such as a leotard.

Before you begin, tie an elastic or ribbon around the smallest part of your gymnast's torso. This will make it easier to find her natural waist and improve the consistency and quality of your measurements.

Ensure your gymnast is standing in a relaxed position with arms by her sides. To help her find a relaxed posture, have her take a deep breath in and blow it out.

Please do not add "growing room" to your measurements as this may result in a wrinkly and ill-fitting leotard. The leotard is made of lycra which will naturally allow some growing room.

Bust



With arms relaxed and down at the sides, measure around the fullest part of the chest.

Waist



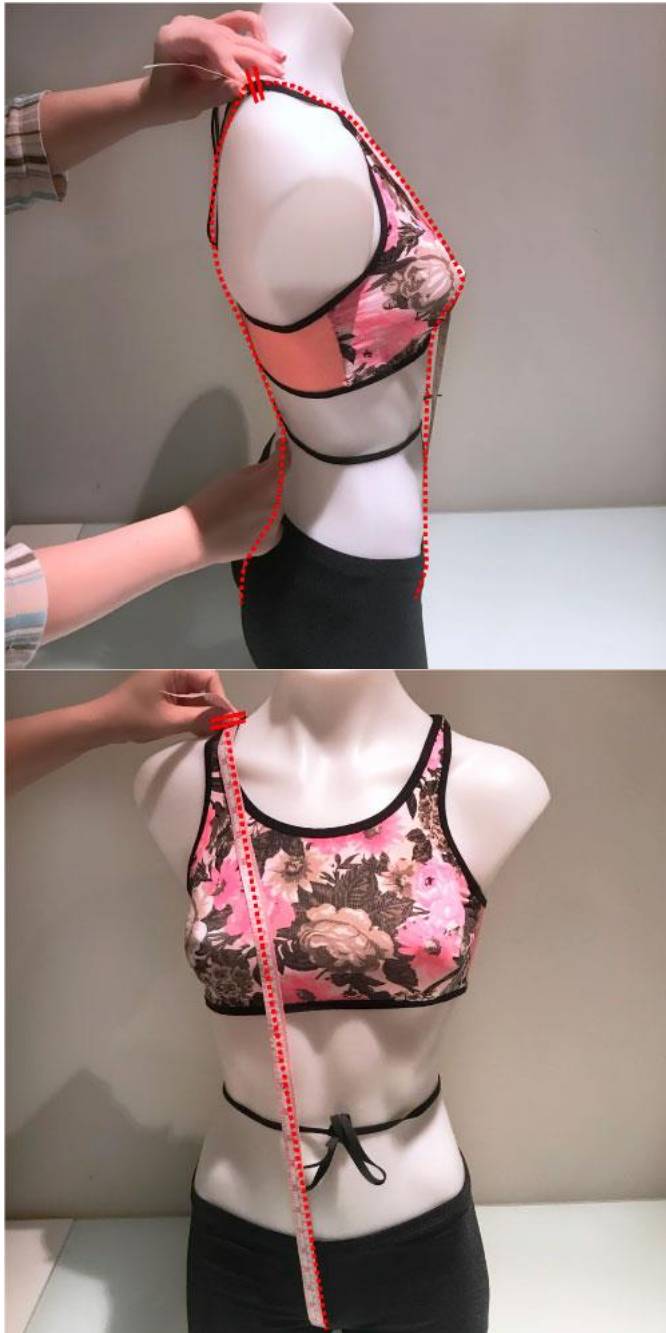
Measure around the gymnast's natural waistline which is the narrowest part of the torso (between the hipbone and the bottom of the rib cage).

Hip



Measure around the fullest part of the buttocks and lower hip.

Girth



Measure from the centre of one shoulder, down the front of the body through the legs and up the back to the starting point on the shoulder.

Shoulder to waist (front)



Measure the front from the top of the shoulder (directly beside neck) to the waist.

Note: If your gymnast is wearing a leotard, this measurement should start from the seam on top of the shoulder (where the front of the leotard is sewn to the back).

Waist to skirt bottom (front)



Measure from the waist to the desired skirt length.

The front skirt should be long enough to cover the pelvic area only. It should not hang lower than is necessary to cover the front brief when the gymnast is in a standing position.

Shoulder to waist (back)



Measure the back from the shoulder (directly beside neck) to the waist.

Note: If your gymnast is wearing a leotard, this measurement should start from the seam on top of the shoulder (where the back of the leotard is sewn to the front).

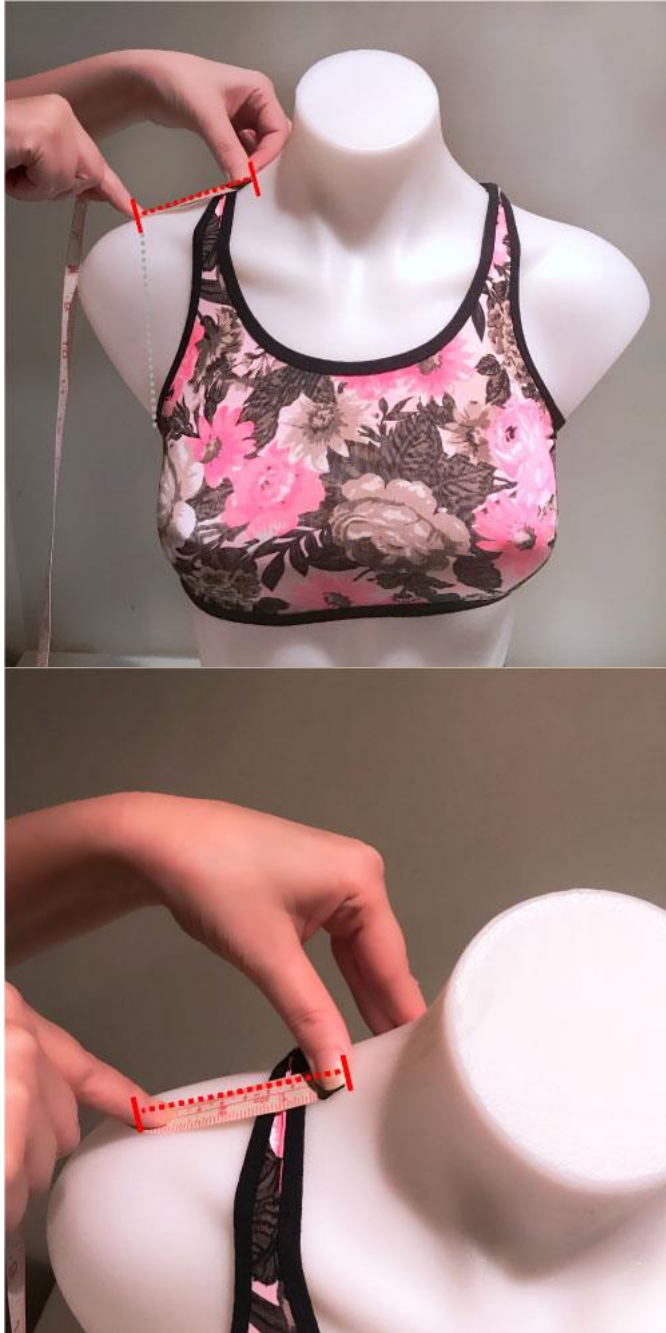
Waist to skirt bottom (back)



Measure from the waist to the desired skirt length.

The back of the skirt should be long enough to cover the gluteal fold under the buttocks.

Single Shoulder Width



Measure from the centre of shoulder slope (at base of the neck) along the top of the shoulder.

The measurements ends on the bony apex where the collarbone meets the shoulder. Therefore, the measurement *doesn't* go all the way to the end of the shoulder.

Neck



Measure around the base of the neck.

Any questions, please do not hesitate to email info@envyactivewear.com.au.