Full Name: $\qquad$
Grade:
Height: $\qquad$ feet $\qquad$ inches

Instrument: $\qquad$

Tee Shirt Size: $\qquad$
Gender:
Weight:
Shoe Size: $\qquad$ Wide Normal Narrow (Circle One)

Returning students will wear Bibbers (with shoulder straps tight) and current Band Shoes to F3 Day.
Print this form, complete at home, and bring to F3 Day for best uniform fitting.
Students must have a helper take their measurements (parent or sibling is fine). A flexible measuring tape is best for accurate measurements and comfortable fit of your uniform. Do not pull the measuring tape tight.

Head - Circumference around head, just over the eyebrows Chest - Standing, measure while inhaling at the widest point
Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage
Wrist - Circumference, around the widest part of the wrist Hips - Measure at the largest point, approximately 9 inches below the natural waistline Inseam - distance from your inner thigh to the bottom of your ankle
Girth - Standing, top of shoulder front, between legs, up back, to same shoulder in the back


## Frequently Asked Questions

Q1: How do I take measurements of my band student?
Helpful video by the Band Shoppe at https://youtu.be/ZUO1HNrOVuU
Q2. May I have hand me down shoes and/or bibber hem checked at F3 Day?
Yes. Wear hand me down shoes or bibbers if they are available from a friend or family member.
Q3. We do not have a tailor's tape measure. What can I use as a substitute?
A taut string or dental floss can be used and measured against a yard stick to calculate your measurements in lieu of a tailor's tape.
Q4. I do not know my shoe size. Do I need to go to the shoe store to find my shoe size?
Check your most comfortable pair of tennis shoes or sneakers to locate your shoe size.
$\qquad$ Quantity $\qquad$ - Fingerless / Grip

