



OAKTON HIGH SCHOOL

Marching Cougars

REGISTRATION 2022-23

PART A: MB REGISTRATION & INFORMATION PACKET 22-23

Forms due **May 23**

Course fee due **May 31**, Summer camp fee due **August 1**

Questions? Contact forms@oaktonbands.org

1. **Review** the information contained in this packet.
2. **Download** and/or print the companion Part B: MB FORMS PACKET 22-23
3. Make sure ALL forms are **complete and signed** using the checklist
4. Login to register and **upload** all forms **using your student's @fcpschools.net email address**. Using this address keeps your student's information secure.

Complete and/or
download forms at:



<http://www.oaktonbands.org/forms>

Register for Marching Band and upload*
completed forms at:



<https://forms.gle/dCeFpxP5jeUBeb516>

*You must use your student's @fcpschools.net account to upload forms.

Marching Band Registration Checklist

Joining Marching Band? THAT'S GREAT! While our marching band registration procedures have moved into the digital age, we want to make the process as easy and friendly as possible. All forms can be completed online or downloaded for printing at: oaktonbands.org/forms **Once all forms are complete and signed, you can EITHER use your student's @fcpschools.net email login to register for marching band by uploading all forms OR bring your completed forms before our Spring concert on May 19 from 5:30-6:30 in Oakton Hall to get help with scanning and uploading.**

Fees: Available after May 23 and payable at MySchoolBucks.com. Or pay by check, payable to OHS, and mailed to Oakton High School, ATTN: Dr. Van Valkenburg, 2900 Sutton Road, Vienna VA 22181

- Marching Band Course Fee DUE May 31: \$200
- Marching Band Summer Band Camp Activity Fee DUE August 1: \$150

Marching Band Forms:

- Marching Band Commitment Form (required)
- Photo Opt-Out (if you prefer that no photos of your student be shared)
- FCPS Field Trip Driver's License and Vehicle Insurance Information Form (required). This form is necessary in case of the need for an emergency pickup/dropoff to/from games or competitions.
- Color Guard ONLY - Color Guard Handbook Agreement Signature Page (required)

Basic Medical Forms:

- Emergency Care Form (required)
- Health Information form (required)
- Over the Counter Medications (required)
- Medical Disclosure to Parent Chaperones (strongly recommended, if applicable)
- Color Guard ONLY (required by start of camp, download at oaktonbands.org/guard)
 - VHSL Physical Form (required)
 - FCPS Concussion Education Certification (required)

As Needed Medical Forms (see medication procedures detailed later in this packet):

If your student will require any medications during practice and/or band camp, these should be completed and SIGNED BY A PHYSICIAN, as applicable.

- Medication Authorization Form
- Inhaler Authorization Form
- Epinephrine Authorization Form

Competition/Travel/Field Trip Forms:

- Competition and travel forms,, signed by parents:
 - 1 Tag Day form (required)
 - 1 Pep band form (required)
 - 4 Competition forms (required)

Upload your Forms: <https://forms.gle/dCeFpxP5jeUBeb516>

- Log in **using your student's @fcpschools.net** email address. Other logins will not work.
- Complete the Google Form for Marching Band registration, you will then be able to upload forms in the requested fields.
- Upload ALL applicable forms where requested from this checklist. Make sure they are SIGNED.
- Sign up for the Downbeat Newsletter at oaktonbands.org/downbeat

Oakton High School Band Key Dates 2022-23

All Band Members:

September 8 and 13: Concert uniform exchange for all students, 5:30pm

September 10, 8:00am-3:00pm: All Band Members Tag Day Fundraiser

October 3: Senior Regional Orchestra Auditions, Thomas Jefferson HS

November 10-12: Senior Regional Orchestra Event, Wakefield HS

January 7, 2023: All District Band Auditions, McLean HS

February 2-4: All District Band Event, HOST Oakton HS

February 23: All-Virginia Auditions, James Madison University

March 17-18: High School VBODA Concert Band Assessment, Wakefield HS

April 28-29: Solo & Ensemble: Rocky Run MS

April 27-29: All-Virginia Band Event, Richmond, VA

Band Council Car Wash Fundraisers

July 16: Freshmen and Juniors, Navy Elementary

July 23: Sophomores and Seniors, Oakton Elementary

July 30: All classes, Navy Elementary

Concerts:

Fall Concert, November 16

Winter Concert/Mass Chaos, December TBD

Holiday Wonderland Children's Concert, December TBD

Jazz Cafe, January/February TBD

Assessment Concert, February 22 & 23

VBODA Assessment, March 17 & 18

Spring Concert, May TBD

Marching Band

May 23: Marching Band registration forms due, fees posted to MySchoolBucks

May 31: Marching Band Course \$200 fee due in MySchoolBucks

May: Percussion Clinics for All MB Percussionists - Details TBD

August 1: Marching Band camp fee \$150 due in MySchoolBucks

August 1 - 12; Monday through Friday approx. 8:00am-4:00pm: Marching Band Practice

August 1, 8:00-10:00am: New Parent Reception

August 15 - 19; Monday through Friday, Times TBD: Marching Band Practice

Fall Color Guard

May 10, 6pm-8pm, Fall Guard "Try-It" and parent information session, Oakton Hall inside main entrance

Football Home Games

September 1st, 7pm: v. Woodson

September 16th, 7pm: v. Yorktown

September 30th, 7pm: v. West Springfield

October 7th, 7pm: v. James Madison (Future Cougar Night)

October 14th, 7pm: AWAY Pep Band v. Westfield

October 21st, 7pm: v. Chantilly

Competitions (specific times to be announced, plan to save the entire day for these events)

September 17th, @ Woodgrove

October 1st, @ Millbrook

October 8th, Oakton Classic, HOST

October 15th, @ Dominion

October 22nd, VBODA State Marching Band Assessment @ Massaponax

General Band and Guard Information

We've all been new to the program at some point and understand that there is a lot of information being shared. Current band students are beginning to contact rising 9th graders to answer questions about marching band. If no one has reached out and/or if you are a parent who has questions, please contact our BBOHS President at president@oaktonbands.org with your contact details. We will set you up with an experienced marcher. If you're a parent, we're always happy to talk.

Here is some basic information to get you acquainted with our program.

Band Auditions (for band class placement): The first step to becoming part of the OHS Band program is to be placed in a band--either Concert 2, Concert 1, or Symphonic. Many of your students have auditioned already. If your student has not auditioned yet, please contact the band director, Dr. VanValkenburg (director@oaktonbands.com).

Oakton Band Website, Social Media, Communication: Check out our website to find out about all things Oakton Band. We've worked hard to make it your go-to source of information. Please take some time to check it out at oaktonbands.org.

- **Facebook:** @oaktonbands.org
- **Instagram:** @oaktonhsbands
- **Downbeat:** Constant Contact newsletters are our main mode of communication. You will receive announcements, updates and reminders via the Downbeat every Sunday from early August through the end of the school year. **Please subscribe annually at oaktonbands.org/downbeat**
- **Discord:** Download the Discord app from your device's app store and have your student reach out to section leaders, band council or drum majors to get a link for an invitation to the app. Discord is owned/operated/managed by our Band Council. Parents may also join. *Disclaimer:* The DISCORD app is rated 18 and over and geared to gaming so you will see that verbiage and icons. Our channel is moderated by students and to be used only for band communication among students/parents.

Uniforms: Each student must wear the appropriate attire for performances. Marching uniforms, practice shirts and show shirts are provided by the school, concert uniforms will be purchased by parents. Information on concert attire is available in this packet. Parent volunteers will be fitting the students for their marching band uniforms in August/September. Replacement costs will be assessed for any lost items. Concert uniform purchasing information will be shared at the start of the school year.

- **Marching Band:** All marchers wear the marching uniform for competitions and football games and are provided colored t-shirts for practice. Personal marching shoes (Dinkles), practice shirts, show shirts and rental of the uniform are included in the marching band fee. Families pay to dry clean the uniform as requested, usually once or twice a marching season. Students must bring long, black dress socks to every event to wear with their Dinkles. Students are required to have all hair tied back neatly under their marching band hat using hair ties, clips and pins that match their hair color. Please purchase any required accessories before the first game or competition. No earrings, nail polish or jewelry are allowed.
- **Color Guard:** Costumes and shoes for Color Guard will be ordered and parents will be told about costume and uniform expectations at Color Guard sign-up. Color Guard students are provided with the same colored practice t-shirts as the instrumentalists for practice.
- **Concert Band:** Parents will order their student's concert attire from our vendor. Clothing choices

offered will be tuxedos, long black dresses and black top/bottom separates. All students need closed toe, black dress shoes and boys will need long, black dress socks.

- **Jazz Band:** Students will wear their concert attire and a white tuxedo jacket/sequin cummerbund provided by the band.

Marching Band Rehearsals: After-school practices run from the beginning of the school year through the last competition or home game in early November. Practices are held after school, Tuesday through Thursday until approximately 5:30pm and sometimes on Friday in preparation for an evening football game. Some color guard rehearsals can occur on different afternoons/evenings from marching band practices because of Coach availability.

Marching Band Competitions: Marching band competitions are like track or swim meets where different schools compete and perform their show. For the band, competitions are their “game days.” Competitions need a lot of logistical support, so families should plan to volunteer for at least one. Detailed competition schedules will be released the week before. Students report in show shirts and khakis or other clothes, as directed. Students may be gone all day.

This year, we will be participating in competitions by the Virginia Marching Band Cooperative (vmbc-online.org). We will be hosting a VMBC competition, the ‘Oakton Classic,’ on October 8. This will be an “all hands on deck” event for Marching Band Members and their families.

Concert Band Rehearsals: Begins in November, after the Marching Band season. Students will have practice after school one day a week from approximately 4:15 to 5:30 PM, with the day depending on which band class they participate in.

Jazz Band Classes: Begins in November, after the marching band season ends. Students who choose to participate in this graded class will have class two days a week immediately after school.

Color Guard and Winter Guard: Both concert band and non-concert band students can participate in fall Marching Band as part of the Color Guard. The Color Guard is a section of the Marching Band that uses flags, rifles and sabres along with dance to visualize the music played by the band. In Marching Band competitions, the Color Guard is an essential component of the band and their performance is influential in the overall score.

Some students also choose to participate in Winter Guard, which is an indoor winter activity in which the guard performs to pre-recorded music during competitions. Winter Guard starts after the Fall Marching season is over in November. The first competition is in February and the last one is in April.

Band Awards: To recognize the efforts of our student musicians and guard groups and to encourage service to our community, the Oakton High School Band program uses a point system for a sequence of awards. Points are awarded for verified musical activities both in and out of the school and are cumulative from year to year.

Students use their accrued points to earn band letter/pin/etc. awards. Once these points are used for an award, they are deducted from the total. Unused points carry over from one year to the next. Students may earn more than one award in one year if they accrue enough points. This is the student’s responsibility to manage, and they are encouraged to review the award policy early enough in the year in order to participate in necessary band events before they run out.



Color Guard Registration Info

Welcome to the Oakton High School Color Guard Family and Marching Cougars! This information sheet will help you complete the registration process for Marching Band/Fall Color Guard.

Please register using the same links and forms that are required for Marching Band. There are 3 additional forms required for Color Guard (see below). All registration forms should be completed by May 23.

Color Guard Jacket and Bag

All members of the Color Guard wear their Guard jacket for competitions and carry their supplies in a Guard bag. The price of the jacket and bag is \$100. Returning Guard members will pay \$10 for show name embroidery. These are available for purchase from the OaktonBands Shop here: <https://www.oaktonbands.org/shop>.

Color Guard Handbook

Color Guard members are required to review the Color Guard handbook and upload the **signature page** during registration. The handbook is available on the Color Guard page of the Oakton Bands website <https://oaktonbands.org/guard/>

VHSL Sports Physical and Concussion Education Program

All Color Guard members are required to upload a VHSL sports physical and Concussion Education Certificate prior to the beginning of Marching Band practices on August 1. **The VHSL form requires a visit to a physician for a physical, so please schedule an appointment NOW!**

- The VHSL sport physical can be accessed at <https://www.vhsl.org/vhsl-physical-form/>
- The Concussion Education program can be accessed at www.fcps.edu/sports

Fall Guard Car Pools

An email will be sent to those who indicate interest in a Color Guard carpool on the Color Guard Registration Google Form to assist in self-organizing.

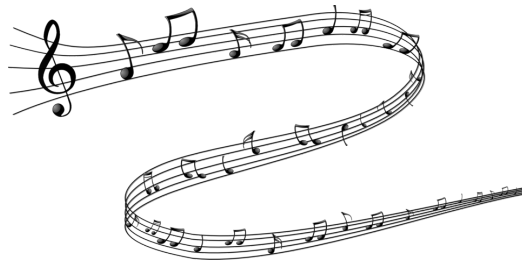
Guard Fundraisers

Earn Service Hours! Have fun with friends! Why are fundraisers important? To stay competitive in the Fall and Winter, we have to replace, and buy equipment. Also, the program is growing. This is what the Boosters paid for this year among other things: Instructor fees for Coach Miles and his staff, bus transportation, towing expenses, rifles, sabres, floor, flagpoles, bolts, Ben supplies, tape, consignment shipping fees, advertising flyers, and much more.

Bring to All Marching Practices

- ☺ Colored Shirt (schedule to be determined): All new marching students will receive 5 different colored shirts on the first day of band camp. Students will be told which color to wear each day. This information will also be sent out in Sunday's Downbeat email.
- ☺ Lunch/Snack
- ☺ Water Bottle (many students bring a ½ gallon jug type container)
- ☺ MUSICIANS: Instrument, reed, mouthpiece
- ☺ GUARD: Flag bag (practice flag, rifle, sabre)
- ☺ Music
- ☺ Dot Books/Drill Charts
- ☺ 3-4 Different Colored Poker Chips (for marching drill)
- ☺ Hat
- ☺ Sunglasses
- ☺ Athletic Shoes & Socks (and possibly an extra pair – we still march in light rain)
- ☺ Rain Gear (if forecast is for rain)
 - ✓ Zip lock bag to keep cell phone/electronics dry
- ☺ Sunscreen
- ☺ Good Attitude

Stay Informed with THE DOWNBEAT



The Downbeat is our Band Booster newsletter and communication tool. We use Constant Contact as the main avenue to conduct Band Booster and official band business. Having your correct contact information helps us keep you up to date on all of the details regarding our year full of band events.

Students and parents should sign up right away with
22-23 school year information
at oaktonbands.org/downbeat



Sign up for the Downbeat!
oaktonbands.org/downbeat



Oakton High School Band

FAIRFAX COUNTY
22181
PUBLIC SCHOOLS

2900 Sutton Road Vienna, VA

703-319-2746
oaktonbands.org

2021-2022 Oakton Band and Ensemble Fees

FCPS and the Oakton Band will not charge students a fee for any mandatory aspect of the Oakton Band program except for musical instrument and course material fees which are permitted by the Virginia Department of Education regulations. Schools cannot require a student to pay fees for course materials in excess of the amount approved by the FCPS School Board in Notice 5922.

The following is a description of the Oakton High School Band course material fees and FCPS-sponsored optional activity fees for participation in the music program for the upcoming season.

| FCPS Required Fees | Amount | Who pays this fee? | This pays for... |
|---|--------|--|---|
| Band Course Materials Fee Due September 30 | \$40 | EVERYONE in a band class | This fee covers <u>consumable</u> items/expenses for the bands/ensembles throughout the school year. |
| Marching Band Fee Due May 31 | \$200 | Marching Band members only | This fee covers <u>consumable</u> items/expenses for the marching band season. Examples of these items include band t-shirt, drill book, uniform, uniform accessories/maintenance, props, instrument accessories, music/copyright, etc. |
| Marching Band Summer Camp Activity Fee Due August 1 | \$150 | Marching Band members attending August camps | This fee covers items/expenses for Summer Marching Band Camp, including team building activities, meals/snacks, camp materials expenses and band staff. |

FCPS Sponsored Optional Activity Fee

This is a fee that students are expected to pay if they choose to participate in any activities/trips associated with the Oakton Band. This fee is determined and assessed based on the estimated cost of the trip/activity – including such costs as transportation, accommodation, registration, food, and other miscellaneous expenses.

Examples of trips/activities would include Indoor Guard, the Spring Band Trip and Marching Band Assessments not already fully funded by FCPS.

Students who do not pay the fees associated with a trip/activity will be ineligible to perform/participate in the trip/activity.

| Optional Activity | Amount | Due Date |
|--|----------------------------|----------|
| Pearl Harbor Day Parade, Hawaii (December 2022) | To Be Determined (~\$2600) | May/June |

| | | |
|-----------------------------------|---------------------------|---|
| Spring Trip (March or April 2023) | To Be Determined (~\$300) | Initial deposit will be in October with subsequent payments to follow |
| Winter Guard (Dec – April 2023) | To Be Determined (~\$450) | Beginning of December |

Musical Instrument Rental Fee: This required fee only applies to students who play school-owned instruments and covers maintenance costs of those school-owned instruments. Students who are verified to be on free/reduced meal plans are to pay \$20.

| Instrument Rental Fee | Amount | Due Date |
|-----------------------|--------|----------|
| Woodwinds and Brass | \$100 | 9/30 |
| Percussion | \$60 | 9/30 |

Marching Band Accessories: Certain uniform items must be purchased separately by the students if lost or damaged. Examples of these items include replacement marching shoes, gloves, t-shirts, etc. The Oakton Band will sell these items at cost to facilitate the ordering process.

Concert Uniform Accessories: Each student will be responsible for the purchase of their own concert attire. Vendor and selection information will be shared at the beginning of the year. Estimates are \$100 for tuxedos and \$70 for dresses. All students will also need closed toe, black dress shoes (not marching Dinkles) and boys will need long, black dress socks.

Individual Performance Events: There are opportunities throughout the school year for individual students to choose to audition and/or participate in other bands. Examples include the All-District or All-State Band and the Solo and Ensemble Festival. Audition or participation fees are often assessed for these opportunities by the sponsoring organization. The Oakton Band does not establish such fees, but the Oakton Band often assists in the collection of these fees from individuals who elect to participate and the submission of one group payment to the respective sponsoring organization. These fees are communicated at the time other information about these opportunities is communicated.

Payment Policies

MySchoolBucks

- o This is the preferred method of payment, however students have to be loaded into the system before being able to pay. Payment will be available after May 23.

Check

- o Payments can be made out to **Oakton High School**. Please include the student's name and fee being paid in the memo line of the check.
- o Payments made by check should be **handed directly to Dr. VanValkenburg**. Or mailed to the school as follows: Oakton High School ATTN: Dr. VanValkenburg, 2900 Sutton Road, Vienna, VA 22181

Refunds: Typically, fees paid are non-refundable once commitments and purchases have been made. These refund policies will be communicated separately as they relate to individual activities.

Financial Assistance is available for those in need of such assistance. Requests for financial assistance should be made directly to the Band Director prior to the due date for the related fee.

Oakton High School Bands

Medication Procedures for Practice/Trips

All student information is treated with strict confidentiality and records/forms are maintained in a secure environment. Access to these forms is by FCPS staff members ONLY and only when deemed necessary in an emergency situation.

Dispensing of Medications

- All medications will be dispensed by an FCPS staff member.
- Students must assume responsibility for reporting for medication at the pre-announced times and location.
- A log will be maintained by the FCPS staff.
- Parents are responsible for providing medication to FCPS staff with the prescription label (unless OTC) and in the original container. Each medication should be in a zip lock bag with the student's name clearly marked on the bag.
- Parents are responsible for providing the necessary SIGNED medication forms, including dosages/times. Most prescription medications require a doctor's signature, so please plan ahead.
- If a student carries an epi-pen or an inhaler, the parent must submit the required SIGNED authorization form at the beginning of marching band season for the medication files that travel with the band. The form submitted to the school clinic will not be given to the band.
- Parents should send ONLY the amount of medication needed for the duration of the trip. Do not send entire bottles of medicine.
- Parents are responsible for collecting the remainder of any medications upon the Band's arrival at Oakton High School at the end of the trip. Any medications left behind will be turned over to the school administration.

CONCERT UNIFORM ORDERING INFORMATION

We have partnered with Cousin's Concert Attire to provide our students with high quality and affordable concert uniforms for every student.

- Concert uniforms are required for all band students. **Our first band concert is in November** and all students should have concert attire in hand, fitted and ready to wear by that date.
- Our "Concert Uniform Exchange" will take place September 8 (Seniors/Juniors) and September 13 (Sophomores/Freshmen), bring any concert attire you have outgrown and/or browse what's available, used by prior students. Optional monetary donations toward our BBOHS "Black Sock Fund" will be accepted at this event.
- **Orders are REQUIRED to be made by October 1.**
- Measurement and sizing information is below. Note that some items require hemming upon arrival.
- Questions? Email uniforms@oaktonbands.org
- Students/families in need of financial assistance to purchase concert attire should contact Dr. V. Boosters have many extra tuxes and dresses for those in need of assistance.

Steps to order concert attire :

- Take accurate measurements of your student
- Discuss preferences on concert attire (full or separates) with your student
- Visit concertattire.com
- Search by product name or product number
- Place order. Shipped directly to home for an additional \$15
- Unwrap and fit immediately upon receipt to allow time for exchanges.

FULL ENSEMBLES

Evan tuxedo \$98 in all black
Adjustable sized pants
No vest, no pocket square
Black tie required
Delivered unhemmed
Product #3004



Christina dress \$62, flutter sleeve in black
Machine washable
Product #119



SEPARATES, choose one top and one bottom



Melony blouse \$27
Machine washable
Product #2201



Tuxedo shirt \$16, in black
Laydown collar, 1/4" pleated
Product #937



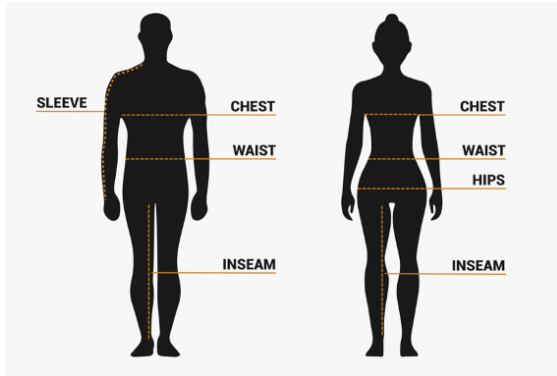
Tuxedo pant \$26
Adjustable sized pants
Delivered unhemmed
Product #3002P



Faith Bootleg pant \$34
Machine washable
Product #1122

MEASUREMENTS AND SIZE CHARTS

To take measurements, you can use a soft measuring tape (or a piece of string and a regular tape measure). Keep in mind that when you're measuring, you should have the tape measure or string snug, but not tight; you should be able to fit a finger under it.



CHEST/BUST: Women measure across fullest part of bust, keeping tape measure even to the floor around the back
Men measure under arms, across the chest.
WAIST: Measure around smallest part of natural waist
HIPS: Measure around fullest part of hips
SLEEVE: Bend elbow, measure from center of back neck, across shoulder, down the arm, around point of elbow to the wrist bone.

EVAN TUXEDO COAT and PANT SIZING

| GUYS TUX & SUIT COATS – CHART J | | | | | | | | | | | | |
|---------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| SIZE | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
| CHEST | 31 | 33 | 35 | 37 | 39 | 41 | 43 | 45 | 47 | 49 | 51 | 52 |

| SIZE (COAT LENGTH) | SHORT | REGULAR | LONG | EXTRA LONG |
|--------------------|----------------|---------------|--------------|-----------------|
| HEIGHT | 5'7" and under | 5'8" to 5'11" | 6'0" to 6'4" | 6'5" and taller |

Sizes in shaded area add 20%. Sizes 58 and higher add 30%. We carry coats to size 66.

| GUYS ADJUSTABLE TUX TROUSERS – CHART K | | | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| SIZE | 26 | 28 | 31 | 34 | 37 | 40 | 43 | 46 | 49 |
| WAIST | 25-26 | 27-29 | 30-32 | 33-35 | 36-38 | 39-41 | 42-44 | 45-47 | 48-50 |

TUXEDO SHIRT SIZING

Mens XS (13-13.5 Neck) (30-31 Sleeve)
Mens XS (13-13.5 Neck) (32-33 Sleeve)
Mens XS (13-13.5 Neck) (34-35 Sleeve)
Mens XS (13-13.5 Neck) (36-37 Sleeve)
Mens S (14-14.5 Neck) (30-31 Sleeve)
Mens S (14-14.5 Neck) (32-33 Sleeve)
Mens S (14-14.5 Neck) (34-35 Sleeve)
Mens S (14-14.5 Neck) (36-37 Sleeve)

Mens M (15-15.5 Neck) (30-31 Sleeve)
Mens M (15-15.5 Neck) (32-33 Sleeve)
Mens M (15-15.5 Neck) (34-35 Sleeve)
Mens M (15-15.5 Neck) (36-37 Sleeve)
Mens M (15-15.5 Neck) (38-39 Sleeve)

Mens L (16-16.5 Neck) (32-33 Sleeve)
Mens L (16-16.5 Neck) (34-35 Sleeve)
Mens L (16-16.5 Neck) (36-37 Sleeve)
Mens L (16-16.5 Neck) (38-39 Sleeve)
Mens XL (17-17.5 Neck) (30-31 Sleeve)
Mens XL (17-17.5 Neck) (32-33 Sleeve)
Mens XL (17-17.5 Neck) (34-35 Sleeve)
Mens XL (17-17.5 Neck) (36-37 Sleeve)
Mens XL (17-17.5 Neck) (38-39 Sleeve)

CHRISTINA DRESS, MELONY BLOUSE and FAITH BOOTLEG PANT SIZING

| GALS – CHART C | | | | | | | | |
|----------------|---------------|-------------|---------------|---------------|------------|-------------|-------------|------------|
| SIZE | X-SMALL (0/2) | SMALL (4/6) | MEDIUM (8/10) | LARGE (12/14) | XL (16/18) | 2XL (20/22) | 3XL (24/26) | 4X (28/30) |
| BUST | 30 - 33 | 33 - 36 | 36 - 39 | 39 - 42 | 42 - 45 | 45 - 48 | 48 - 52 | 52 - 56 |
| WAIST | 23 - 26 | 26 - 29 | 29 - 32 | 32 - 35 | 35 - 38 | 38 - 41 | 41 - 45 | 45 - 49 |
| HIPS | 32 - 35 | 35 - 38 | 38 - 41 | 41 - 44 | 44 - 47 | 47 - 50 | 50 - 54 | 54 - 58 |