

**Stretch Cordz [color level](#) for Year Round training groups**

**Gold Group:** SILVER- 1<sup>st</sup> year in group, YELLOW – 2<sup>nd</sup> year in group

**Pre-Senior:** GREEN – first time cordz users, RED – experienced cordz user

**Senior Group:** RED – Freshmen & Sophomore, BLUE – Junior & Senior

[TVA's Team Suit](#)

[Team Gear Store](#)

