

## **SIMPLE SPORT'S QUILT**

To make this simple quilt you will need:

- 16- 6.5" squares of two different/contrasting fabrics, and
  - 2- 6.5" x WOF (Width Of Fabric) strips for the borders.
  - A tee shirt from a New England Sport's Team and light to medium weight interfacing to line the tee shirt so it won't stretch.
- Find a shirt that has a design that fits nicely within a 12" square.

Cut it at least 13" square and add the fusible interfacing to the back using the manufacturer's instructions. When done, turn it over, center the design and cut out a **12.5" square**. Put it aside. This will be the center of your quilt!

**Warning #1:** DO NOT put the iron to the front of the tee-shirt design. You will most likely destroy the design and mess up your iron in the process!

**Warning #2:** Try to get **NON DIRECTIONAL FABRIC FOR YOUR FIRST PROJECT!** It will make life much easier.

You are now ready to piece the quilt!

Take your two piles of squares; number one pile Fabric #1 and the other one Fabric #2.

**IF USING NON-DIRECTIONAL FABRICS**, you can sew each square from Fabric 1 to a square from Fabric 2 using a  $\frac{1}{4}$ " **seam allowance**. Press towards the darkest print.

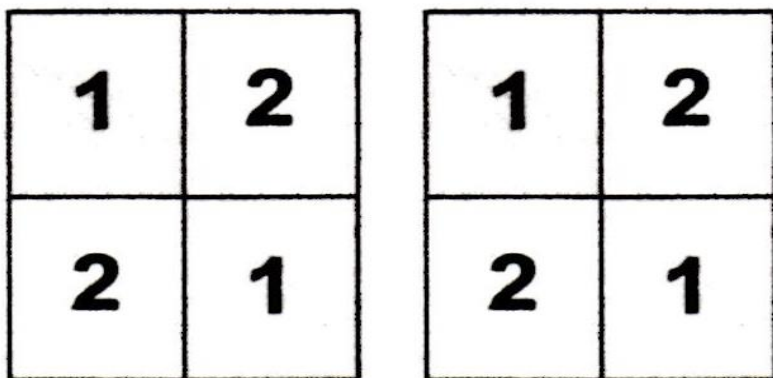
**IF USING DIRECTIONAL FABRICS**, the easiest way is to lay your quilt out on the floor or on a design wall so you can make sure that the directional prints are properly oriented.

Now take three pairs and sew them together end to end to form Row 1, repeat to make three more identical rows (Rows 2, 4 and 5.) Press to the dark. Now take two of those rows and flip them so that the last fabric becomes the first one (those will be Rows 2 and 5.)

You can sew Row 1 to Row 2 and Row 4 to Row 5. Press.

Now let's build Row 3. Take two pairs and sew them to form a large 4-patch with Fabric 1 in the upper left hand corner (see diagram below.) Now build another identical unit.

Position one on each side of the center tee shirt. Pin and sew, making sure Fabric 1 is always in the upper left hand corner. (See the final assembly diagram.) Sew with the tee shirt on the bottom against the feed dogs. **DO NOT STRETCH** the TEE SHIRT.



Now you can add Row 1/Row 2 to the top of Row 3, and Row 4/Row 5 to the bottom.

**BORDERS:** Just add one long strip of fabric to the top and one to the bottom. After pressing, you may trim the extra fabric on the borders.

**CONGRATULATIONS! YOUR TOP IS DONE!!!!**

**Your quilt should measure 36.5" X 48.5"**

### **QUILTING:**

In order to finish your quilt, you will need about 1.5 yard of backing fabric and a piece of batting large enough to accommodate the top with extra all around. Low loft or cotton batting works the best.

Pin-baste the layers keeping every layer nice and taut.

Machine quilt along the seams with a decorative stitch or a wavy one. Make your stitch length longer than when you are piecing. **DO NOT FORGET TO QUILT ON THE TEE SHIRT.** If you use a walking foot, it will work just like on regular fabric. You can quilt around the logo or the writing.

**BINDING:**

When you are done with the quilting, remove the pins and trim the quilt. You will need about 5 yards of binding. Half a yard will be plenty to make the binding. I use straight binding cut at 2 ¼" and folded in half. I sew it to the back of the quilt first (on the machine,) and then top stitch it (on the machine,) on the front. When top stitching, match your bobbin thread to the backing. If you are going to hand sew the binding, then sew it onto the front by machine and hand sew with an invisible stitch on the back.

Now you need to add the **LABEL** to the back. We do have special labels from Wrapped Up In Sports.

**DONE!!!! CONGRATULATIONS!**

**PS:** For each quilt we donate to the soldiers being deployed, we also give them a matching star so the quilt can stay with the child and the star can go with the soldier when he is being deployed.

All we need are the extra 6.5" squares left from cutting your fabric. Each strip yields 6-6.5" squares so you end up with 18 squares of each fabric, but you only need 16 to build the quilt.

**THANK YOU!**

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