

## 2009 Youth Football Equipment Guide

### Helmet with Facemask

- For added protection consider a helmet with an air liner

### Chin Strap

- For better protection consider the 4 point high or 4 point low
- For more protection consider the hard cup chin strap

### Mouth Guard (*Mouth Piece*)

### Youth Shoulder Pads

- Proper sizing – measure athlete's chest circumference around nipple line

### Football Pants

- White in color

### Youth 7-Piece Pad Set

- With or without snaps:
  - With snaps - football pants must be purchased with matching snaps
  - Without snaps - consider purchasing a 3 or 5 pocket compression girdle to help hold pads in place

### Practice Jersey

- White in color recommended

### Football Cleats (*Shoes*)

- Can be purchased at any athletic shoe store

### Optional Considerations

- To help your young athlete keep cool during practice & games consider purchasing:
  - A short sleeve Dri-fit under shirt
  - Athletic socks that fit below the calf