

**Supplied equipment:**

Helmet, chin guard and facemask, Mouth guard, Shoulder Pad, Hip Pad, Tailbone pad (not shown) Thigh Pads, Knee Pads, Socks, Jersey, Game pants, Practice pants, Belt, Socks

**Player supplies:**

Shoes, Athletic support (soft cup) is not mandatory but **strongly** recommended

**Other optional items:**

*Recommendation: don't buy until after position is known as not all players will use these items.*  
Elbow Pads, Flak jacket Gloves, Wrist guard, Shin guards

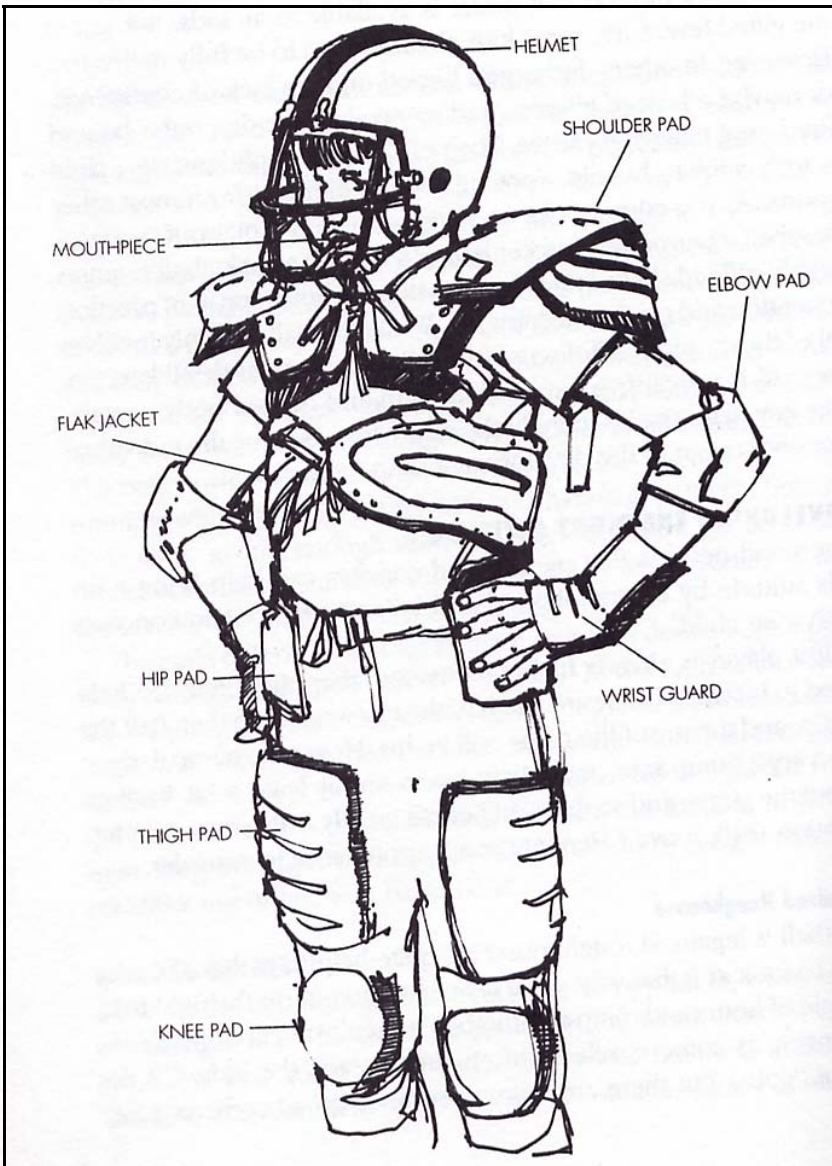
**Helmet:** Side ear openings should be in line with centre of ears. Bottom of helmet over forehead should be at least one finger width above eyebrows, but low enough to protect most of forehead. Check fit—grasp helmet by facemask, player should not be able to move head side to side so that nose goes past two posts above the facemask. Have player lift head inside helmet—eyebrows must stay visible. Tighten screws before every practice and game. See coach to have air pumped into helmet to tighten.

**Chin guard:** should fit under face mask, buckles must be at least 1" from end of each strap. Straps should be same length on either side of helmet to ensure than chin sits correctly in cup and weight is evenly distributed.

**Shoulder pads:** Should fit snug with laces tight. On pads with double hookup pads—criss-cross "T" hooks onto the front of chest (not all pads have double hookups). See coach if buckles/laces missing or broken.

**Hip pads/Tailbone pads:** thread belt through pants and Hip/Tailbone pads.

**Thigh and knee pads:** insert into pockets in pants.



**Shoes:** If possible, buy football cleats with good ankle support. NO METAL STUDS ALLOWED. Soccer shoes OK but not recommended

**Before every practice or**

**game:** Is helmet padding intact? Check and tighten all helmet screws. Are chin straps snug and buckles in same position on all four straps? Are they frayed? Is mouth guard attached to helmet and in good condition? Does helmet still fit properly? Are shoulder pads straps and laces snug, not damaged? Are other protective pads in good condition? Is all equipment clean? (games especially). Are cleats in good condition?

**At games:** tuck all laces and belt inside uniform so opposing players can't grab. Tuck shirt into pants. Support your team, cheer good plays by both teams—and no jeering!

**Preparation:** Eat at least one hour before games or practice. Get a good night's sleep before all games. Avoid greasy food and pop before games and practices. Get equipment ready the night before games. Bring a drink to all practices and games—water or Gatorade. Be on time or early—if you can't make it, let your coach know as soon as possible. Football is a team sport, and every member of the team needs to contribute 100%.

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