

## Grips for Team Kids

The Goldstar Gymnastics coaching staff recommends the following grips for girls competitive team members:

1. "Reisport Elite Protec - Lady", product ID GR-4535 \$55.00  
Available from Gibson, Inc. at: <http://www.reisport.com/> or 1-800-275-5999  
Also available from Amazon.com (search for "Reisport Protec Elite" Lady)

Coaches' note: This grip is identical to the Reisport Ladies Uneven Bar Grip that sells for \$41.00, except that it is leather laminate, instead of leather. If the gymnast is a Level 6 or higher, and/or has hands that are not growing super fast, spend the extra \$14 and buy the Elite Protec. The Protec grip will last longer, saving you money in the long run.

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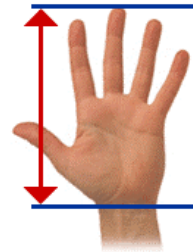
Revolutionary leather laminate that is triple the strength of ordinary leather. Durable and long lasting for maximum reliability. Two finger holes and a small rubber dowel for use on the unevens. Velcro wristband closure.



Measure from base of palm to tip of longest finger.

Available sizes:

- XX-Small(00) - up to 5-1/2" (GR-4535XX)
- X-Small(0) - 5-1/2" to 6" (GR-4535X)
- Small(1) - 6" to 6-1/2" (GR-4535A)
- Medium(2) - 6-1/2" to 7-1/4" (GR-4535B)
- Large(3) - 7-1/4" up (GR-4535C)



2. "Reisport Hyper Protec – Lady", product ID GR-4536 \$52.50  
Available from Gibson, Inc. at: <http://www.reisport.com/> 1-800-275-5999

Coaches' note: This is the same grip as the Elite Protec, but with the double buckle closure instead of the Velcro closure. We don't recommend the buckle for most kids, because they aren't as adjustable and they take longer to put on, but some kids absolutely love the buckle closure, and feel much more secure in a buckle grip.

Sizing is the same as the Elite Protec.



3. English Bulldog Narrow Uneven Bar Dowel Grip

**Product ID DGS-DOG60** (<http://www.gymsupply.com/hbulldoggrips.htm>) **\$42.00**

OR

**Product ID DOGUBNV** (<http://www.american-gymnast.com>) \$42.00

Available from American Gymnast 1-877-789-2267 or DGS Supply 1-800-932-3339

Coaches' note: This grip is a little narrower than the Reisport grip, which may be more comfortable for smaller hands. English Bulldog, like Reisport, has been around a long time, and makes high quality grips that are popular with many athletes.

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**Sizing for English Bulldog Women's Dowel Grips:**

*Measure from the base of the palm (where palm and wrist meet) to the tip of the middle finger.*

- Size 000 - 4.5" to 5" (narrow width only)
- Size 00 - 5" to 5.5" (narrow width only)
- Size 0 - 5.5" to 6" (narrow or regular width)
- Size 1 - 6" to 6.5" (regular width only)
- Size 2 - 6.5" to 7.25" (regular width only)
- Size 3 - 7.25" to 8" (regular width only)
- Size 4 - 8" to 8.75" (regular width only)

Lady's Narrow Width Uneven Bar Dowel Grip. The narrow width suits younger girls who may just be getting their first pair of dowel grips. Available in Velcro or Buckle closure and in sizes 000, 00, and 0..

You may be able to find these same grips for \$2-5 cheaper on other web sites, but grip prices are fairly consistent from most vendors and resellers.

More grips choices are available at:

<http://www.gymsupply.com> DSG Gym Supply Company.

This retailer sells grips from all grip manufacturers, including Reisport. Other good grips are available from Bailie, English Bulldog and US Glove. DSG Gym Supply also sells double wide cotton wristbands. Double wide wristbands are highly recommended for dowel grip wearers.

Important tips when buying grips!

- ❖ Buy a "women's uneven dowel grip" and not a men's grip or a grip without a dowel, no matter how much of a bargain you think you are getting. If the grip doesn't specify "women's" or "ladies" and "dowel" then don't buy it. Men's grips cannot be used on the uneven bars.
- ❖ Measure and buy the correct size. Do not buy a grip that is too big, thinking the gymnast can grow into it. Grips that are too big are not comfortable and not safe. Outgrown grips that are not worn out can be given or sold to another teammate.