



## Size Me Up!!

### Not sure what size to order?

Use the charts listed below to determine your size.

Or, if you prefer, send us your measurements and we will build the garment to your specifications.

### How to measure your Athlete

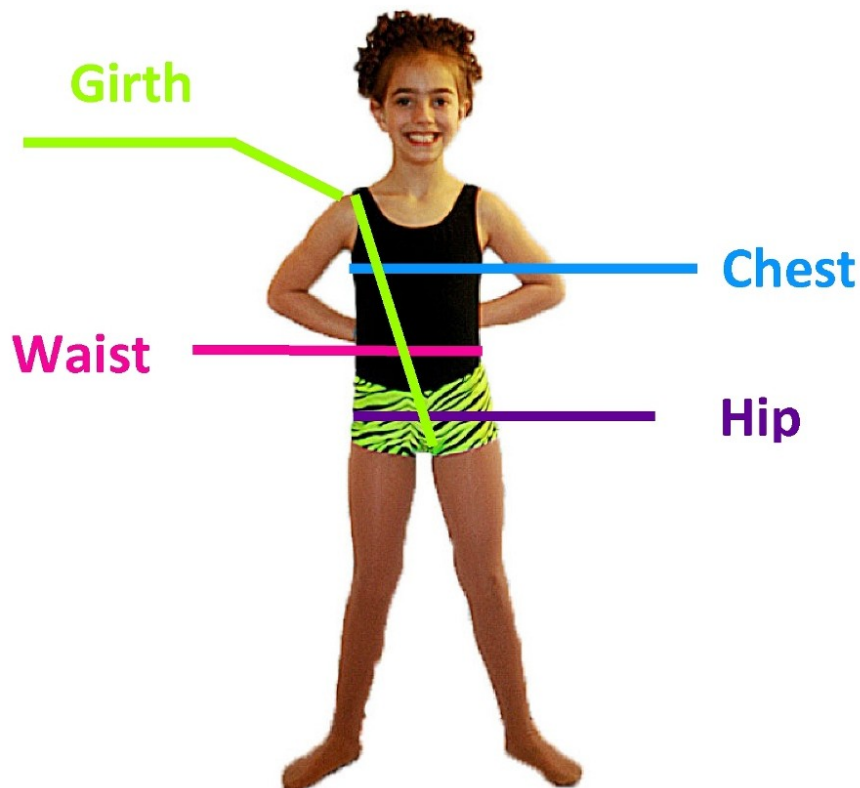
Using the diagram as a guide, stand straight with feet placed shoulder's width apart. A flexible tape measure works best.

**Girth:** loop the tape through the legs and diagonally across the body to the shoulder

**Chest:** take a deep breath and measure around the fullest part of the chest area

**Waist:** Measure at your natural waist, usually across the belly button, or bend sideways at the waist, the crease is where to take the measurement.

**Hip:** With legs together measure around the fullest area of the tush, be sure to keep the tape measure level



Youth Sizes Appx. Size	X Small (3-4)	Small (5-6)	Medium (7-8)	Large (9-10)	X Large (11-12)
<b>Chest</b>	22-23	24-25	26-27	28-29	30-31
<b>Waist</b>	20-21	21-22	22-23	23-25	25-27
<b>Hip</b>	22-24	25-26	27-28	29-31	32-33
<b>Girth</b>	37-39	40-42	43-45	46-49	50-53
Measurements are in Inches					

Adult Sizes Appx. Size	X Small (6)	Small (8)	Medium (10)	Large (12)	X Large (14)
<b>Chest</b>	31-33	33-36	36-39	39-42	43-46
<b>Waist</b>	22-24	24-26	27-29	30-33	34-37
<b>Hip</b>	31-33	34-36	37-39	40-43	43-47
<b>Girth</b>	53-56	56-59	60-63	63-66	67-70
Measurements are in Inches					