

# ENGLAND HOCKEY

## HOCKEY FACTSHEET 8



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### SPORTS BRAS

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For many women, both young and old alike, the bouncing that occurs during physical activity can cause discomfort, this in turn can reduce the desire to exercise. Fortunately there is a simple solution... invest in a quality sports bra. The only challenge is to find one that works for your young athlete.

#### TIPS TO FINDING THE RIGHT SPORTS BRA

- ❑ Compare the two types of sports bra – Compression bra and encapsulation bra
- ❑ Consider fit, not bra size – Breast size can change with weight loss or gain, menstrual cycle or medication. Fit is a more accurate gauge.
- ❑ Make sure the clasps or straps don't dig into your skin.
- ❑ Choose a bra that has good ventilation – this will ensure sweat doesn't get trapped, which increase friction and chaffing
- ❑ Encourage your child to mimic the activity they will be doing whilst trying the bra on before purchase
- ❑ Replace the bra every 6 months to a year - bras over time lose their elasticity and therefore their support
- ❑ Consider design – a Y back ensures the shoulder straps don't slip. A back panel provides extra support and improves posture.
- ❑ Once you have found the right sports bra, buy two, so that your child always has one for exercising.
- ❑ Increasing the cup size, whilst decreasing the rib size gives a similarly sized bra and vice versa, so if for example a 34D is a little big, a 36C may be a better fit than a 34C

#### DIFFERENT TYPES OF SPORTS BRA

##### Compression Bra

They compress the breasts against the chest and typically look like crop tops. They are designed to support breasts and minimise bounce during exercise, and are considered perhaps more suitable for females with smaller or medium bust size.

##### Encapsulation/Harness Bras

Each breast is supported in a separate cup like a traditional bra. These can also look like a crop top on the outside whilst inside maintaining the features of a supportive bra. Due to their sturdier construction they are considered to be more suitable for females with larger bust size.

#### FABRICS

High tech fabrics are usually used to give strong elasticity and to wick away moisture or allow greater ventilation. These work far better than cotton.

**Research by bra manufacturers shows that most women in Britain wear the wrong size**

## bra!

To find your size use the tables below:

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### BRA SIZE TABLES

1. Measure yourself around your rib cage directly under your bust; then read your bra size from the table below.

inches	27 - 28	29 - 30	31 - 32	33 - 34	35 - 36	37 - 38
bra size	32	34	36	38	40	42

2. Measure around the fullest part of your bust whilst wearing your ordinary bra and use the difference between this measurement and your bra size (not under bust measurement) from the table above (i.e. 32,34,36 etc.) to read your cup size from the table below.

inches	-1 to 0	0 to 1	1 to 2	2 to 3	3 to 4	4 to 5	5 to 6
cup size	A	B	C	D	DD	E	F

Remember... although sports bras can typically cost more than a normal use bra, it should be seen as a very important part of your child's sports wear and should be seen as an investment, rather than a costly addition to their sports participation.