

The type of headgear I recommend:

Cliff Keen “E58 Signature” Headgear, also known as the traditional 4-strap. (See images below).



The other style that seems to be popular is the “Tornado” brand of Cliff Keen. (See images below).



Brute also offers similar styles, but I have preferred Cliff Keen.

You can always get these in the “custom” version and design the color scheme you want but that will cost more money. Colors that I would prefer you get would be black or red, but we will also use gray and white so they can be used as well.

If your son/daughter is very small, then a youth size might be a better fit. However, I think most would be better suited for an adult sized headgear.

Here are a couple of online options from which you can order:

Sunflower wrestling:

https://www.sunflowerwrestling.com/products/?wrestling_headgear&show=category&productCategoryID=4148&productCategoryIDs=4148

Mat Monster:

<http://www.matmonster.com/wrestling-headgear-wrestling-earguards.html>

Dick Pond Athletics:

<http://www.dickpondathletics.com/istar.asp?a=3&dept=ZWR&class=80&subclass=8001>

World Wide Sport Supply:

http://www.wwsport.com/s/WRESTLING/HEADGEAR_and_EARGUARDS