

# Choosing 'Spikes'

**So you're about to buy your first pair of spikes. Do you know what to look for? Not all spikes are created equal and many that are sold in local sports stores are completely unsuitable for growing athletes.**

**The main issue is that up to late adolescence children are still growing and susceptible to inflammation of the growth plates which can be painful and in extreme cases can lead to long term problems.**

**Most common conditions are 'Severs' and 'Osgood Schlatters'. These conditions are discussed in detail on the Knox web site at the following URL <http://www.klac23.org.au/Training/Injury.htm> Inappropriate footwear is a leading cause of these conditions.**

**In choosing spikes for a growing athlete the two main things to look for are:**

- ⇒ **Good heel support, a strong heel cup and thick rubber sole under heel**
- ⇒ **The shoe should bend where the toes bend, not in the middle of the foot**

**Suitable spikes are often referred to as 'Distance' spikes. The actual spikes should be 7mm conical. Longer or 'Needle' spikes are not permitted in Little Athletic competition.**

**Examples of good and bad options are shown below (not the brand but the type of construction)**

## Good

## Bad

