

Team Swimsuit and Gear

Swimsuit

Our team colors are blue and black. The suit we have chosen for the team is the [Nike Hydrastrong Tie Die in Game Royal](#). This suit comes in two different back styles for females (Crossback and Spiderback) and in both a jammer and brief for males. This suit should be reserved for competition to provide the greatest durability and competitive edge. Unlike other articles of clothing, swimsuits are not bought bigger to grow into. You want the suit to be form fitting and most likely of a smaller size than you are used to prevent drag in competition and repel water. To get the best edge in swimming, most competitive swimmers choose suits one to two sizes lower. High School girls run from sizes 24-28. Buying smaller increases the durability of the suit as well because as the suit loosens from the water it will adapt to fit the swimmer and reduces the damage done to baggy fabric. If you are unsure of your athlete's size you can use sizing charts ([female/male](#)) or go to a swim store like D &J's to be measured. Check in with the front desk to speak with a coach for their expertise, or ask for opportunities to be measured. Any similar suit in style of the athletes choice in our team colors should be used for practice. Lycra and Spandex tend to wear out faster, while Polyester blends are more durable. Ensure your athlete rinses the chlorine out after practice for the greatest durability.



Crossback



Spiderback



Jammer



Brief

Swim Goggles

A quality pair of goggles will prevent a lot of mishaps interfering with an athlete's best performance on race day. Walmart and Target brands do not tend to get a good seal or fit and

athletes will lose them when they come off the blocks. Affordable competition grade goggles such as Tyr Velocity or Speedo Vanquishers are popular brands. If your athlete wears glasses they even come in optical varieties to match their prescription. Get multiple pairs in case one breaks. Also, have on hand a clear pair for invitationals and indoor meets and a mirrored or darkened pair for outdoor competitions.

Swim Cap

Silicone caps tend to last the longest. Any good cap is recommended for practice, and if you have long hair consider turning your ponytail up into the cap rather than bun style. [Team Caps](#) for meets are available for purchase for \$7