

### **Suit Guidelines:**

These are a set of guidelines for every swimmer and their parents to follow for proper suiting for competition. A well fitted suit is greatly beneficial both for individual and team confidence, but will also reflect in faster times. It is not required for competition style suits to be worn during practices but is strongly recommended during competitions (meets). We recommend two suits: one for practice and one for competition. There is no specific pattern selected for our team, but a blue suit is required.

### **Girls:**

We recommend a competitive suit for girls. These suits will have two thick shoulder straps with a hole in the lower back.

- Color: Girls competitive suits come in a variety of colors and patterns. We recommend either a solid blue suit or a simple blue pattern.
- Fitting: The suit is meant to be tight. If a swimmer has been not properly sized, it is important to try on a suit for the correct fit. When fitting a suit pull straight up on the straps towards the ears. The straps should barely come to the lower earlobes. If you are not sure, ask a coach at practice.
- Time for a new suit: Sometimes you cannot tell if a suit needs to be replaced until it is on and/or wet. It's important to make sure to replace a suit to make certain that a swimmer does not become exposed. An indication that a suit needs to be replaced is when the overall color begins to fade, most notably on the inside of a suit under the chest area, specifically the lining. Another area to look at is the back seam. Sometimes it will have white flakes and/or begin to droop.

### **Boys:**

We recommend a jammer or speedo for boys. Jammers are encouraged over speedos because boys tend to feel more comfortable and less exposed in them.

- Color: Jammers and speedo come in a variety of solid color. Most jammers can be found in solid black with a design on the side of the leg. We recommend a solid blue suit or a jammer with a blue design.
- Fitting: The suit is meant to be tight. If a swimmer has been not properly sized, it is important to try on a suit for the correct fit. A fitted suit should be able to fit no more than 3 adult fingers in the waistband. If you are not sure, ask a coach at practice.
- Time for a new suit: Sometimes you cannot tell if a suit needs to be replaced until it is on and/or wet. It's important to make sure to replace a suit to make certain that a swimmer does not become exposed. An indication that a suit needs to be replaced is when the overall color begins to fade, especially on the back seam. Sometimes it will have white flakes and/or begin to droop.