



## Equipment Needed for Swimming with Columbia Swim Club

*IMPORTANT NOTE: Getting the RIGHT SIZE SUIT.*

When purchasing a swim suit it is important that your swimmer gets the RIGHT SIZE. As a general rule, a training or racing swim suit should feel like it is **2 SIZES TOO SMALL** when it is dry. Suits will stretch when wet, and if the suit is TOO BIG it will be uncomfortable, cause drag, and (in some cases) be on the verge of falling off during practice! If your swimmer says "I think it's too small" when he/she tries it on, it is probably exactly the right size! Ask your coach if you have any questions.

For optimum experience with swimming, all swimmers should have the following equipment:

- 1. Swim suit.** When you purchase a suit make sure it is an "Endurance" suit or made of 100% polyester. Speedo, TYR, and Nike all make suits which are 100% polyester and will be described as "Chlorine Resistant", "Training Suit", or "Endurance" suits. These suits are slightly more expensive but last at least 10 times longer than suits with Lycra. This is a VERY important purchase! Polyester suits are available locally at Tryathletics and the Starting Block and also available at many places online.
  - ❖ **BOYS should have "Jammers" to wear to practice (not swim trunks)**
  - ❖ **GIRLS should wear one-piece competitive suits**



**One-piece suit for Girls**



**Jammer for Boys**

- 2. Swim Caps.** Swimmers may wear any kind of cap during practice, and coaches usually have free practice caps available to swimmers – just ask for one! Latex CSC caps are available to swimmers for purchase from coaches for 3 caps for \$10. Silicone caps are available for \$10 each. Only CSC caps should be worn at meets.
- 3. Goggles.** Swimmers should always bring 2 pairs of goggles to practice.
- 4. Water Bottle.** Swimmers sweat too! Swimmers work hard and need to stay hydrated by drinking water during practice. It is strongly encouraged that all swimmers bring a water bottle to practice to stay hydrated
- 5. Fins.** Fins are needed in every group **EXCEPT** Barracudas. Please talk to your coach about what kind of fins to buy.