

Team DASH Swim Cap Policy

ALL swimmers w/long hair, below the top of the neck, must wear a cap at practice but is recommended for swimmers whose hair is long enough to cover their eyes.

At practice

- If a swim cap is worn, it must be a Team DASH cap, any color (recommended) OR a plain and/or non-organizational design.
- No outside organizations (HS or other teams) caps may be worn (with team or logo showing) at practice except swimmers who have represented a nation (USA! USA! USA!) or TeamIOWA.
- Current members of a collegiate team MAY wear their college team swim cap.
- Exception: Visitors, in season w/another team, may wear their team cap.

Regular season meets

- ONLY Team DASH navy blue or DASH group colored caps are to be worn at season meets
- NO Team DASH State Team caps

Iowa Swimming Championship meets

- Team DASH State Team OR Team DASH navy blue caps are to be worn for ALL relays.
- These caps are recommended for individual events, however, the team Navy Blue or a neutral colored "dome" cap may be worn for individual events.
- No outside organization caps may be worn at these swim meets.

USA Swimming Championship meets

- Team DASH navy blue caps are to be worn for ALL relays.
- These caps are recommended for individual events, however, a neutral colored "dome" cap may be worn for individual events.
- No outside organization caps may be worn at these swim meets, unless the athlete is "dual" representing at this meet.