



Team attire is and should be a statement of pride and not a policy in and of itself. Team attire is a representation of our team. We believe there is a correlation between one's commitment to wear team attire and one's general feeling about the team. It is not about the clothes or the rule. It is about the statement we are making with our appearance. One united team.

When attending any swim meet, a swimmer must have and wear:

MACR Sharks Team Cap

All MACR swimmers will be required to wear an MACR Sharks team cap in competition. MACR Caps are available through our coaches on the pool deck at any practice. Swimmers without a team cap may borrow one for their events at any given swim meet.

MACR Shark Team shirt

An MACR Sharks Team Shirt should be worn to/from swim meets and whenever possible during swim meets. For Championship Meets if wearing a shirt on the podium it must be an MACR Sharks Team Shirt

MACR Sharks Team Suit

All swimmers should have a team suit for competitions. Our Team Suit for boys is the Arena SKYS Brief and for Girls the Light Drop Back suit.

Practice Suits

A regular practice suit (in any color/style) is perfect for training during the regular season. There may be times where a drag suit would be preferable for certain groups. Coaches will let you know if/when this is appropriate. For girls a tight fitting one-piece suit that is comfortable to wear and for boys a tight fitting brief or jammer will be ideal.

Competition Suits

For MACR competition, please adhere to our suit guidelines. Suits should be tight fitting both to reduce drag and for swimmers to get that 'fast feel' as they hit the water. For boys the SKYS Brief our preferred competition suit. For girls the Open Back Arena Suit is our preferred competition suit. These suits will help your swimmer feel faster in the water and hopefully swim faster!

Over..



Big Meet/Tech Suits

Tech suits are high performance suits used by swimmers to maximize their results by reducing drag. These suits are often worn by older swimmers who look to achieve peak performances at championship meets. These suits are much more expensive than normal suits, have limited water life and need to be cared for in a different way

As a rule, MACR coaches do not want the team's swimmers to wear these suits except at designated meets and MACR swimmers should not wear tech suits in meets without first receiving approval from the team's coaching staff. The MACR coaching staff will be the judge of whether a meet is a 'tech suit meet' or not. This information will also be noted in the Meet Sign Up section on our website.

Swimmers ages 12 and under are no longer permitted to wear seam welded tech suits in competition (as per new suit rules introduced by the Iowa Swimming LSC in April 2018). There are a few tech suits on the market for 12U swimmers that comply with the new rule. Please talk to a coach first if you are looking for a tech suit for your under 12 swimmer.

Swimmers and parents who have questions about suits should contact a coach.

All other team apparel is welcomed & encouraged.

Preferred Suit Guidelines

It is our hope that at swim meets, all MACR Sharks swimmers will have a uniform look while on deck and in competition. Team unity is important to us.

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All Swimmers – Competition Attire:

MACR Team Cap



MACR Team Shirt



Boys Competition Suit



Girls Competition Suit

