



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 will be provided to each swimmer free of charge (during the winter season and until supplies last/reorder time. Additional items are available for purchase but are not required.

MACR Sharks Team Suit

Team suits can be purchased through our team store link or at the start of the season during our bulk order. Our team suit can also be found in many online stores and local retailers. Swimmers that wish to purchase a suit on their own should take note of the suit name and order accordingly. Please see the additional notes below regarding suits.

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 speedo or jammer will be ideal. Our ***clothing catalogue online*** explains the differences in each suit type.

Competition Suits

For MACR competition, please adhere to our preferred 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 Speedo Wrack it Up Racer is our preferred competition suit. Parents of male swimmers should encourage their swimmer to try racing in a brief style suit. They will swim faster and feel faster in the water. The Jammer version may be substituted if need be. For girls the Wrack it Up Flyback is our preferred competition suit. These suits can be ordered on our SwimOutlet link: www.swimoutlet.com/macersharks under the New Swimmers start here section or from coaches at any time.



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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 10 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 10U swimmers that comply with the new rule. Please talk to a coach first if you are looking for a tech suit for your under 10 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 Swimmer – Competition Attire:

MACR Team Cap



MACR Team Shirt



Boys Competition Suit



Girls Competition Suit



*Jammer may be substituted.
Brief is preferred for competition