

# DDST SWIM TEAM SUIT REQUIREMENTS

## Practice

Your swimmer will need to have a suit to wear at practice, cap, goggles, and a towel.

Swimmers that participate in dry-lands should also have socks, gym shoes, and shorts for every practice.

**Only one piece suits for females are allowed and males should wear jammers or brief style suits (no loose trunks). Swimmers not in appropriate swimwear may not be allowed to practice. Exceptions can be made for health, religious or other reasons please speak with your head group coach.**

Examples of female swimwear



Examples of male swimwear



## Competitions

For competition meets your swimmer will need to wear their DDST swim cap, googles and a competition suit.

**The suit must be one with the Dolphin logo provided via the Lifeguard store or any suit that is solid black or any combination of mostly green/black.**

Additional DDST Swim caps can be purchased for \$10.00

Examples of female swimwear



Examples of male swimwear

