

## **FTLL Team Attire**

FTLL takes great pride in carefully considering all aspects of our program from USA Swimming Safe Sport to the competitive development of our athletes. Our team culture has had an enormous impact on the success and growth of our team. The aim of the policies outlined below is to further define that culture to improve our unity as a team and ensure that our attire at meets and practice is consistent with our philosophy. Please read all parts of this team attire policy outlined below.

**Practice Suits:** Swimmers can wear any one (1) piece swimming suit that meets USA Swimming's "current concept of the appropriate" and does not interfere with a swimmer's ability to use the proper technique at practice. All swimmers are required to wear a suit that is in good condition and fits appropriately.

Swimmers are discouraged from wearing team suits during practice. This will keep your team suit looking new and prolong the life of the team suit and instill the idea that team suits are part of the team uniform used exclusively for team meets.

**Team Suits:** We are proud to swim for FTLL and dressing uniformly is a way for us to unite as a club. At all meets, we want to make our presence known as a club. We require FTLL swimmers to wear a team cap for all USA Swimming meets and highly encourage wearing a team swimsuit.

The team suit selection can be found on the team Swim Outlet Store: Click [HERE](#) for a link to the FTLL team store.

**Team Suit Exception:** We understand there are many situations in which wearing a team swimsuit during a USA Swimming meet is not possible (including but not limited to availability, modesty, and price). If your swimmer is unable to wear a team swimsuit, we ask that they wear a USA Swimming approved swimsuit in navy or black when possible. For modesty and/or religious purposes, swimmers may wear FINA approved technical suits for 12&unders.

**Swim Caps:** For hygienic reasons relating to the facility, all swimmers with hair shoulder length and longer are required to wear caps at practice. Most girls and many boys with short hair wear caps to protect & contain their hair so that they may use proper technique. If your swimmer wears a cap at practice, they may wear a cap of their choice.

Swim caps should be made from latex or silicone. Silicone caps tend to last longer than latex caps. Special swim caps are made for those with long hair and natural hair.

FTLL team caps are required at meets for all swimmers regardless of hair length. Having all our swimmers wearing the same cap encourages team unity and enables our coaches to easily spot our swimmers in the pool. Our coaches may have extra caps available at meets and practice, but please do not depend on this to comply with the swim cap policy.

**Technical Suits:** “Tech suits” with bonded/taped seams or woven fabrics are engineered to reduce a swimmer’s drag in the water, artificially enhancing performance. USA Swimming has ruled this as not appropriate for 12&under swimmers to use a swimsuit to this effect. When warranted our 12&under swimmers may wear a FINA approved 12&under “tech suit”. A list of these suits may be found on the USA Swimming website.

Swimmers 13 years old or above may choose to wear a “tech suit”. We understand that swimmers may have a preferred “tech suit” and therefore FTLL only asks that “tech suits” be navy or black, whenever possible, for team unity. We understand that cost is large factor in purchasing a “tech suit” and that cost may drive color options.

Purchasing a “tech suit” is NEVER required and the purchase represents a personal decision.

**Team Shirt/Gear:** Swimmers should wear a team shirt or other team gear (parkas, warm-ups, hoodies, etc.) to USA Swimming meets. While receiving an award at a meet, team gear should be worn.