



Swim Suit Policy of the Lowe's YMCA Lightning Swim Team

PURPOSE

The Lowe's YMCA Lightning Swim Team recognizes the importance of having all members represent the Lightning Swim Team, the YMCA, and their families appropriately. The Lightning Swim Team and the Lowe's YMCA is committed to providing a safe environment for its members and the swimming community. It is the policy of The Lowe's YMCA Lightning Swim Team to represent this branch and team in a manner consistent with our mission. To that end, our expectation is that suits will be worn in the manner they were designed. During both practice and competition, swimmers will wear one-piece suits. They shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered. In addition, boys shall wear suits that cover the buttocks, and girls shall wear suits that cover the buttocks and breasts.

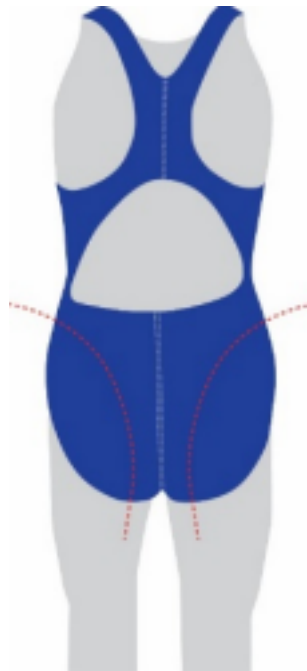
It is our expectation that parents will support the directives of this team and that our athletes will adhere to the suit guidelines outlined above, knowing that doing so:

- Shows support and pride for our team and your teammates.
- Places you in the best possible light during competition.
- Reflects positively on your coaches and teammates.
- Shows respect for yourself and your desire to present yourself in the best possible light.
- Shows respect for cultures that may be more modest in nature.

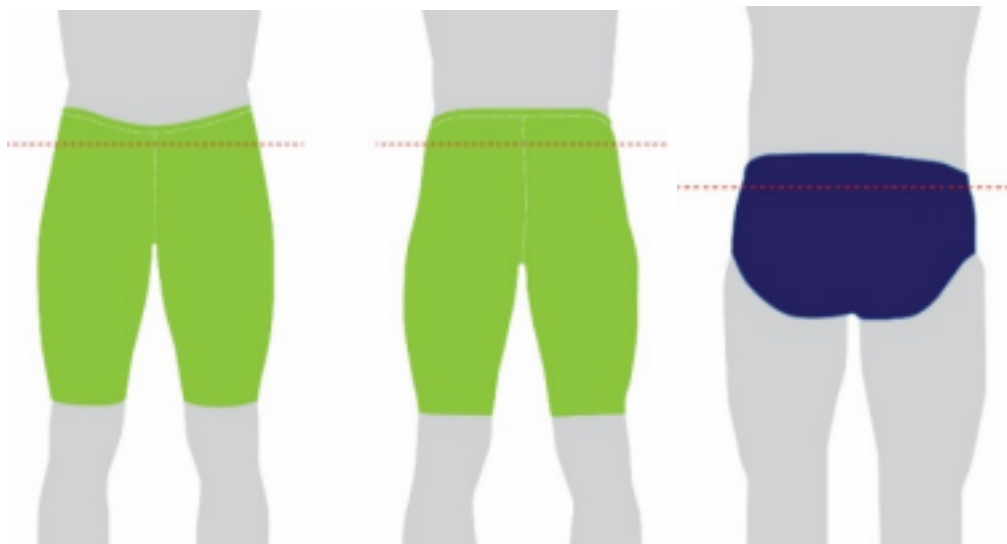
If you feel that a teammate is not representing our team in such a fashion, You are encouraged to speak directly to your teammate in a respectful, considerate manner. If you need further assistance, please see Coach Tammie Filiault.

Thank you for helping to make The Lowe's YMCA Lightning Swim Team a safe and successful team.

Example of Appropriate and Inappropriate Female Suit Coverage (red dotted lines)



Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)



GENERAL

Practice

Swimmers are permitted to wear any one-piece style suit to practice, without restriction as to brand, logo, or design. Swimmers are only allowed to wear two-piece suits with the express permission of a coach. Suits should be worn as described above (please reference the descriptions and illustrations for boys and girls). Swimmers are encouraged to be mindful of the YMCA family environment and focus on finding a swimsuit that is conducive to athletic training and performance. Suits must be **medium to full seat coverage**, appropriate size for the individual athlete, and worn as designed. The coaches retain the authority to disallow a suit based on the coach's discretion. If you have questions about the acceptability of a swimsuit, please see Coach Tammie.

Competition

ALL Swimmers are expected to wear the Lightning team suit at every regular-season swim meet. Team suits are available through the team store (link and information on team website.) Technical suits are approved and recommended for championship-level competitions (Regionals, States, Y-Nationals, Futures, Sectionals, Winter Junior Nationals, etc) . Coach Tammie will notify swimmers when a technical suit is recommended. If you have any questions about tech suits, please see Coach Tammie. As a Speedo sponsored team, if Coach Tammie approves a swimmer for a technical suit at a particular competition, it is highly recommended that the swimmer wear the Speedo brand. For national level meets, the technical suit MUST be SPEEDO. Swimmers are not permitted to wear a one-piece top while wearing a technical suit unless a shirt, jacket, or parka is also worn.

12 & Under swimmers - Consistent with United States Swimming and North Carolina Swimming policies, technical suits are not permitted for any athlete under the age of 13. *exceptions to the foregoing restriction are only for a meet in USA Swimming's Championships Series (i.e. Junior Nationals, US Open, National Championships and Olympic Trials.)

A Technical Suit is one that has the following components:

A. Any male or female suit with any bonded or taped seams is defined as a technical suit regardless of its fabric or silhouette; or

B. Any male or female suit with woven fabric extending to the knee or mid-thigh is defined as a technical suit regardless of the type seams: bonded, taped or sewn. (Note: A woven suit with sewn seams and in a male brief or female regular cut not to the knees is not defined as a technical suit and is not restricted.)