



SCSC Competitive Team Equipment and Suit Information
Powered by Arena



Arena is an official team sponsor, SCSC families receive a discount on all suits and gear purchased from Augusta Swim Supply using the on-line team portal. Augusta Swim Supply has pages for each age group to make it easy for you to find the right gear and suits. To view the gear for the SCSC practice groups, login to their site using the credentials below. Your training group equipment is listed below. Click on: Augusta Swim Supply Username:

SCSC, Password: **1234**

Age Group Prep

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie-back or two-piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

****Required Competition Suit:**

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

- Arena Club Kit Junior Kickboard
- Speedo Trialon Rubber Swim Fins
- Snorkel (recommend Speedo Bullet)

- Equipment Bag
- Water Bottle
- SCSC Latex or Silicone Cap
- Goggles

The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit from advanced swimwear technology to justify the additional cost.

Age Group Blue and Orange

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

****Required Competition Suit for *non-championship* meets:**

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

- Arena Kickboard
- Arena Power Fin Pro
- Arena Swim Snorkel Pro III
- Arena Freeflow Pullbuoy
- Arena Elite Hand Paddle II (Size just larger than hand)

- Equipment Bag
- Water Bottle
- SCSC Latex or Silicone Cap
- Goggles

****Championship Meet Suits:**

All 12 and Under Swimmers: In addition to the SCSC team suit, at Championship meets (**ONLY championship meets... to be determined by your coach**), 12 and under swimmers may also wear the following:

- Girls: Arena Powerskin ST 2.0 Classic
- Boys: Arena Powerskin ST 2.0 Jammer

The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit from the more expensive suits in advanced swimwear technology to justify the additional cost. *In addition, USA Swimming has banned "tech suits" for any swimmers 12 years and younger.*

Most importantly - Tech suits are not ever required. If you or your athlete(s) are uncomfortable with the purchase of advanced suits and/ or like to keep it simple with the team suit, you are 100% welcome to stick with that.



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Senior Division

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

****Required Competition Suit for *non-championship* meets:**

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

- Arena Kickboard
- Arena Power Fin Pro
- Arena Swim Snorkel Pro III
- Arena Freeflow Pullbuoy
- Arena Elite Hand Paddle II (Size just larger than hand)

- Equipment Bag
- Water Bottle
- SCSC Latex or Silicone Cap
- Goggles

****Championship Meet Suits:** All 13&O Swimmers: In addition to the SCSC team suit, at championship meets **(ONLY championship meets... to be determined by your coach)** 13 & Older swimmers may wear the following:

- Girls: In addition to the Arena Powerskin ST Classic, 13 & Older swimmers can also wear the Arena Powerskin ST 2.0 Kneeskin, the Arena Evo Kneeskin, or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression
- Boys: In addition to the Arena Powerskin ST 2.0 Jammer, 13 & Older swimmers can also wear the Arena Evo jammer or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression

If interested in wearing the Carbon Series of suits, swimmers are encouraged to communicate with their coach before purchasing. Not all swimmers significantly benefit from the more expensive suit to justify the additional cost.

SCSC COMPETITION SUIT POLICY: In developing the SCSC swimwear policy, the coaching staff has tried to accomplish four objectives: 1. Maintain our philosophy of preparing our athletes to compete at the next level of competition. 2. Allow our swimmers to be competitive at their most important meet of the season. 3. Protect our SCSC families from unnecessary costs when purchasing competition swimwear. 4. Arrive at meets looking like a team. There are several factors that determine the type of suits our SCSC swimmers will wear during competition including the swimmer's age, physical development, swimming efficiency, level of competition, fit, and cost. For most of the season, the standard SCSC team suit will be the team suit. Any deviation from this would be the direct result of a specific coaches' decision for a specific swimmer. We **require** that swimmers have the Arena team suit at all meets. Those failing to wear their SCSC team suit at meets, both regular season and championships, risk not being permitted to warm-up with the team as well as not being permitted to compete.

Regular Season Competition: All swimmers are required to wear the SCSC team suits and SCSC team caps at regular season meets and during warm-ups for championship meets. We offer several different styles of navy Arena suit with the SCSC logo (see the SCSC page on Augusta Swim Supply's website to see the different styles) to help your swimmer pick a suit. It is important that we look and feel like a team at competitions just the same as a basketball team walking out on the court or a soccer team walking out on the field.

Championship Meets: Coaches determine which meet is considered the championship meet for each swimmer. Team caps should be worn at championship level meets, with a few coach-dictated exceptions. Swimmers are required to wear their SCSC team suits during warm-ups for championship meets and then may change into one of the approved championship suits that are appropriate for their age. Tech suits are expensive, fragile, and rarely returnable. When in doubt of a purchase, **SIMPLY ASK YOUR COACH FIRST!**



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Tech Suits Explained

13 and over athletes: Technical suits - or suits that are designed and made of unique materials designed for improved swimming performance - are expensive, fragile, rarely returnable, and come with a distinct rule book. Please understand that SCSC wants each athlete to have the opportunity to reach their fullest potential in the water each season. But this doesn't mean we are going to don tech suits every time we go to a meet; actually, the opposite is true. We coaches have outlined a specific set of rules that govern when we do and don't wear tech suits so that athletes are lined up for targeted meets for optimal performance, as opposed to wearing one at every meet and expecting families to purchase multiple tech suits in the course of one season as they wear out.

USA Swimming technical suit bans are lifted as soon as an athlete reaches the age of 13. Thus, we understand that many of you are now coming into the market to buy a nice fancy suit for the first time. Please understand that :

1. Tech suits are really only designed to last in optimal form for 2-3 swim meets maximum... beyond this time frame and the chemical composition/ seam-bonds of the suit deteriorate and it becomes less effective
2. It is the swimmer that "makes" the performance... not the suit they wear. Sometimes swimmers will erroneously convince themselves that they can only swim fast when they wear a special suit. This robs them of the ownership of their craft... they are the ones who worked hard and made the training gains, not the swim suit they put on
3. Moreover, athletes are just as capable of putting up record best performances when they don't wear a suit at meets. There are so many other factors at play - it comes down to environment, situation, preparation, training goals, race goals, meet goals, nearby competition, etc... the suit is only one small variable in a large list of forces that affect the swimmer.
4. The benefit of NOT wearing a suit at in-season meets is compounded. *When* (not *if*) a swimmer throws down a high performance swim in a non-technical suit, it allows for a significant confidence boost. Swimmers and coaches can now think "I just went that fast in the middle of a hard training cycle, without a tech suit... imagine how fast I can go with a little rest and an elevated suit?!" This psychological effect is significant, and we want to save its efficacy for championship meets because that's when it matters most, and that's when we are most likely to perform at our peak (based on the season plan).

12 and under athletes: May not wear bonded or special composite suits, per USA Swimming and FINA rules. This is not our own rule; this is from the top brass of American swimming. There is a "championship" suit option for you that represents an improvement from regular cloth team suits and it is listed in the Equipment Policy and copied here:

"All 12 and Under Swimmers: In addition to the SCSC team suit, at Championship meets **(ONLY championship meets... to be determined by your coach)**, 12 and under swimmers may also wear the following: Girls: Arena Powerskin ST 2.0 Classic; Boys: Arena Powerskin ST 2.0 Jammer. The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit from the more expensive suits in advanced swimwear technology to justify the additional cost. *In addition, USA Swimming has banned "tech suits" for any swimmers 12 years and younger.*"

For any questions about tech suits, review the Equipment List and Suit Policy document attached to this email. If at any point you're unsure of what this means, just reach out to your coach before making any purchases so we can protect you from spending undue money!