



2024-25 Season RAYS Required Training Equipment and Swim Meet Uniform Policy



The RAYS coaching staff has compiled a list of equipment each swimmer should purchase and bring with them to practice each day. The equipment listed represents the best technology and is designed with the competitive swimmer in mind. These items will give the coaching staff the opportunity to vary the types of skills and drills that can be taught, which in turn creates stronger swimmers and improves technique. All of the required items can be purchased through the Rays Swim Shop at any time during the season. Please be sure to write your swimmer's name on all their equipment with a water proof marker.

Swimmers are expected to come to practice each day with the following items:

Water bottle, required equipment for their training group, goggles, cap and swim suit (for girls – one piece suit, and for boys – jammer or briefs. No board shorts or swim shirts are permitted). On dryland days swimmers also need shorts, a t-shirt, and tennis shoes (no crocs, flip flops etc.). Without the required items, your swimmer will not be able to get the most benefit out of each practice, which in turn may result in slower progression in their training if they are consistently without the equipment needed. The required equipment for your swimmer's group must be obtained within 30 days of enrollment.

Training Group

Required Equipment

| | |
|------------------------|--|
| Mini Rays (all levels) | Water bottle, equipment bag, long blade training fins, & kickboard |
| Atlantic Rays | Water bottle, equipment bag, long blade training fins, & kickboard |
| Blue Rays | Water bottle, equipment bag, long blade training fins, kickboard snorkel, & pull buoy |
| Electric Rays | Water bottle, equipment bag, long blade training fins, kickboard snorkel, & pull buoy |
| Manta Rays | Water bottle, equipment bag, long blade training fins, kickboard snorkel, pull buoy, & paddles |
| Pre-Senior 2 | Water bottle, equipment bag, long blade training fins, and kickboard snorkel, pull buoy & paddles |
| Pre-Senior 1 | Water bottle, equipment bag, Powerfin Pro training fins, kickboard snorkel, pull buoy, paddles, and training bands |
| Senior 1 and 2 | Water bottle, equipment bag, Powerfin Pro training fins, kickboard snorkel, pull buoy, paddles, and training bands |

Some of the items above are available in multiple sizes and require sizing to ensure the proper fit and avoid injury during training drills. Fittings can be done at any time during the season. Please contact the Rays Swim Shop coordinator (Caroline Andrychowski) at swimshoprays@gmail.com to make an appointment to have your swimmer sized for their equipment.

SWIM MEET UNIFORM POLICY

Mini Rays Meets:

The team cap is required and team shirts should be worn to all Mini Rays meets.

Mini Rays swimmers may wear whatever suit they wear to practice to their meets. If your swimmer is a Mini Rays level 3 it is highly recommended that you have them fitted for a team suit even if you choose not to purchase one until they compete in meets other than those specifically for the Mini Rays**.

** If your Mini Rays swimmer participates in any meet outside of the Mini Rays meets they are required to wear the team suit. This includes, all CYSL meets (October and January) and the 8 and Under Championship Meet.

Atlantic and Up:

The team suit, team shirt and team cap are **required** at every meet. This is our uniform. No other suit or cap is allowed. The team suit can only be purchased through the Rays Swim Shop.

Team shirts should be worn according the schedule indicated on the meet itinerary sent out prior to each meet

Every swimmer receives one latex team cap with registration.

Mini Rays swimmers receive one team shirt with registration.

Atlantic and up swimmers receive a set of 3 team shirts with registration.

Team suit fittings can be done at any time during the season. Please contact the Rays Swim Shop Coordinator (Caroline Andrychowski) at swimshoprays@gmail.com to make an appointment to have your swimmer fitted for their equipment and team suits.

Technical Suits (Racing suits)

Technical suits are available in many shapes and sizes. We are a Speedo team and Speedo suits are expected. Please be aware that there are age restrictions for some of these suits, so be sure to ask if the suit you would like to purchase is permitted to be worn by your swimmer.

Technical suits are designed to fit like a second skin and are extremely close fitting. The sizing for these suits is very different than for your swimmer's team suit and can vary quite a bit. It is strongly recommended that you contact the Rays Swim Shop prior to purchase to make sure you are getting the correct size for your swimmer.

There are discounts available through the Rays Swim Shop on Speedo technical suits for swimmers that have earned certain qualifications. These discounts are available year round. Please contact Rays Swim Shop for more details regarding discounts.

swimshoprays@gmail.com