

SUMMER LEAGUE SWIM TEAM QUESTIONS:

Q: What is the difference between Silicone and Latex Caps?

Girls with long hair prefer the Silicone Caps because they are a thicker material that doesn't pull their hair as much, however, they do cost more. HAST LATEX Team caps are also available for Summer League swimmers.

Q: Does the Summer Swim League ST kids need to purchase the team suit?

Only if wanted, they are not required. However, the team suits are a polyester blend long-wearing suit perfect for a swim team situation.

Q: How do we know what size suit to get?

It should fit snug. You are welcome to try them on first (please keep underwear on)

Q: Can I return the suit if it's the wrong size?

Yes, suits can be exchanged for a different size, but must be returned (unused) with the box. If a refund is preferred, a receipt must be provided.

Q: Do we HAVE to purchase the equipment?

The only equipment that is required: **1) Team CAP, 2) Fins for ALL 12 & under swimmers, and 3) GOGGLES.** Other equipment like kickboards, fins for older swimmers, & gear bags are strongly encouraged, but are not required. They are used in workouts almost daily. *HAST year-round club swimmers are required to have all the equipment (suit, fins, cap, kickboards, etc.)*

Q: Do we need to purchase a kickboard? Why do they use a kickboard and/or fins?

Kickboards are highly recommended but are not required. Kickboards & fins are used in training almost every day. Fins help younger swimmers complete workouts and help position their feet correctly for competitive swimming. Kickboards also help in completing workouts and breathing technique. There is a fin bin on deck of lost & found fins and kickboards that anyone can use during workouts (limited sizes and quantities). They are only available on a first-come basis and must be returned to the bin at the end of workouts.

Q: How should the fins fit... snug or little loose?

They should fit snug and are sized by a swimmer's shoe size.

Q: How do we know what goggles to get?

"JR." competitive goggles are usually for 12 & under swimmers, but any goggles need to fit snug around their eyes. Goggles cannot be returned.

Q: Do certain groups need the large or small bags?

Just preference, for what you want to carry & store. The mesh team bags help equipment dry out before the next day's workouts.

Q: Do we sell bungee cord for goggles up here?

YES! They are new to our Pro Shop now, or on deck at swim meets.

Q: Are they getting key fobs or cards?

Swim Team Cards with a badge holder attached (to clip to bag), will be given on the first day of swim team.

Q: Does the Summer League ST swimmers need to purchase a FC pass to attend workouts?

NO. They will receive a card to enter the facility for workouts – ONLY! Use of these cards at any other time will result in immediate removal from the team.

Q: How do we know if Registration payment has been received?

You should have received an email when the registration and payment has been completed. You can also login into your team unify account on our website www.hilltopaquatics.org and view payment history there.