

FAST Swimsuit Requirement

Practice Suits

Males may wear jammers or briefs, it is entirely their preference on which suit. If older athletes chose to wear a drag suit on top of their practice suit they can.

Females need to wear a one-piece swimsuit. The suit cannot have any cutouts other than the back of the swimsuit. Swimmers may have tie-back swimsuits from practices but not for swim meets.

If you have a question about if a suit is acceptable for practice please ask Olivia

Team Suits

Our team swimsuit can be purchased from Elsmore Swim Shop. The link is on our website on the left hand side of the home page. These suits can be purchased year-round. If you do not know your swimsuit size you can go to Elsmore Swim Shop to try on suits, Olivia will help you get in contact with our representative!

USA Swimming has requirements on the type of swimsuits athletes wear for swim meets. We make sure our team suits fit these requirements so we encourage FAST swimmers to wear them to meets. We do not require you purchase a suit, however, if you wish to participate in swim meets and don't have a team suit then you must wear a black solid color swimsuit that has been approved by Coach Olivia a week before the meet.

For swim meets swimmers need to have a team cap. Males can choose not to wear a cap if their hair is short enough to stay out of their eyes. Latex caps are free and you will receive one when you sign up. Silicone caps (better for thick & long hair) can be purchased from the team. Order forms below.

We will have a new design/style team suit at the beginning of every spring session and use this suit for the spring/summer, fall, and winter sessions. This is because the spring/summer session is the only session we have both the female and male high school swimmers together on the club team and we want to keep costs down for purchasing team suits. Swimmers will not be required to purchase the new suit and can wear an older version of the team suit to swim meets.

Note: To save money on practice suits, it is common among swimmers to purchase the new team suit and then use the older version as a practice suit.