



Equipment Needed for Swimming with COOL



The following equipment is recommended for COOL Waves swimmers:

- ✓ **Swim Caps.** Swimmers may wear any kind of cap during practice. At meets swimmers are encouraged to wear a COOL swim cap in order to be easily identified by the coaches. Silicone caps are more expensive and tend to last longer. Latex caps are less expensive but may rip more easily. The kind of cap a swimmer wears depends upon personal preference. Both latex and silicone COOL caps are available for purchase from the Team Store.
- ✓ **Goggles.** Swimmers should always bring 2 pairs of goggles to practice and meets. In the summer when the team swims outside, it is suggested that swimmers have tinted/shaded goggles to help block the sun.
- ✓ **Water Bottle.** Swimmers sweat too! Swimmers work hard and need to stay hydrated by drinking water during practice. All swimmers should bring a water bottle to practice to stay hydrated.
- ✓ **Practice suit.** Practice suits may be made of nylon, Lycra, polyester, or a combination of these materials. Speedo, TYR, and Nike all make suits that are 100% polyester and will be described as "Chlorine Resistant", "Training Suit", or "Endurance" suits. These suits are slightly more expensive but last at least 10 times longer than suits with Lycra and therefore make excellent practice suits. Practice suits are available through Action Accents on the Team Store link.
- ✓ **Team suit for meets.** Team suits are also for sale through the Team Store. The girl's suit is a Speedo Endurance suit (polyester) and the boy's suit is a nylon/lycra Speedo jammer. Both are offered at a reduced price to the team. Swimmers are encouraged to purchase a team suit, but **ONLY** wear it at swim meets in order to keep it in good racing condition.

~IMPORTANT NOTE: Getting the Right Size Suit~

When purchasing a swim suit it is important that your swimmer gets the right size. As a general rule, a practice suit or racing suit should feel like it is **2 SIZES TOO SMALL** when it is *dry*. Suits will stretch when wet, and if the suit is **TOO BIG** it will be uncomfortable, cause drag, and (in some cases) be on the verge of falling off during practice! If your swimmer says "I think it's too small" when he/she tries it on, it is probably exactly the right size!

Ask your coach if you have any questions.