



Uniform Policy

An important aspect of developing Team is the visible and outward display of camaraderie and unity. Our US Military has long recognized the connection between uniform and cohesion of individuals in a group or Team environment. This is apparent in boot camp when everyone receives the same haircut and fatigues. On the field of sport, it goes without saying that everyone wears the same uniform. For some reason swimming is seen by many as an “individual sport” and thus many have come to the conclusion that the same rules don’t apply... THEY DO!

Required Uniform:

- Red “StingRay Swimming” T-shirt. The shirt is to be displayed at all times when at swim meets.
- Black SSC swim cap (worn by both boys and girls in competition); Red SSC swim cap for championship meets.
- Black suit of choice (SSC logo optional and speed suits for championship swim meets only)
- Team sweats – SSC sweats are not yet required for all team members, but we do ask that swimmers purchase sweats for championship meets and refrain from wearing high school sweats or gear from any other sport or activity.

This uniform is to be worn at all competitions including meets that involve multiple days. This means some swimmers will have to either wear their shirt multiple days in a row, or purchase multiple shirts.

- Swim caps can be purchased from the coaches: \$4.00 each
- Sweats and team shirts can be purchased through the apparel coordinator