

Team DASH Swim Cap Policy

At practice;

If a swim cap is worn, it must be a Team DASH cap (recommended) OR a plain or non-organizational design. No outside organizations (HS, college, other teams, events, etc...) caps may be worn at practice. ALL swimmers w/long hair, below the top of the neck, must wear a cap at practice. Exception: Visitors, in season w/another team, may wear that team cap.)

At "regular" season meets;

The Team DASH navy blue or group colored caps are to be worn. NO Team DASH State Team, plain, neutral design or outside organization caps may be worn at these swim meets.

At Iowa Swimming Championship meets;

Team DASH State Team (florescent green) OR Team DASH navy blue caps are to be worn for ALL relays. These caps are recommended for individual events, however, the team Navy Blue or a neutral colored "dome" cap may be worn for individual events. No outside organization caps may be worn at these swim meets.

At USA Swimming Championship meets;

The Team DASH navy blue caps are to be worn for ALL relays. These caps are recommended for individual events, however, a neutral colored "dome" cap may be worn for individual events. No outside organization caps may be worn at these swim meets, unless the athlete is "dual" representing at this meet.

All Team DASH caps may be purchased at practice or at registration (on-line). Please see a coach to purchase at practice.