

MACRSHARKS

Clothing

Swimwear

Equipment



2016

SUIT SELECTION

WATER
INSTINCT



PARENT'S GUIDE TO SELECTING THE RIGHT SWIMSUIT

Buying swimwear for your swimmer's training sessions is easy with our helpful guide! This guide will help you to understand a bit more about the different types of swimwear you can buy. We want you to have the best possible information to make the right choices when selecting a swimsuit!

BOYS

Briefs

The most recognizable form of swimsuit for boys and men. Think of the traditional style 'speedo'. Briefs feature a rounded high-cut leg and were the most popular type of male swimwear in the late 20th century. Briefs are currently making a big come back in team swimming around the country. Swim briefs have a simple design and produce a lot less drag when compared to jammers. This makes them an excellent choice for young team swimmers or kids in swimming lessons. The good thing about swim briefs is that they can be used for more than one purpose. Train in them, race in them, dive in them, play water polo, the list goes on. Briefs are the ultimate all-rounder!

Jammers

The easiest way to identify boys swim jammers is by the fact that they look a lot like a pair of Lycra cycling shorts. Jammers extend from the waist down to just above the knee and come in a huge range of styles and colors. Jammers are excellent all-rounders. They can be used for swim training or for racing. They produce a little drag/resistance in the water, this can be minimized by ensuring the size selected provides a skin tight fit of the suit.



GIRLS

Classic Suit

Classic Swim suits come in a wide variety of styles, colors and materials. Most suits are chlorine resistant and can be comfortably used for swim training. FINA approved suits and tech suits are more appropriate for competition use. Classic suit designs are ever changing and the selection of styles is endless. Straps come in various styles—thin, regular and thick, depending on your preference.

Kneesuits/Legsuits

The women's kneesuit or legsuit is an increasingly popular style with athletic swimmers. It's uses range from aqua aerobics to competitive racing. You can find knee length swimwear in a huge range of styles and colors for almost any purpose. There's chlorine resistant kneesuits for training, racing kneesuits designed to move as fast as possible through the water, chlorine resistant legsuits for swim training and many more...



PERFORMANCE

Performance swimwear is designed for racing. These are high-tech performance swimming garments, often designed in specialist labs and with the help of elite swimmers. If you're buying a FINA Approved suit for your child then try to go for the junior specific suits or junior versions. These will be tailored to fit a younger body shape with less muscle tone than an adult would have.

Performance swimsuits tend to have a very short lifespan, they're designed to go very fast in the water, but the chlorine in the pool starts to break down the technologies in the suit faster than almost any other type of swimwear. Use your performance swimsuit sparingly and only on your most important races and you will feel the benefits. Never use performance swimwear for training sessions and always rinse it with fresh cold water straight after exiting the pool to get the most out of your competitive swimsuit.

TRAINING/COMPETITION SWIM SUITS

WATER INSTINCT



SKYS YOUTH BRIEF—MAX LIFE (\$30.00)

Waternity fabric provides maximum chlorine and sunlight resistance. It is strong, comfortable, and soft against the skin.

The polyester blend ensures that the suit maintains its shape and color even after continuous use. Since Waternity dries faster than conventional materials, it is comfortable both in and out of the water.

The natural stretch of the material guarantees the user fit and flexibility. Our team line of boys' swimsuits is a range of year-round designs with long-lasting performance and crisp, no-fuss style. Our name in white gives these monochromatic briefs a professional look. We developed this classic swimsuit for swim practice, competition and frequent use.



ARENA BOARD JAMMER (\$42.00)

Waternity fabric provides maximum chlorine and sunlight resistance. It is strong, comfortable, and soft against the skin.

Dominate the water in the Arena® Board Jammer. This high-quality suit incorporates Waternity® fabric that delivers maximum resistance against chlorine and sunlight. With a natural stretch for a perfect fit and flexibility, this quick-dry suit maintains its shape and color wear after wear, so you can concentrate on beating the competition.



ARENA MASTER ONE PIECE SUIT (\$52.00)

Suit up your young athlete in a world-class swimsuit for pool practice and intensive use. Our Solid Swim Tech one-piece for girls is a sleek, active design with cool diagonal panelling. Part our team line, this seasonless style combines proven performance and longevity.

Fabric

Materials are key to parent-approved kids' swimwear. Our MaxLife fabric is ultra chlorine-resistant and retains shape swim after swim. You and your loved ones will appreciate this textile's amazing features: smooth, pill-resistant, snug fit and fast drying.

PERFORMANCE SWIM SUITS

WATER INSTINCT



****WHEN PURCHASING PERFORMANCE TECH SUITS PLEASE REFER TO THE SIZING CHART AT ARENA.COM SIZING FOR TECH SUITS WILL DIFFER FROM REGULAR SUIT SIZING ****



ARENA POWERSKIN JAMMER (\$70.00)

Our Powerskin ST jammers for boys are designed for faster racing. Young swimmers will instantly feel the results of wearing this hydrodynamic tech suit.

Integrated compression technology maximizes muscle performance, and the elastane-rich knit fabric has powerful chlorine resistance. Comfortable, durable and expertly engineered, Powerskin ST offers premiere swimwear innovation at an affordable price.

Keep it classic in black with our logo in metallic grey.



ARENA POWERSKIN ST KNEE (\$100.00)

Our girl's Powerskin ST open-back tech suit is innovation for young racers.

We created this performance one-piece for faster racing with a hydrodynamic fabric. Lycra-rich X-Raptor conforms to your physique and has built-in compression for serious muscle support and improved swimming.

Lightweight, flexible and chlorine resistant, feel the potential of your body in our durable Powerskin ST. Our name and logo in silver embellish this stellar black design.



Looking for something a little more fun? Check out our extended range of suits on our MACR dedicated page on Elsmore Swim. Go to our website www.sharksswimming.org and click on the *TEAM STORE* button on the left hand side.

Swim Caps

Swim caps are designed for competitive swimmers in order to reduce hydrodynamic drag while swimming. By creating a smooth surface area for the water to flow over, caps allow swimmers to move more quickly and fluidly through the water than they could without a cap. This, in turn, improves mobility while swimming – helping you to perform better in competition.

In addition to their performance benefits, there are many other reasons to wear a cap. Some people use swim caps to help keep water out of their hair, which helps to reduce the damage that chlorine and other pool chemicals may cause. Swim caps can also be used to help cover your ears while swimming, retain heat, and keep hair out of the pool.

Silicone Caps

Silicone is one of the most ubiquitous materials used for swimming caps. Additionally, it is extremely durable. Silicone caps will last for years, when cared for properly. As a competitive swimmer, silicone is definitely my favorite cap material. Not only is it long-lasting, but it also lends itself well to slipping on and off without pulling hair (a plus for both men and women!).

Latex Caps

Latex is a far thinner material than silicone. It is also less durable. Latex swim caps rip more easily especially if you do not put them on properly or fail to take proper care of them. Since they are lighter than silicone, latex caps allow for more “breathability.” Retaining less heat, these caps may be better suited for warmer climates in which heat loss is not an issue. Latex caps are also generally much cheaper than other types of swim caps. So if you’re looking for a cap that won’t break the bank and durability isn’t a concern, then latex is the way to go.

Note: If your swimmer is planning on competing with a swim cap then a MACR Shark cap must be used in competition. Wearing another team’s cap (High School for example) is against the league rules.



Shark Logo Silicone Swim Caps
Available in Neon Green
\$12.00



Personalized Sharks Logo Swim Caps.
Available in Neon Green Only.
Must be ordered in quantities of 2 with the same name.
\$30.00 (for 2)



Throwback Caps featuring our original logo
Available in latex or Silicone in Black.
NOTE: these caps can only be used in practice as they do not comply with current graphics standards. Limited supplies—offered first come, first served. **\$5.00**



Grab Bag Silicone and Racing Dome Caps
Various colors in TYR/Speedo silicone caps for regular and long hair. Make great practice swim caps.
Speedo Racing Dome Caps in Black only.

Grab Bag—\$5.00

Dome—\$10.00

MACR Sharks Branded Apparel— T's, Polo's, Hoodie's



Youth & Adult 100% Cotton Gilden Short Sleeved T-Shirt. Also available in Gilden Performance Fabric.

(Screen Printed) Small logo on front and YMCA logo on rear @ neck.

T-SHIRT— **\$12.00*** PERFORMANCE— **15.00***



Youth & Adult 100% Cotton Gilden T-Shirt. Available in long or short sleeve.

(Screen Printed) Small logo on front and YMCA logo on rear @ neck.

SHORT SLEEVE — **\$12.00***
LONG SLEEVE— **\$15.00***



Male/Female Sport-Tek Dry-Zone Sport Shirt (Embroidered)

Small MACR Sharks logo on front and YMCA logo on rear @ neck

\$26.00*



Adult 100% Cotton Gilden Short Sleeved T-Shirt. Also available in Gilden Performance Fabric.

(Screen Printed) Small logo on front and YMCA logo on rear @ neck.

T-SHIRT— **\$12.00*** PERFORMANCE— **15.00***



Youth SportTek Camo Fleece Pullover. Available in Green or Black

\$38.00



with YMCA logo on Right Sleeve



Youth & Adult -100% Cotton, Gilden Pullover Sweatshirt. Screen printed with the MACR Logo

\$25.00*

Pants and Hats



Pom-Pom Beanie—One Size
(Embroidered)

Black/Gray Pom Pom Hat with the MACR Logo Embroidered

\$18.00



Youth & Adult
(Screen Printed)

Gilden Sweatpant

Youth Sizes with elastic bottoms.
Adult Sizes with open bottoms

\$20.00*

* Add \$2.00 for adult 2XL

Equipment. Tried and Tested favorites. Squad Requirements

The items listed below are tried and tested favorites of ours. The fit better, work better and cause less problems in the pool during practice, especially for our younger swimmers. With limited training hours each night it's important to maximize the amount of time we have swim swimming and learning. Faulty, leaky goggles, and fins that don't flex well leave swimmers spending more time fiddling with their equipment and less time getting the work done.

Certain items are required for each squad. As a team we will be using fins at least twice per week. Please make sure your swimmer is ready to come to practice with the right equipment each practice. Items can be purchased online through our team store or at any online or equipment retailer of your choice.

Goggles



- Speedo JR. Vanquisher/ 2.0
- TYR Tracer

Recommended for:

ALL GROUPS

Fins



- TYR Flex Fins
- Speedo Power Fins

Required for:

ALL GROUPS

Snorkel (and nose clip)



- FINIS Jr. Swimmer's Snorkel
- FINIS Swimmer's Snorkel

Required for:

ALL BLUE AND BLACK GROUPS

Paddles



- TYR Catalyst 2
(Size: XS for 12&U, S for 12+)
- Speedo Power Paddles
(Size: S for 12&U, M for 12+)

Required for:

BLUE & BLACK JR. 2 & SENIOR GROUPS



Visit our swim store on Elsmore Swim. Go to our website www.sharksswimming.org and click on the team store icon on the left hand side of the page. If you have any questions about suits, clothing or equipment, do not hesitate to ask one of the coaches.