

DEFY Swim Suit Policy

DEFY takes great pride in carefully considering all aspects of our program from USA Swimming Safe Sport to the competitive development of our athletes. Our team culture has had an enormous impact on the success and growth of our team. The aim of the policies outlined below is to further define that culture in order to improve our unity as a team and ensure that our attire at meets and practice is consistent with our philosophy. Please read all four parts of this team attire policy outlined below.

Practice Suits

Swimmers are discouraged from wearing team suits during practice. This will keep your team suits looking new and prolong the life of the team suits, and instill the idea that team suits are part of the team uniform used exclusively for team meets.

Team Suits

A Team suit is not required, but encouraged. Dressing uniformly is a way for us to unite as a team. At all meets, we want to make our presence known as a team. Our team policy is that for all meets, DEFY swimmers are encouraged to wear a team suit and team cap. If a family is unable to afford a team suit they are encouraged to apply for a scholarship to help defray the cost of the suit. If a swimmer chooses a different competition suit, we encourage that the suit be all black or of a similar style & color pattern of the team suit. Tech suits may only be worn at certain competitions (see below).

Swim Caps

DEFY team caps are strongly encouraged at meets for all swimmers who choose to wear a cap. Having all of our swimmers wearing the same cap encourages team unity and enables our coaches to easily spot our swimmers in the pool. Our coaches will have extra caps available at meets. Swimmers may choose to wear a more technical cap at Championship meets as long as the cap has no other logo (other than the cap brand) on it.

For hygienic reasons relating to the facility, all swimmers with hair shoulder length and longer are required to wear caps at practice. Most girls and many boys with short hair wear caps in order to protect & contain their hair so that they may use proper technique. If your swimmer wears a cap at practice, they may wear a cap of their choice.

Tech Suits

"Tech suits" such as the Speedo LZR or the Arena Carbon are engineered to reduce a swimmer's drag in the water, enhancing performance. Tech Suits are tight suits which compress the body. The suits lose their effectiveness the more they are worn and the more they are stretched. We believe that this is not appropriate for younger swimmers to use a swimsuit to this effect. We want our developing swimmers to value hard work, skill, and technique as the means to improvement. "Tech suits" can undermine these values. A list of restricted suits will be available on our website.

Our YMCA & USA Swim League has recently passed legislation banning the use of these suits for children aged 10 & under and for children aged 11-12, except at certain competitions.

12 & unders: Our Team policy is that Tech Suits are for children aged 13 & over, unless a 12 year old is competing in an Open age group and has the consent of the coaches to wear that suit at a specific competition.

13 & overs: Our Team policy is that 13 & overs will not wear a Tech Suit at any meet, other than a Championship Meet, without the consent of the coaches. Consent may be given on a case to case basis.

Non Tech Suits approved for 12 & unders for Championship meets:

A new, tight fitting suit, may give a swimmer a mental edge at a championship meet. While the Tech Suits will do little physically for a 12 & under swimmer, a new suit feels faster. The following are examples of suits which are approved for 12 & unders at Championship Meets. Speedo Aquablade, Speedo Fastskin, Arena Powerskin (not open back), XP TYR Fusion 2. A full list will be available on our website. **When in doubt, please ask a coach!**