

**Other Team Gear:** In addition to the suits, we also require the navy Team T-shirt. If you race with a cap, it must be a CCSC cap. Athletes in the Senior Group and National Group are expected to wear the Team Warm-Up in navy blue (ordered through Metro). Additional team gear is also available for purchase through the CCSC office: hooded pullover sweatshirts, technical parent shirts, latex and silicone caps. Metro Swim Shop carries all Speedo suits, backpacks, team warm-ups, and

personalized caps. The CCSC team portal can be accessed by going to [metroswimshop.com/capecod](https://metroswimshop.com/capecod), setting up an account, and then ordering from the team page. A number of items can be customized.