

Swimmers and Parents,

In order to achieve a uniform look when we compete, all CCSC competitive swimmers are required to purchase our team suit. Please take a look below at the suit requirements for the different levels of meets that we have. Also, if you are considering purchasing a technical suit for your teenager, please read our tech suit buying guide.

Ron

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CCSC Suit Policy

Home meets - team suit required. No technical suits permitted without a coach's permission.

Timed Finals Travel meets - team suit required. No technical suits permitted without a coach's permission.

Prelims/Finals Travel meets - Tech suits permitted at coach's discretion.

Regional/Silver level meets - 12&Unders wear CCSC team suit. 13&Overs may wear the CCSC team suit or a black Speedo technical suit.

NE Qualifier meets - 12&Unders wear CCSC team suit. 13&Overs may wear the CCSC team suit or a black Speedo technical suit.

12&Under Championships - 12&Unders wear a CCSC team suit.

13-18 Championships - Swimmers may compete in a CCSC team suit or a black Speedo technical suit.

NE Seniors - Speedo technical suits are encouraged, but not required. Swimmers may compete in a CCSC team suit or a black Speedo technical suit.

Speedo Sectionals - Speedo technical suits are encouraged, but not required. Swimmers may compete in a CCSC team suit or a black Speedo technical suit.

USA Swimming Futures - Speedo technical suit expected. Black only.

USA Swimming Junior Nationals - Speedo technical suit required. Black only.

Arena Grand Prix - Speedo technical suit required. Black only.

USA Swimming Nationals - Speedo technical suit required. Black only.

USA Swimming Olympic Trials - Speedo technical suit required. Black only.

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Technical Suit Buying Guide

For some swimmers, a technical suit may provide a little boost. These suits should only be worn at a championship meet, or under special circumstances with a coach's permission. Here are the Tech Suit buying guidelines...

1. No one in the CCSC is required to purchase a technical suit.
2. If you purchase one, it must say "FINA Approved". (Speedo sells some that are not. Do not buy one. Officials could prohibit your swimmer from racing in it.)
3. Do not purchase a suit that your swimmer can "grow into". For it to be effective, it must be impossibly small.
4. Do not expect the suit to last more than a few meets.
5. Purchase only black suits without any colors. Do not buy a \$400 suit in the wrong color and expect to wear it.

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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, setting up an account, and then ordering from the team page. A number of items can be customized.