

# Team Suits Online Access

Visit us online at: [www.kellyspocolocolima.com](http://www.kellyspocolocolima.com)

To access your secure, Teams Page, complete this one time registration process:

1. Go to [www.kellyspocolocolima.com](http://www.kellyspocolocolima.com)
2. Click on **My Account**, located on the top right of site in the green highlighted area.
3. Click on **Create Account** tab, then enter in the information asked for you to provide.
4. **You Must Register** with kellyspocoloco.com to access team pages and other items on site.
5. Click **Home** (located at top left corner on site page), this will take you to the main category page.
6. Scroll down on the main home page and locate the **Teams Icon** (located on right hand column, fifth down) and click on the icon shown.
7. You will see a listing of other teams- scroll down to **Bowling Green (BG) Swim Club**. Once you find your team's icon click on it.
8. Enter in **BGswimclub**, as the password, then press continue

You are viewing your team's suit and equipment, continue shopping.

Any Items Ordered other than Team Suits will be shipped immediately, Per Shipping Policy!

**Suits:** Competition swimwear is worn tightly to reduce drag. To care for your suit and prevent "wear and tear", rinse your suit by hand with clear cool water after use. For your competition suit, do not wear in your daily training while it is still new. Instead, purchase a "grab bag suit." These are discontinued styles at first use quality.

**Goggles:** Fit is the most important aspect of swim goggles. They will leak and or give you a headache if they aren't the proper fit. A quick test to see if they are the proper fit is to press the lens over your eyes without using the strap. If the goggles stay in place for a second after you let go, they should work fine for you once you get the strap adjusted. Make sure the goggles fit comfortably on the bridge of your nose. You should keep a back-up pair of goggles in your swim bag as well, goggles are known to frequently break while swimmers mess with them before a race. To care for goggles, simply allow them to fully dry between practices to discourage mildew and bacteria growth. Keep them out of direct sunlight and heat so the lenses won't distort.

**Swim Cap:** Swim Caps are worn by both girls and boys, they reduce drag in the water. Silicone caps are long lasting and are comfortable. Silicone caps keep hair relatively dry and also keep goggle straps from slipping. To Care for swim cap, rinse it in clear water after each use and allow it to air dry.