**TEAM ATTIRE POLICY**

Piranha Swimming is an Arena-sponsored team and benefits from their sponsorship in many ways. We ask that our swimmers support Arena in return by purchasing their products (suits, backpacks, warm-up suits).

A team fitting for suits is held at the beginning of each season when NorCal Swim Shop sends a representative to the pool. Team suits can be ordered at that time, or can be purchased any time online through our team vendor. NorCal will generally bring other types of attire and swim gear for purchase at the fitting.

NorCal Swim Shop

2449 Second Street

Napa, CA 94559

Tel: (707) 252-3574

Ask your coach for a NorCal order form.

You can visit the shop in person, order by phone or visit NorCal Swim Shop online at [www.swimshop.com](http://www.swimshop.com). NorCal’s staff will be happy to assist with sizing or other swim suit/equipment questions.

**Practice**

**Suits.** Swimmers are not required to wear team suits during practice. In fact, we discourage swimmers from wearing team suits during practice to prolong their use and keep them from fading. Practice suits should meet accepted standards of decency and should not restrict a swimmers movements or interfere with the swimmer's ability to use proper technique. Typical practice suits can be purchased at local sporting goods shops. Two-piece suits and board shorts are not allowed at practice, and swim shirts are strongly discouraged, since these items are not permitted to be worn in competition and we want our swimmers to be accustomed to wearing swim suits that will be permitted in a meet.

**Goggles.** Swimmers will be asked to come to practice each day with a well-fitted pair of goggles. We want our swimmers to learn to adjust these themselves, learn to manage them when they fill with water, and to dive for races with them.

**Caps.** Swim caps are required for swimmers with hair that covers their ears or falls into their Eyes. Team caps are not required for practice.

**Meets**

**Team Suit.** Swimmers must wear team suits to all swim meets. The 2017-2018 Piranha team suit is the ARENA CARBONITE (Navy/Asphalt/White). This suit, printed with the team logo, is available from Norcal Swim Shop (https://swimshop.tuosystems.com/stores/piranhaswimming). The logo is not required. Solid, Navy suits, such as the Arena Madison and Arena Board Jammer, are also acceptable but should be Arena brand.

Meet suits should be tight fitting with very few wrinkles. A good rule of thumb for female meet suits is that you should not be able to pull the straps higher than the bottom of the earlobe. Any higher and the suit is too big. Jammers should fit tight around the waist and thighs, and end just above the knees.

**Tech Suit Policy.** We ask that our Piranha swimmers 12 years old and younger not wear tech suits (knee suits) except in finals at a JO+ level competition meet or higher. Tech suits are designed to reduce drag through compression and reduced absorption. While they can give a slight boost in performance, they cannot substitute for a good foundation in swimming. We want our age group swimmers to focus on basic skills and proper technique, and understand that improvement comes through effort rather than technology.

**Team Caps.** Team caps are required of all Piranha swimmers (male and female) at meets. Arena team caps are available at the pool in latex ($5.00) and silicone ($13.00). Silicone caps with swimmer's names are generally ordered once or twice a year with a two-cap minimum order. Coaches will have team caps at practice and at meets if you need to purchase one.

**Piranha Wear.** The team has a variety of T-shirts, sweatshirts, and sweatpants available for purchase. In order to project a cohesive team image and show pride in our team we highly recommend that swimmers have some form of Piranha Wear with them at meets. Piranha Wear is required for all travel and championship meets.

**Other optional items for swimmers such as team parkas, team duffel bags** **and such, can also be ordered through NorCal.**

**Following is a list of suggested equipment for daily practice:**

Goggles Practice Swim Cap

Practice Swim Suit Kick Board

Pull Buoy Fins, Zoomers

Equipment Bag

**If you should have any questions, check with your swimmer’s coach.**