

Regular Season Suit/Cap Policy Updated **NOV 2019**

Cap Policy: **CURRENTLY IN EFFECT**

CCA Swimmers Participating in a REGULAR SEASON (Non-Championship Meet) are to wear a WHITE CCA Cap (either plain or personalized).

- If a swimmer is not in a white cap, the CCA staff will provide one and charge the family's account.
- **Price of the WHITE CCA Caps are \$14 for Silicone, \$5 for latex**
- If a swimmer's cap breaks shortly before their race, they may use a backup FOR THAT RACE ONLY and it STILL MUST BE A CCA CAP. When they check in with the coaches after their race is completed they will get their new white cap.

Championship Meet Cap Policy:

For designated Championship meets, swimmers may wear their CCA Championship Cap (if provided that year) as directed by their coach. Meets would include Texas Travel, SNS Championships, SWAGR, Far Westerns, or USA Swimming level Championship meet.

Regular Season Suit Policy in effect Jan 1st, 2020 (first meet DART Jr+)

CCA swimmers will be expected to be in a **NAVY BLUE SPEEDO SUIT (additionally listed as NAUTICAL NAVY on some Speedo products)**. The suit may ONLY include white or gray piping/straps/strap supports if not completely Navy. This will be required for all meets unless the athlete is allowed to wear a "technical" suit.

- If new to CCA, the swimmer will have **one meet** to comply with the new suit policy.
- Fall/Starter program swimmers are not subject to this rule, but will be if they continue on with the CCA year-round program. Expectation is the Seasonal Program swimmers will have a plain solid color black/blue suit to wear for the meets they participate in.
- **A Swimmer WILL NOT be allowed to compete in a non-compliant suit.** The swimmer will be removed from events until they are in the required team suit. Swimmers ARE allowed to participate in TEAM WARM UPS in a "practice suit" if they wish. This is common practice in order to keep the team/racing suit in better shape for the day's events.

NOTE 1: Suits that become torn at the meet will be the exception where the coaching staff will allow a non-compliant suit if necessary. However, it is recommended to always keep a solid color back up!

Technical Suit Policy (in effect currently- updated NOV 2019)

CCA Swimmers are to wear only **SPEEDO TECHNICAL SUITS**. **The preferred suit color is Black, and any variance on that MUST be approved by Coach Justin in order to be compliant.** These suits are to be worn ONLY when directed by the staff at championship-level meets or in "last chance" opportunities. This is a coach decision on when to wear these suits not an athlete or parent decision.

- If a suit is not in compliance, the athlete will be asked to wear their CCA approved regular season suit or change into a compliant technical suit.
- "Ripped suits". If a suit rips at a meet and A) the backup suit is not in compliance or B) if the suit vendor **at the meet*** does NOT have a suit in the proper size that the athlete needs in the required colors the athlete will be allowed to purchase that suit and compete. That suit will only be used for that meet.

* Please note this exception is for the vendor *at the meet*. *The swimmer still must reach out to Coach Justin in this situation to let him know the options*. Even if the preferred team vendor is out of suit sizes in our required colors there are plenty of other vendors who may have the suit. ***Purchasing another color outside of our requirements because it is on sale is not a reason to get another suit color.***

- USA Swimming Note: Starting with the 2020-2021 Season USA Swimming is no longer allowing 12 & Under Athletes to wear "Technical Suits" for any meets except for USA Swimming Championship Series Meets (Sectionals, Jr Nationals, Nationals, Olympic Trials, etc). Please keep this in mind, and our staff will gladly help you through this process. CCA will begin adhering to this policy for the remainder of the 2019-2020 season.