



# SCSC Competitive Team Equipment and Suit Information



Powered by Arena

Arena is an official team sponsor, SCSC families receive a discount on all suits and gear purchased from Augusta Swim Supply using the on-line team portal. *Augusta Swim Supply has pages for each age group to make it easy for you to find the right gear and suits. To view the gear for the SCSC practice groups, login to their site using the credentials below. Your training group equipment is listed below. Click on: **Augusta Swim Supply Username: SCSC, Password: 1234***

## Mini Division

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

**\*\*Required Competition Suit:**

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

- Jr. Kickboard
- Rubber Fins
- Jr. Pull Buoy
- Snorkel (recommend Speedo Bullet)
- Nose Clip

- Equipment Bag
- Water Bottle
- SCSC Latex or Silicone Cap
- Goggles
- Jump Rope

*All Mini division swimmers are expected to wear their SCSC team suits at swim meets. The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from advanced swimwear technology to justify the additional cost.*

## Age Group Division

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

**\*\*Required Competition Suit:**

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

- Kickboard
- Rubber Fins
- Pull Buoy
- Snorkel
- Nose clip
- Paddles (size should be about the size of a swimmers hand – no larger)

- Equipment Bag
- Water Bottle
- SCSC Latex or Silicone Cap
- Goggles
- Jump Rope

**\*\*Championship Meet Suits:**

- **All 10 & Under Swimmers:** 10 & U swimmers are expected to wear their SCSC team suits at swim meets. The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from advanced swimwear technology to justify the additional cost.
- **All 11 – 12 Swimmers:** In addition to the SCSC team suit, at Championship meets, 11-12 year old swimmers may also wear the following:
  - **Girls:** Arena Powerskin ST 2.0 Classic (**Please make sure it is the classic cut - 11&12's cannot wear kneeskins**)
  - **Boys:** Arena Powerskin ST 2.0 Jammer
  - The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from the more expensive suits in advanced swimwear technology to justify the additional cost. In addition, USA Swimming has banned tech suits for any swimmers 12 years and younger.

## Junior Division

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

\*\*Required Competition Suit for non-championship meets:

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

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| <ul style="list-style-type: none"><li>▪ Kickboard</li><li>▪ Rubber Fins</li><li>▪ Pull Buoy</li><li>▪ Snorkel</li><li>▪ Nose Clip</li><li>▪ Paddles</li><li>▪ Equipment Bag</li><li>▪ Water Bottle</li></ul> | <ul style="list-style-type: none"><li>▪ SCSC Latex or Silicone Cap</li><li>▪ Goggles</li><li>▪ Dryland Equipment (<a href="#">Click here for examples</a>)<ul style="list-style-type: none"><li>○ Micro Resistance Band</li><li>○ Jump Rope</li><li>○ Pull-up assistance band</li><li>○ Mini Bands</li></ul></li><li>▪ *Stay Tuned for more info on Tempo Trainers</li></ul> |
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\*\*Championship Meet Suits:

- **All 11 – 12 Swimmers:** In addition to the SCSC team suit, at Championship meets, 11-12 year old swimmers may also wear the following:
  - **Girls:** Arena Powerskin ST 2.0 Classic (**Please make sure it is the classic cut - 11&12's cannot wear kneeskins**)
  - **Boys:** Arena Powerskin ST 2.0 Jammer
  - The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from the more expensive suits in advanced swimwear technology to justify the additional cost. In addition, USA Swimming has banned tech suits for any swimmers 12 years and younger.
- **All 13 & Older Swimmers:** In addition to the SCSC team suit, at championship meets 13 & Older swimmers may wear the following:
  - **Girls:** In addition to the Arena Powerskin ST Classic, 13 & Older swimmers can also wear the Arena Powerskin ST 2.0 Kneeskin, the Arena Evo Kneeskin, or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression
  - **Boys:** In addition to the Arena Powerskin ST 2.0 Jammer, 13 & Older swimmers can also wear the Arena Evo jammer or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression

If interested in wearing the Carbon Series of suits, swimmers are encouraged to communicate with their coach before purchasing. Not all swimmers significantly benefit enough from the more expensive suit to justify the additional cost.

## Senior Division

Recommended Practice Suit: Arena practice suits, other suit brands may be worn at practice (No tie back or two piece suits. Swimmers wearing inappropriate suits risk not being permitted to practice.)

\*\*Required Competition Suit for non-championship meets:

- Girls - Navy Arena Suit with logo – There are several different styles to choose from - See Augusta Swim Supply for suit options
- Boys – Navy Arena Suit with logo (boys) – Jammer or brief - See Augusta Swim Supply for suit options

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| <ul style="list-style-type: none"><li>▪ Kickboard</li><li>▪ Rubber Fins</li><li>▪ Pull Buoy</li><li>▪ Snorkel</li><li>▪ Nose Clip</li><li>▪ Paddles</li><li>▪ Equipment Bag</li><li>▪ Water Bottles</li></ul> | <ul style="list-style-type: none"><li>▪ SCSC Latex or Silicone Cap</li><li>▪ Goggles</li><li>▪ Dryland Equipment (<a href="#">Click here for Examples</a>)<ul style="list-style-type: none"><li>○ Micro Resistance Band</li><li>○ Jump Rope</li><li>○ Pull-up assistance band</li><li>○ Mini Bands</li></ul></li><li>▪ *Stay tuned for more info on Tempo Trainers</li></ul> |
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\*\*Championship Meet Suits:

In addition to the SCSC team suit, at championship meets Senior Division swimmers may wear the following:

- Girls:** In addition to the Arena Powerskin ST Classic, 13 & Older swimmers can also wear the Arena Powerskin ST 2.0 Kneeskin, the Arena Evo Kneeskin, or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression
- Boys:** In addition to the Arena Powerskin ST 2.0 Jammer, 13 & Older swimmers can also wear the Arena Evo jammer or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression

If interested in wearing the Carbon Series of suits, swimmers are encouraged to communicate with their coach before purchasing. Not all swimmers significantly benefit enough from the more expensive suit to justify the additional cost.

## SCSC COMPETITION SUIT POLICY

In developing the SCSC swimwear policy, the coaching staff has tried to accomplish four objectives:

1. Maintain our philosophy of preparing our athletes to compete at the next level of competition.
2. Allow our swimmers to be competitive at their most important meet of the season.
3. Protect our SCSC families from unnecessary costs when purchasing competition swimwear.
4. Arrive at meets looking like a team.

There are several factors that determine the type of suits our SCSC swimmers will wear during competition including the swimmer's age, physical development, swimming efficiency, level of competition, fit, and cost. For most of the season, the standard SCSC team suit will be the team suit. Any deviation from this would be the direct result of a specific coaches' decision for a specific swimmer.

**We require that swimmers have the team suit, whether it be the new Arena Suit or the old Speedo suit, at all meets. Those failing to wear their SCSC team suit at meets, both regular season and championships, risk not being permitted to warm-up with the team as well as not being permitted to compete.**

### Regular Season Competition

All swimmers are *required* to wear the SCSC team suits and SCSC team caps at regular season meets and during warm-ups for championship meets. We offer several different styles of navy Arena suit with the SCSC logo (see the SCSC page on Augusta Swim Supply's website to see the different styles) to help your swimmer pick a suit. It is important that we look and feel like a team at competitions just the same as a basketball team walking out on the court or a soccer team walking out on the field.

### Championship Meets

Coaches determine which meet is considered the championship meet for each swimmer. Team caps should be worn at championship level meets, with a few coach-dictated exceptions. Swimmers are required to wear their SCSC team suits during warm-ups for championship meets and then may change into one of the approved championship suits that are appropriate for their age.

Approved championship swimwear varies by age group and ability as follows:

**Mini Divisions:** All Mini Division swimmers should wear their SCSC team suits at swim meets. The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from advanced swimwear technology to justify the additional cost.

**Age Group Division:** All Age Group Division swimmers should wear their SCSC team suits at regular season swim meets. At championship meets, Age Group Division swimmers may wear the following:

- **All 10 & Under Swimmers:** 10 & U swimmers are expected to wear their SCSC team suits at swim meets. The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from advanced swimwear technology to justify the additional cost.
- **All 11 – 12 Swimmers:** In addition to the SCSC team suit, at Championship meets 11-12 year old swimmers may also wear the following:
  - **Girls:** Arena Powerskin ST 2.0 Classic (**Please make sure it is the classic cut - 11&12's cannot wear kneeskins**)
  - **Boys:** Arena Powerskin ST 2.0 Jammer
  - The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from the more expensive suits in advanced swimwear technology to justify the additional cost. In addition, USA Swimming has banned tech suits for any swimmers 12 years and younger.

**Junior Division:** All Junior Division swimmers should wear the SCSC team suit at regular season swim meets. In addition to the SCSC team suit, at championship meets Junior Division swimmers may wear the following:

- **All 11 – 12 Swimmers:** In addition to the SCSC team suit, at Championship meets 11-12 year old swimmers may also wear the following:

- **Girls:** Arena Powerskin ST 2.0 Classic (**Please make sure it is the classic cut - 11&12's cannot wear kneeskins**)
- **Boys:** Arena Powerskin ST 2.0 Jammer
- The SCSC coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from the more expensive suits in advanced swimwear technology to justify the additional cost. In addition, USA Swimming has banned tech suits for any swimmers 12 years and younger.
- **All 13 & Older Swimmers:** In addition to the SCSC team suit, at championship meets 13 & Older swimmers may wear the following:
  - **Girls:** In addition to the Arena Powerskin ST Classic, 13 & Older swimmers can also wear the Arena Powerskin ST 2.0 Kneeskin, the Arena Evo Kneeskin, or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression
  - **Boys:** In addition to the Arena Powerskin ST 2.0 Jammer, 13 & Older swimmers can also wear the Arena Evo jammer or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression

**Senior Division:** All Senior swimmers should wear the SCSC team suit at regular season swim meets. In addition to the SCSC team suit, at championship meets Senior swimmers may wear the following:

- **Girls:** In addition to the Arena Powerskin ST Classic, 13 & Older swimmers can also wear the Arena Powerskin ST 2.0 Kneeskin, the Arena Evo Kneeskin, or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression
- **Boys:** In addition to the Arena Powerskin ST 2.0 Jammer, 13 & Older swimmers can also wear the Arena Evo jammer or the Arena Carbon Series of suits which come in light compression, medium compression, and high compression

*If interested in wearing the Carbon Series suits, swimmers are encouraged to communicate with their coach before purchasing. Not all swimmers significantly benefit enough from the more expensive suit to justify the additional cost.*