

## SUMMER LEAGUE SWIM TEAM QUESTIONS:

### Q: What is the difference between Silicone and Latex Caps?

LATEX Team caps the Red, White & Blue “Shield” HAST logo caps, that will last through the summer. Girls with long hair prefer the Silicone Caps because they are a thicker material that doesn’t pull their hair as much, however, they do cost more.

### Q: Does the Summer Swim League ST kids need to purchase the team suit?

Only if wanted, they are not required. However, the HAST team suits are a polyester long-wearing suit perfect for a swim team situation.

### Q: How do we know what size suit to get?

It should fit snug. You are welcome to try them on first (please keep underwear on)

### Q: Can I return the suit if it’s the wrong size?

Yes, suits can be exchange for a different size but it must be returned (unused) with the box. If a refund is preferred, a receipt must be provided.

### Q: Do we HAVE to purchase the fins, kickboard, cap, etc..?

The only equipment that is required: **1) Team CAP, 2) FINS for 10 & under swimmers, and 3) GOGGLES.** Other equipment like kickboards, fins for older swimmers, & gear bags are strongly encouraged, but are not required. *HAST year round club swimmers are required to have all the equipment (suit, fins, cap, kickboards, etc.)*

### Q: Do we need to purchase a kickboard & fins? Why do they use a kickboard and/or fins?

They are highly recommended, but are not required. Kickboards & fins are used in training almost every day. Fins help younger swimmers complete workouts, and help position their feet correctly for competitive swimming. Kickboards also help in completing workouts and breathing technique. There is a fin bin on deck of lost & found fins and kickboards that anyone can use (limited sizes and quantities). They are only available on a first come basis and must be returned at the end of workouts.

### Q: How should the fins fit... snug or little loose?

They should fit snug, and are sized by a swimmers shoe size.

### Q: How do we know what goggles to get?

“JR.” competitive goggles are usually for 12 & under swimmers, but any goggles need to fit snug around their eyes. Goggles cannot be returned.

### Q: Do certain groups need the large or small bags?

Just preference, for what/how you want to carry & store. The mesh team bags help equipment dry out before the next day’s workouts.

### Q: Do we sell the bungee cord for goggles at the FC front desk?

YES! They are new to our Pro Shop now, or on deck at swim meets.

### Q: Are swimmers getting key fobs or cards?

Swim Team Cards with a badge holder attached (to clip to bag), will be given on the first day of swim team.

### Q: Does the Summer League ST swimmers need to purchase a FC pass to attend workouts?

NO. They will receive a card to enter the facility for workouts – ONLY. Use of these cards at any other time will result in immediate removal from the team.

### Q: How do we know if payment has been received?

You should have received an email when the registration and payment was completed. You can also login into your team unify account and view payment history there.