

Quest Swimming Uniform & Equipment Policy

The goal is “**ONE TEAM PRESENCE**”; therefore, one uniform.

1. **Black is our background color for team suit and backpack.**
2. Our team is sponsored by Arena and you can order the team suit, Arena apparel and equipment online at www.swimandtri.com In the Team Portal box enter Quest.
3. **The uniform at swim meets (non-championship) is as follows:**
 - Black Arena suit for girls and boys ages 12 and under
 - Black Arena PowerSkin ST 2.0 Classic Cut **required** for girls 13 and over and *optional* for 12 and under. The PowerSkin ST 2.0 Jammer is *optional* for all boys, regardless of age.
 - Black Arena cap
 - Black or White Quest Swimming logo t-shirt, mesh jersey or sweatshirt
 - Predominantly Black pants or shorts – with or without Quest logo
 - Quest Arena Team Backpack-(this is required within the first 6 months of joining the team. During this 6-month time a solid black backpack can be used). **No other team backpacks or apparel are allowed.**
4. **Swimmers must be on deck at the meet facility wearing the team uniform.**
5. Quest Swimming logo (t-shirt, mesh jersey, sweatshirt) must be worn on deck at all meets. NOTE: It is wise to be clothed on deck. If you are going to be clothed, you should wear Quest clothing.
6. Swimmers who make it back for finals must walk out in uniform (Quest t-shirt/sweatshirt or jacket) from the Ready Room. This displays pride in your team and often times differentiates Quest from other teams.
7. Only use Quest team vendors (Quest Boosters and Swim & Tri) for personalization and team recognition on uniform items. This helps to maintain uniformity.
8. Quest logo spirit wear is ordered through Quest Boosters. You can find the catalogue of the items offered, the order form and instructions on the Spirit Store tab at www.questboosters.org

The **Arena Quest team suit** is required at all meets except championship meets.

Technical suits are allowed at the following championship meets and must be Arena brand and must be predominantly black or a dark grey color. **NOTE:** This has occasionally been problematic when swimmers make choices that are different from this instruction and without approval. These choices are not allowed and may require behavior modification from the coaching staff. We are under a signed contract with Arena and have been for five (5+) years. Quest is expected to be 100% compliant at this time.

- Virginia District & Region Championship (February & July)
- Virginia Age Group Championships (March & July)
- Senior State Championships (March & July)
- ISCA and Jr. & Sr. National Championships (March & August)
- Christmas Championships (December)

Tech Suit Restrictions for 12 and Under Athletes:

The tech suit restrictions, proposed by the Age Group Development Committee, will go into effect for 12-and-under swimmers beginning September 1, 2020. Below is the link to the article on USA Swimming and a to the ARENA **restricted** and **approved** suits for 12 and under athletes.

<https://www.usaswimming.org/news/2019/09/12/tech-suit-restriction-for-12-and-under-swimmers>
<https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/arena.pdf>

Required Practice Attire & Equipment

Caps:

If you wear a cap to practice, it must be a black Arena Quest cap.

Additional caps are available for purchase through Quest Boosters. (\$5 Latex and \$15 Silicone) Please follow the instructions and order your caps through this link.

https://docs.google.com/forms/d/e/1FAIpQLSdZr2K9ZlqKp5Se0fRdJYj5_IS_0hO8rV3kYSJkgUd7T6W4ZQ/viewform

Saturday is “Fun” cap practice and you can wear a fun cap of your choice.

Practice Equipment:

In addition to providing their own water bottle, yoga mat, and jump rope each day for practice, athletes are asked to bring their equipment bag full of the following equipment to/from practice each day:

- Q1 and Q2 - Arena Powerfin Hook Training Fins, Finis Axis Buoy (small) and Arena Mesh Bag (Note: some athletes may need to wear socks with their fins if their feet are too small or narrow).
- Q3 - Arena Powerfin Hook Training Fins, Finis Axis Buoy (small/medium – fit to size) and Arena Mesh Bag (Note: some athletes may need to wear socks with their fins if their feet are too small or narrow).
- AG B - Arena Powerfin Hook Training Fins, Finis Axis Buoy (medium), Green/Azure Blue Strokemaker Paddles and Arena Mesh Bag
- AG A - Arena Powerfin Hook Training Fins, Finis Axis Buoy (medium), Yellow Strokemaker Paddles, Arena Snorkel and Arena Mesh Bag
- Senior B - Arena Powerfin Pro Training Fins, Finis Axis Buoy (medium), Red Strokemaker Paddles, Arena Snorkel, D-Band, Arena Kickboard and Arena Mesh Bag
- Senior A - Arena Powerfin Pro Training Fins, Finis Axis Buoy (medium), Strokemaker Paddles (bright red for girls; purple for boys), Arena Snorkel, D-Band, Arena Kickboard and Arena Mesh Bag
- Homeschool Novice - Arena Powerfin Hook Training Fins, Finis Axis Buoy (small/medium – fit to size) and Arena Mesh Bag (Note: some athletes may need to wear socks with their fins if their feet are too small or narrow).
- Homeschool AG - Arena Powerfin Hook Training Fins, Finis Axis Buoy (medium), Green/Azure Blue Strokemaker Paddles and Arena Mesh Bag

All athletes are asked to provide their own water bottle, yoga mat, and jump rope for practice each day

Please remember that we are an Arena sponsored team. Arena is the primary apparel company that we should use for ALL of our swimming gear and should be purchased through Swim and Tri. www.swimandtri.com

Ordering Arena Items

- Arena Quest team suits, backpacks and apparel (Warm-Ups, Parkas, and etc.) and practice equipment are available at www.swimandtri.com In the Team Portal box enter **Quest**.
- Please purchase Arena apparel and swimming equipment at www.SwimandTri.com because Quest receives an allotment of Arena apparel/equipment based on our team sales through our team distributor.

Ordering Spirit Wear and Caps

How do I order caps? <http://bit.ly/Questcaps>

Where do I order Quest Swimming spirit wear?
<http://www.questboosters.org/spirit-store.html>

How do I receive the items I ordered at Quest Boosters?

Please visit www.questbooster.org for the apparel catalogue, order dates and instructions. Please allow 2-3 weeks for your order to be completed. Upon completion your order will be delivered to the pool. You will receive an email when your order is ready for pickup.

Frequently Asked Questions

Where to order what?

www.Swimandtri.com	www.Questboosters.org
All Arena items (team suits, warm-ups, arena brand apparel, bags and etc.) Practice Equipment (fins, paddles, snorkels, buoys, kick boards, D Bands and mesh bags)	CAPS (either the Quest Swimming Website under Swim Team Tab or the Quest Booster website under the Spirit Store Tab) All other items (t-shirts, tanks, sweatshirts, sweatpants, etc..)

All swimmers of Quest will receive a new Black Quest T-Shirt and swimmers new to the team will receive 1 latex cap. It is recommended to have a minimum of 2 Quest Swimming logo tops and 2 caps at all times. The mesh jersey tank is a popular alternative as is the Arena jacket and hoodie. The Arena parka is highly recommended for our athletes swimming at Evergreen.

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