



# OSHY SWIM TEAM BASICS

## COMMUNICATION:

- \*OSHY Website: [www.oshyswimteam.org](http://www.oshyswimteam.org) Visit often and get familiar!
- \*Got Questions: **Web master's** got answers! Go to the web site, click on contacts and ask away!
- \*Coach **specific questions**- quick questions catch coach between practices or longer questions make an appointment.
- \*For meet results download MeetMobile app on you smart phone.
- \*Check green folders on pool deck after a meet for ribbons and awards!

## SWIM ATTIRE:

### Dolphin and Bronze groups:

Practice suits, swim meet suit, swim caps, goggles, fins, water bottle

### Silver, Gold, and Platinum groups:

Practice suits, swim meet suit, swim caps, goggles, pull buoy, paddles, snorkel, nose clips, fins, water bottle, mesh bag

\***Practice suits:** Lycra/nylon fit nice, don't last as long with amount of chlorine they are exposed to. **Polyester** may be a bit more expensive, but last much longer. Talk with veteran parents for tips!

\***Swim Meet Suit:** Team suits are navy blue with or without OSHY logo on it. (Lycra is good meet suit, fits snug and less drag). Race suits cannot have zippers, clips or other fasteners; draw strings/ties are fine. **\*\*Team suits are ordered in the fall\*\***

\***Swim Caps:** Protects hair from chlorine and decrease drag in races. OSHY team swim caps will be given to swimmers at their first meet. Two types **Silicone** more expensive, but lasts longer **Latex** cheaper but does not last as long.

\***Goggles:** Comfort and fit is key, not style! Bungee cord is good for replacing goggle straps—easy to adjust and WILL NOT BREAK! (Ask veteran parent what they are!) **\*\*To purchase prescription goggles go to [www.swimoutlet.com](http://www.swimoutlet.com)**

## HOW OFTEN SHOULD MY CHILD PRACTICE?

\*Your child will get out of swim team what they put into it. A great goal for a new/younger swimmer would be 2-3 times per week. More experienced swimmers will swim more often.