



LYNCHBURG YMCA SWIMMING TEAM ATTIRE POLICY

To all LY swimmers and parents,

As coaches, we pride ourselves on carefully considering all aspects of swimming regarding the competitive development of our athletes. Our team culture has an enormous impact on our swimmers' success. The aim of the policies outlined below is to define that culture in order to (1) improve our unity as a team and (2) ensure that our attire at meets and practice is consistent with our philosophy. Please read all four parts of this team attire policy outlined below and direct any questions to me at ryan.d.woodruff@gmail.com.

Sincerely,
Ryan Woodruff
Head Coach & Director of Competitive Aquatics

1) Tech Suits

"Tech suits" include the Fastskin, FS2, FS3, the Lzr, Lzr Pro, FSPro, and the Aquablade, etc. These suits are engineered to reduce a swimmer's drag in the water, artificially enhancing performance. We believe that this is not appropriate for younger swimmers to use a swimsuit to this effect. We want our developing swimmers to value hard work, skill, and technique as the means to improvement. We feel that "tech suits" undermine these values. We will save the boost from a "fast suit" for when our swimmers are older.

Our team policy effective immediately is that all LY swimmers 12 years old & under are not permitted wear a "tech suit" at practice or in competition in any USA Swimming meet. This includes a swimmer who is training with LY but competing unattached. This policy applies to prelims, finals, and relays at both in-season and championship meets. Swimmers who are 13 years or older on the first day of the meet in question may wear a FINA-approved tech suit at championship meets ONLY or with the Head Coach's permission. Championship meets are defined as those end-of-season meets where a swimmer is shaved and rested and focused on a peak performance. The preferred tech suit color for LY swimmers is BLACK.

Tech suits for 13 years and older swimmers are not required. Swimmers are encouraged to use a Speedo brand suit.

2) Team Suits

At meets, we want to make our presence known as a club. We are proud to swim for LY and dressing uniformly is a way for us to unite as a club.

Our team policy is that for all YMCA and USA Swimming meets (other than when a swimmer wears a tech suit in compliance with the policy above) all LY swimmers are required to wear a team suit. Our team vendor is Swim and Tri. You may call them to order any of the above equipment listed above at 1-877-SWIM-TRI or order online from our team portal at

http://www.swimandtri.com/Scripts/TeamView_LynchburgYMCASwimming.aspx.

We have selected the following options for our team suits:

For Girls:

Lynchburg YMCA Female Suit poly flyback training suit w/logo-sapphire	Lynchburg YMCA Female Suit Thin Strap (Open Back) Polyester W/Logo-Sapphire	Lynchburg YMCA Female poly thick strap w/logo- sapphire
		
Price: \$51.00 List Price: \$69.00	Price: \$59.40 List Price: \$66.00	Price: \$51.00 List Price: \$74.00

For Boys:

Lynchburg Male Team Suit-poly jammer w/logo-sapphire	Lynchburg YMCA Male brief -poly brief w/logo-sapphire
	
Price: \$39.00 List Price: \$63.00	Price: \$32.00 List Price: \$44.00

Any LY swimmer who is present at a meet without a team suit will be restricted from competition, regardless of the meet's importance or distance from home. **DO NOT LEAVE HOME WITHOUT YOUR TEAM SUIT.** Often, team vendors are at meets, but please do not depend on them being there or having your size in stock.

It is permissible for swimmers to have a sapphire (royal blue) suit like these above that does not have the Y logo.

3) Practice Suits

Swimmers are not required to wear a team suit during practice. Girls may not wear two-piece suits at practice. Any other swimming suit that meets the common standards of decency and does not interfere with a swimmer's ability to use proper technique is permitted to be worn at practice.

4) Swim Caps

Most girls and many boys wear caps in order to contain their hair and to allow them to use proper technique. If your swimmer chooses to wear a cap at practice and/or meets, it must be a team LY cap. Having all of our swimmers wearing the same cap encourages team unity and enables our coaches to easily spot our swimmers in the pool. Our coaches will make every effort to have extra caps available at meets and practice, but please do not depend on this in order to comply with the swim cap policy.