



Clothing & Swim Gear Policy

Purpose

Ensure clarity of required swimsuits, clothing and swim gear required for all practices and swim meets for all competitive swimmers.

Responsibilities in this document

Swimmer

Coaches

Clothing for Practices

Afternoon (pm) practices:

All competitive groups with the Fredericton Aquanauts Swim Team are expected to come to all afternoon practices with the following:

- FAST Team Suit - either Speedo Endurance (black with red trim, black with red & gray trim) or solid red Jolyn. See FAST Clothing & Gear Catalogue for more information.
- 2 swim caps with FAST logo: swimmers need at least one backup cap, as they do tear. Swimmers can be given a new swim cap and cost will be charged to their account.
- 2 pairs of goggles: swimmers need at least one backup pair, as they do break. Swimmers can be given new goggles and cost will be charged to their account. Swimmers are not permitted to train in any technical suit. This includes all styles and brands including but not limited to aquablades, fastskin, arena, etc.

Morning (am) practices:

All competitive groups with the Fredericton Aquanauts Swim Team are expected to come to all morning practices with the following:

- Swim Suit of their choice. Must be a one piece swim suit for Women and jammer or brief for men.
- 2 swim caps – swimmers are permitted to wear a **cap of their choice**. Swimmers need at least one backup cap, as they do tear. Swimmers can be given a new swim cap and cost will be charged to their account.
- 2 pairs of goggles: swimmers need at least one backup pair, as they do break. Swimmers can be given new goggles and cost will be charged to their account.
- Swimmers are not permitted to train in any technical suit. This includes all styles and brands including but not limited to aquablades, fastskin, arena, etc.



Swim Gear for Practices (am & pm)

FAST has some inventory on hand for most of the required swim gear to make it easy to obtain these items. You are free to purchase at a retailer of your choice, however, you must ensure the gear meets all the requirements (style, brand, etc) as per the FAST Clothing & Gear Catalogue.

Group	Swim Gear Required at Practices
Aqua 1	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Snorkel ● Headset ● Band Skipping Rope ● Stretch/Resistance Bands
Aqua 2	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Snorkel ● Headset ● Band Skipping Rope ● Stretch/Resistance Bands
Aqua 3	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Headset ● Paddles ● Snorkel ● Band Skipping Rope ● Stretch/Resistance Bands
Aqua 4	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Paddles ● Snorkel



	<ul style="list-style-type: none"> ● Headset ● Band Skipping Rope ● Stretch/Resistance Bands
APJ	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Paddles ● Snorkel ● Headset ● Band Skipping Rope ● Stretch/Resistance Bands
APS	<ul style="list-style-type: none"> ● Kickboard ● Pull Buoy ● Fins ● Paddles ● Snorkel ● Headset ● Band Skipping Rope ● Stretch/Resistance Bands

Clothing for Swim Meets

FAST Swimmers are not permitted to wear technical suits at any swim meet without prior coaches' approval.

- It has always been FAST's philosophy that we are fast in our own skin, and there is a very specific use for technical suits when at high profile/performance level meets
- technical suits are expensive and when used properly, have a very short life span (1-2 uses)
- FAST swimmers may be permitted to wear these suits if the swim meet is at a high level of performance, however, the swimmer must have permission from their coach, before the meet, to wear a technical suit.

Group	Swim Clothing Required at Swim Meets
Aqua 1	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are not acceptable to wear) ● Official FAST Swim cap



	<ul style="list-style-type: none"> ● Official FAST Team T-shirt ● Official FAST Backpack
Aqua 2	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are not acceptable to wear) ● Official FAST Swim cap ● Official FAST Team T-shirt ● Official FAST Backpack
Aqua 3	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are not acceptable to wear) ● Official FAST Swim cap ● Official FAST Team T-shirt ● Official FAST Red or Black shorts ● Official FAST Backpack
Aqua 4	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are only permitted with coaches’ approval at provincial championship level meets, or when necessary with coach’s discretion) ● Official FAST Swim cap ● Official FAST Team T-shirt ● Official FAST Team black hooded sweatshirt with FAST logo ● Official FAST Red or Black shorts ● Official FAST Backpack
APJ	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are only permitted with coaches’ approval at provincial championship level meets, or when necessary with coach’s discretion) ● Official FAST Swim cap ● Official FAST Team T-shirt ● Official FAST Team black hooded sweatshirt with FAST logo ● Official FAST Red or Black shorts ● Official FAST Backpack
APS	<ul style="list-style-type: none"> ● Official FAST Team Swim suit – black Speedo Endurance suit with Red trim or red/gray trim (performance technical suits are only permitted with coaches’ approval at provincial championship level meets, or when necessary with coach’s discretion) ● Official FAST Swim cap ● Official FAST Team T-shirt



	<ul style="list-style-type: none">● Official FAST Team black hooded sweatshirt with FAST logo● Official FAST Red or Black shorts● Official FAST Backpack
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Breaches of this policy may result in an athlete forfeiting their right to compete at the event.