



# Equipment Rules & Advice



## The swimming suit:

When buying swimming suits you must remember that they will be used for two completely different purposes. It is highly recommended (mandatory for older swimmers) that you have different suits for training and for competing.

Your training suit is a swim suit that you purchase for daily use, comfort and durability. When buying your training suit you are looking for materials such as polyester (or a polyester blend) or if they are around nylon. Polyester is the most common nowadays though. These are suits that will last the longest for daily training with proper care.

Your competition suit should be kept in the drawer only for swim meets. Competition suits are generally made from lycra (from the basic lycra VPSC team suits, to 'Aquablades' to 'Fastskin' suits, these all contain lycra). These suits are created to help you swim faster and easier through the water, their main function is not durability. While a well looked after polyester suit can last you two years or longer, you should not plan to keep your lycra suit for more than one season. Because of this you should NOT purchase your competition suit with the intent of "growing into it". Since the suit is geared around helping you swim faster, you need to purchase a suit that fits tight and shaped to your body; a baggy competition suit defeats the purpose of the suit. For girls you should be able to stick two fingers under the shoulder strap and that is about all the give you want it to have. Most swimmers will purchase a competition suit that is a couple sizes smaller than their training suit.

## Goggles:

Purchasing goggles is also a mystery to many new swimmers. Picking the right set of goggles makes training a much easier process if you do not have to worry about leaking goggles and foggy lenses. A good retail outlet will let you try on any pair of goggles before you purchase them, so take advantage of it. Find a pair that fit well to your face and are comfortable. Usually a good pair of goggles that will last, be comfortable and work well will cost about \$12-15. If it seems your child loses goggles as fast as you buy them, the under \$10 models will work, but try and find a pair that fits well to their face

## Caps:

You can get team caps from your coaches. Team caps distributed will be tracked and billed on your accounts during the course of the year; you do not have to pay up front. The club has both latex and the more durable silicone for purchase.

## Where to buy training equipment:

There are a few places around to buy training equipment. The best place for equipment is Team Aquatic Supplies for price and availability. If you state you are with VPSC or UBCD you will receive a 10% discount on your purchases. The two locations closest to us are:

North Vancouver (main warehouse store) at 1305 Welch Street

Watermania in Richmond at 14300 Entertainment Blvd

You will also find them with booths at some swim meets that we attend.

## Wearing your team gear:

Remember that team gear is mandatory equipment at swim meets. Swimmers must be wearing team swim suits, shirt and cap. Coaches will have a supply of caps with them if one breaks or is lost, but it is the swimmers responsibility to make sure they are equipped with their suit and shirt. Swimmers attending travel meets and multi-day meets will probably want to make sure they have at least two shirts so you are not wearing the same clothes day after day. You would not turn up to your soccer or hockey game without wearing your team gear and attending a swim meet is no different. VPSC and UBCD always make an imposing presence when we attend meets and this only happens when everyone is in proper gear.