

What do I need?????  
First Year Parent Information  
Edition 1

For those new to the swim club interested in finding decent equipment, goggles, swim caps, practice suits etc. etc., the following are some tidbits of information. All of the following are from past experience and do not reflect the view points of all team members. Cost is all relevant to your child's personal preferences and name brand taste.

1.) Swim Caps - This is an area that is wide open. If you go to many of our sporting goods stores you can find TYR, Speedo, etc. lines of caps, goggles, and suits. Silicone caps seem to be the preferred cap since they go on much easier than the latex type even though the latex are cheaper. There is also a Lycra cap but you don't see it used much. Again, it is a personal preference, BUT after pulling half of your child's hair out in the first attempt of removing a latex cap the small extra for the silicone cap will seem a wise investment. (Secret, use a little bit of baby powder in cap after use) The team will have by next week some silicone swim caps for \$5 which is very reasonable. In many places they are around \$8 to \$10. The caps are in assorted colors for around \$5. We are looking for a lavender and white cap to match the suits where we get our silicone caps from and they would be the same price if they still carry them. The team has them available at swim meets for anyone to purchase. The other funny thing about the latex and silicone caps is they have this unique characteristic of tearing just at the exact same time your child is waiting to swim their event and what do you do? Word to the wise, parents always have an extra and be ready to dash to the starting line at any given time with either an extra cap or goggles!

2.) Goggles - are all a personal preference to the kids. Some kids like Speedo and others like Tyr. There are various types of goggles. Some have adjustable nose bridges, some have foam around the eye seal, and some have rubber around the eye seal. For the younger kids the Tyr Youthflex goggles seem to work well. They have a fixed nose bridge, rubber eye seal, and are reasonable in price. Last year the team ordered some and I sold them at a reduced price. I have checked around here and they have a couple pair at Hibbit's Sports for around \$9. For the next size up Tyr makes a goggle called the Technoflex Jr. which also has the same characteristics as the Youthflex but a little wider for the kids in the 12 and up group. Then comes the Tyr Technoflex 2 and other models for the adult. They have most of these available anywhere they carry Tyr. An on-line source with the best pricing is [www.swim2000.com](http://www.swim2000.com). I have ordered goggles from there in the past and currently I have ordered 15 pairs of the Youthflex purple lens and clear strap combination if somebody wants to buy a pair from me. With shipping they will probably be the same price. Also try Hibbit's, Just for Kicks, Dick's Sporting Goods, Dunhems, etc. **Word of warning, do not skimp on goggles and buy a Walmart brand of goggles.** They will be your child's best friend and if they leak you will know about it! Another way to permanently mark your kid's goggles is use Plastidip on the tails of them or white out pen somewhere kids won't see to make fun of them. Chlorine will eat most markers off the rubber in no time.

3.) Rubber Sandals - ( Non skid type ) This is entirely up to you and your child. A cool purple and gold pair to match your new team suit would be alright. Again flip flops or whatever are ok here as long as they are non skid. At swim meets the child is required to wear flip flops or rubber sandals to the starting area due to the slick condition of the pool side and other reasons.

4.) Suits - Team suits are new this year for the team. **To keep your suit looking newer longer do not wash the suit in soap and water every time they wear them. The swim suit companies have learned that the best thing for the suits to last is rinse them out after each use with cold clean water to get the chlorine out ( NO SOAP) and let hang dry.** The second thing is buy a cheap practice suit or two. Styling is not really required at practice so whatever brand of suit they wear is fine. This is where a Walmart suit works just fine. We have had good

luck getting Speedo practice suits at Dick's Sporting Goods in Davenport for \$19.95 for girls up to Youth Size 16. TJ Max also in Davenport every now and then has a clearance on Speedo suits for \$20. Do not use two piece suits for girls as practice suits. For the boys they like the jammers style of suit. Do not make your son wear a Speedo because that is what you envision some of the Olympic swimmers wearing. It will be his worst childhood memory!

Stay tuned for First Year Parent Information, 2<sup>nd</sup> Edition.