

## Apparel & Equipment Information

### TEAM SUITS:

Team Suits are for competition only, not practice. Varsity swim shop will be coming for a suit fitting on Monday, June 7<sup>th</sup>, 5:30 PM-7:30 PM. Please arrive early. We are getting a Navy Speedo suit with an FST logo. Suits worn for competition should be tight. We will be getting endurance suits, and a fitting is very necessary for this type of suit. Varsity Swim Shop will also have practice suits and goggles available.

**Suit fitting:** Monday, June 7<sup>th</sup>, 5:30 PM-7:30 PM

**Female Suit: \$49.00**

**Male Suit (Jammer): \$35.00**

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### T-SHIRTS:

Every swimmer will receive a free t-shirt. Please let us know what size t-shirt your child wears. **There will be a sizing sheet available by the stairs every day for the first week of practice.** Extra t-shirts are available to order for our parents!

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### FINS:

We will use fins at every practice. Varsity swim shop will have fins available to order at the suit fitting and also to try on if you aren't sure of size. Typically people order shoe size. You can also order the "training fin" from swim2000.com.

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### MESH SHORTS:

Navy blue. "Framingham Swim Team" and frog logo on left leg. We recommend ordering if you are able to. Orders must be in by Thursday June 3<sup>rd</sup>. Purchase with order form.

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### DRAG SUITS:

Navy blue with white "FST" on back. Drag suits are typically used by boys (11-12 and older) and are worn in practice. Usually the size ordered is 1 larger than competition swim suit size. Contact Joey if interested.

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### SILICONE CAP:

All swimmers will receive a free latex cap. The silicone caps are available to order because many people think they are more comfortable than the latex caps. They will be the same design. Purchase with order form.

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### GOGGLES:

We recommend Speedo Vanquishers. Varsity Swim Shop will have them available or you can order from swim2000.com. Reliable goggles that stay on are important!

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### CAR MAGNET:

Rectangular shaped. Frog logo and "Framingham Swim Team". Purchase with order form.