



Uniform Policy

Practices

At practices swimmers will be required to wear any of the WAVE shirts they have purchased/received over the years, a pair of shorts & deck sandals. Additionally, all swimmers must have a swim bag & bring it with them out on the deck, so they can have easy access to extra supplies. Swimmers should have the following items with them at

Every practice:

- WAVE Shirt, shorts & sandals/deck shoes
- Bathing Suit(s) no board shorts or 2 piece bathing suits,
- 2 pairs of Goggles,
- Wave cap or a plain Navy cap (will be phased in, swimmers will have to January to ensure that they either a WAVE cap or a plain Navy Cap, any other caps will be requested to be put away),
- 2 towels,
- Water bottle,
- Pull buoys,
- Paddles (for Sr. Competitive), &
- Flippers

For swimmers who will be training on Saturday mornings all of the above will be required & a pair of running shoes for dry land practice after swimming.



Swim Meets

At swim meets ALL swimmers will be required to wear WAVE paraphernalia, when the club is at meets where there are no finals the swimmers may choose to wear either their white or navy wave shirts. Additionally, preference would be that the swimmers also wear the WAVE shorts, but it will not be required. If the swimmer has purchased the WAVE track outfit they are recommended to wear it while on deck.

When the club at meets where there are heats and finals the swimmers will be required to wear their NAVY WAVE shirts for the preliminaries and for Finals they will be required to wear their WHITE WAVE shirts.

Swimmers should bring the following to swim meets:

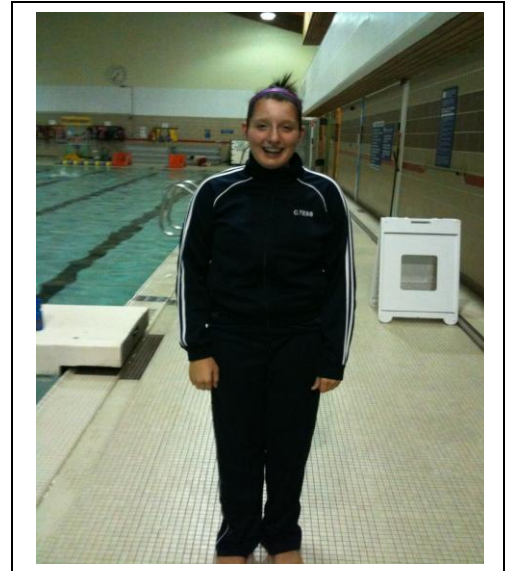
Heat Meets

- WAVE Shirt can be either navy or white,
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow),
- 2 pairs of Goggles,

- WAVE cap,
- 2 towels,
- Sandals or shoes
- Healthy snacks (details to follow)

Preliminaries

- NAVY WAVE Shirt
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow),
- 2 pairs of Goggles,
- WAVE cap,
- 2 towels,
- Sandals or shoes
- Healthy snacks (details to follow)



Finals

- WHITE WAVE Shirt
- A pair of shorts, preference is for WAVE but not required,
- WAVE track suit,
- Competitive bathing suit (details to follow),
- 2 pairs of Goggles,
- WAVE cap,
- 2 towels,
- Sandals or shoes &
- Healthy snacks (details to follow).

