

NYAC 2019-20 Equipment and Team Wear Requirements and Rules by Swim Group

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ORDER DEADLINE DATES:

- 1st order - September 30 – Delivery by November 1
- 2nd order - November 30 – Delivery by December 23
- 3rd order - February 29 – Delivery by March 30

NOTES:

- NYAC Team Wear for practice and meets must be in good condition and may not be modified (Examples – no cutting/ripping/rolling/shortening and no additional slogans/names added). Also swim suits must provide adequate coverage.
- Although items are marked as “optional” – only NYAC approved products are allowed to be worn on deck at meets. If the swimmer is going to wear a jacket/t-shirt/parka or take a bag on deck at a meet it must be a NYAC authorized product. No other jacket/t-shirt/parka /bag is allowed on deck at a meet. If you are going to wear pants/shorts at a meet, they must be solid black.

SWIMSUIT RECOMMENDATIONS:

We would like you to prioritize a black swimsuit for practices and racing. Looking like a team is one of the few elements in our sport that we can use to connect to our team. Our swimmers should wear our team colours proudly and add individual character and strengths into a team that stands for NYAC's core values.

AT PRACTICES - All Groups

- PRACTICES AT TPASC Black swimsuits are mandatory.
- PRACTICES ANYWHERE ELSE: Black swimsuits are encouraged.

AT MEETS

- FOR WARM UP: at swim meets, all swimmers are strongly encouraged to wear black swimsuits.
- FOR RACING:
 - **Intro, Junior and Senior:**
 - Expensive racing suit are not are not recommended; a black practice swimsuit is fine at this level. Keep your head in the right place and focus on swimming faster by improving skills and work habits before you go looking for that extra help of an expensive racing suit!
 - **P1, P2, P3, ND1, ND2:**
 - Entry Level racing suits are recommended but not necessary. It is mandatory to wear a black swimsuit. You are still in an early stage of development in your

swimming career and can benefit more by improving working habits, dieting, mental and physical skill acquisition than relying on a swimsuit to be fast.

- **ND3, National and Performance:**

- Mid or highest-level racing suits are recommended and necessary during championship season. A solid black racing swimsuit is highly recommended and encourage to promote team spirit but understanding that not all highest-level swimsuits are available in solid black.

- Team Wear Requirements for Team Travel (Away Meets and Training Camps) –NYAC Team Wear **MUST** be worn while travelling as a team. This is a great time to wear the Parka, Hoodie, Outdoor Jacket and/or puffy vest.

- All NYAC logo'd products must be purchased through Splashables. The use of the NYAC logo is strictly forbidden without board permission for use.

WAVES	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap - given at first practice
Kick Board	
Fins	

Intro/Junior/Senior	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap (must be worn at all practices and meets)
Kick Board	NYAC Black Cotton T-Shirt (must be worn at meets)
Fins	
Pull Buoy	
Snorkel	
Skipping rope	
Black Swimsuit -must be worn at all TPASC practices and meets	

Provincial 1	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap (must be worn at all practices and meets)
Kick Board	NYAC Black Cotton T-Shirt (must be worn at meets)
Fins	NYAC Black Warm-Up Jacket (custom name embroidery)
Pull Buoy	NYAC Backpack (custom name embroidery)
Snorkel	
Skipping rope	Dryland - NYAC Shirt required - options below
Black Swimsuit - must be worn at all TPASC practices and meets	NYAC Black Cotton T-Shirt, NYAC Dry Fit Black Tank, or NYAC Black Dry Fit T-Shirt

Provincial 2 & 3	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap (must be worn at all practices and meets)
Kick Board	NYAC Black Cotton T-Shirt (must be worn at meets)
Fins	NYAC Black Warm-Up Jacket (custom name embroidery)
Pull Buoy	
Snorkel	
Paddles (TYR Catalyst See Coach for Other)	
Skipping rope	Dryland - NYAC Shirt required - options below
Black Swimsuit - red and/or white trim allowed - (must be worn at all practices and meets)	NYAC Black Cotton T-Shirt, NYAC Dry Fit Black Tank, or NYAC Black Dry Fit T-Shirt

National Development 1/2	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap (must be worn at all practices and meets)
Kick Board	NYAC Black Cotton T-Shirt (must be worn at meets)
Fins	NYAC Black Warm-Up Jacket (custom name embroidery)
Pull Buoy	
Snorkel	
Paddles (TYR Catalyst See Coach for Other)	

Fit Bands (Rubber Tubing -does not need handles)	
Skipping rope	Dryland - NYAC Shirt required - options below
Black Swimsuit - red and/or white trim allowed - (must be worn at all practices and meets)	NYAC Black Cotton T-Shirt, NYAC Dry Fit Black Tank, or NYAC Black Dry Fit T-Shirt

National/National Development 3	
Equipment Required	NYAC Team Wear Required
Goggles	NYAC Cap (must be worn at all practices and meets)
Kick Board	NYAC Black Cotton T-Shirt (must be worn at meets)
Fins	NYAC Black Warm-Up Jacket (custom name embroidery)
Pull Buoy	
Snorkel	
Paddles (TYR Catalyst See Coach for Other)	
Fit Bands (Rubber Tubing -does not need handles)	
Skipping rope	Dryland - NYAC Shirt required - options below
Black Swimsuit - red and/or white trim allowed - (must be worn at all practices and meets)	NYAC Black Cotton T-Shirt, NYAC Dry Fit Black Tank, or NYAC Black Dry Fit T-Shirt

Team Wear Items	Required for:
NYAC Black Swim Cap	All
NYAC Black Cotton T-Shirt	All
NYAC Black Backpack (custom name embroidery)	P1,2 & 3, ND 1, 2, & 3, National
NYAC Black Warm-up Jacket (custom name embroidery)	P1,2 & 3, ND 1, 2, & 3, National
NYAC Black Track Pants (custom name embroidery)	Optional
NYAC Black Tank Top	Optional (favorite for dryland)
NYAC Black Dry Fit T-Shirt	Optional (Favorite for dryland)
NYAC Baseball Cap	Optional
NYAC Hoodie	Optional
NYAC Puffy Vest	Optional
NYAC All-Weather Jacket	Optional
NYAC Parka (custom name embroidery)	Optional
NYAC "Spirit" T-Shirt for Parents	Optional - show your team spirit in the stands!
NYAC White Official Shirt	All parents officiating at swim meets