



Kit Policy

Team kit is a huge part of our club's identity and has been selected carefully to make sure that all our swimmers are proud to wear it and look good doing so. Don't underestimate the power that feeling good about yourself can have on performance.

Our aim is to have everyone following our kit policy by County Championships 2023. It is important to us that everyone follow the kit policy fully, one of the big things we ask in return for subsidising training costs is that everyone represent the club proudly at every opportunity which is why we are putting this kit policy in place.

We ask that ALL swimmers follow these expectations:

Competition

- Swimmers arrive with their outer most layer being any item of team kit. Please note. More items (ie. Coats and Warm Hoodies) will be added to the club shop in the future.
- Once settled at the venue swimmers will wear team kit throughout the day. This consists of:
 - CSC Competition Jacket – Must be worn when reporting for races.
 - CSC Competition T-Shirt
 - Plain Black Bottoms or Leggings (small branding is fine).
 - Socks!! – Important for keeping feet warm.
 - Sports Trainers – Sliders etc. may only be worn during down time and NOT for any warm ups or reporting for races.
- Only CSC caps may be worn in the water for Warming Up, Racing and Swimming Down.
- Swimmers must get dry and dressed quickly after exiting the water throughout competition. We do not want to see swimmers sitting around in wet costumes and towels for any extended period. This is mainly for performance reasons.

Please note. CSC Competition Jackets are not available very small sizes. If a swimmer is too small for a CSC Competition Jacket then they should wear an alternative piece of team kit.

Training

- Swimmers must wear CSC Training Caps for all evening training sessions as members of the public will be present.
- Swimmers must arrive appropriately dressed for the activity.
- Please do not come to evening training sessions wearing things like onezies etc.

Team kit can be purchased from the online club shop where you will also find recommended training equipment and advice on where to purchase it.

Most training equipment can be purchased from SportySwim.co.uk and if you use the code 'CSC' you will receive a 10% discount off everything you buy.

Please see documents 'Equipment List' and 'Competition Guidelines' for more information on what swimmers are expected to have with them for training and competitions.