

TEAM UNIFORMS/OUTFITTING

Though swimming is often viewed as an "individual" sport, it is really a "TEAM" sport. The support of the "team" allows everyone to become better and accomplish their goals together. The Potomac Marlins are a TEAM within the structure of USA Swimming. The Potomac Marlin coaches want to emphasize the importance of team outfitting in helping us accomplish our goal of being the best team in PVS.

In almost every team sport, there is a uniform that the team wears. The uniform identifies the members of the team. It creates a sense of unity and identity for team members. The uniform allows other athletes, coaches and spectators to recognize members of a respective team. Team members, coaches and supporters have a sense of pride when they wear their team colors. Look around at the number of people wearing Redskin jerseys. These people are proud to be identified as supporters of "their team". We want Potomac Marlin swimmers to act, look and swim as a team in every possible way. We want you to be proud to be a Potomac Marlin. We want to promote the Potomac Marlins!!

The coaching staff would like all team members to wear team outfitting at every opportunity. The Potomac Marlins are a "Speedo" team. Our staff has negotiated a contract committing our team to use Speedo products. In return, Speedo provides our program w/ several thousand dollars worth of equipment and outfitting each year. This means that our team members, all ages and abilities, will wear Speedo products whenever they are representing the Potomac Marlins. The Potomac Marlins have a unique arrangement with two local swim suppliers:

Sport Fair - (703) 524-9500 Gary Ramsey - Speedo swim suits Located in Arlington on Lee Hwy.

Cassel's - (703) 435-4446 Elaine Clark. Speedo swimsuits and all other team outfitting (shirts, sweats, caps). Located off of Rte 28 at McLaren Rd. Chantilly/Herndon. An on line store is available at www.casselonline.com

PRACTICE OUTFITTING

CAPS: At practice, team members will wear black Potomac Marlin caps, if they train in a swim cap. (This means no summer cap, no high school/college caps and no other USA Team caps in a Potomac Marlins practice session.) Silicon and rubber caps will be available during the season from the team suppliers. Every swimmer should always have 2 caps in their swim bag and 2 more caps at home.

PRACTICE SUITS: While we don't require that every team member go out today and buy new "team" practice suits, we encourage you to make your next training suit a "team" practice suit. Our suppliers have team practice suits. Girls practice suits should be loose fitting in the shoulder straps and polyester material is recommended as it holds up very well in the water. Practice suits should be nylon or polyester material. **DON'T WEAR YOUR BEST RACING SUIT TO PRACTICE!** It will get stretched, faded and ruined for competition.

SWIM MEET OUTFITTING:

TEAM RACING SUITS: All team members are required to wear a Marlins Team Suit at all swim meets. For 2006, we are using a "Splice" suit in Black and Purple. You may continue to race in last year's all black suit, but your next purchase needs to be the team suit. All meet suits should be a tight fitting as possible. Most swimmers have a stock of Practice suits, a GOOD racing suit for most meets and a SPECIAL racing suit just for Championship

meets. It is okay to wear a practice suit (Speedo w/ Marlin logo) at a PVS non-championship meet. Save your favorite, best, lucky suit only for the biggest meets of the season. If you wear it for all meets, it loses its SPECIALNESS and you lose your mental edge in wearing it.

Team members will wear Potomac Marlin team outfitting at all sessions of a swim meet. This is very simple: **WHATEVER YOU WEAR AT A SWIM MEET WILL HAVE A POTOMAC MARLINS LOGO ON IT. If it doesn't say Potomac Marlins, YOU SHOULD NOT BE WEARING IT!!**

Please do not wear High School or summer team clothing when you are representing our team. Swimmers who show up at a meet in non-Marlin outfitting will be asked to change or remove the improper attire. Please do not ask our suppliers to put our logo on any clothing that is not part of the Potomac marlin "line" at their store. They have been instructed to only put our team logo on Speedo **products**.

Be proud of our team!! We want to look and swim like a TEAM that works together. Please make sure that swimmers who plan to swim in meets have the proper meet outfitting prior to their first Potomac Marlins Swim meet (October Open). Cassel's will be supplying the Team t-shirt and Sweats. Any Potomac Marlin shirt is acceptable for meet attire.

IF YOU HAVE ANY QUESTIONS ABOUT UNIFORMS PLEASE CONTACT COACH STEVE ERCOLANO : coachsteve@cox.net