



## **LAC Team Uniform and Suit Standard**

It is the goal of the LAC staff to have a presence at practice and meets as "ONE TEAM". To achieve this, our swimmers, staff, and parents are asked to adhere to the following standards.

### **Team Branding**

All competitive team outfitting to consist exclusively of Arena products unless Arena does not carry a comparable product. Team gear is available for purchase at a discount at our retailer, Xtreme Swim.

### **Practice**

All swimmers in competitive team (Bronze & Up) are expected to wear an LAC Team Cap, Arena practice suit and goggles to practice. *Practice suit can be any color but if you plan to use for swim meets as well, purchase in black.*

### **Regular Season Meets**

LAC will designate specific Arena suit(s) in black to be worn during meets. Team Suits must include the LAC logo. Swimmers must wear LAC Team Cap in red and team shirt in designated color for that day.

- Thursday - any LAC shirt
- Friday - Grey LAC Team Shirt
- Saturday - Red LAC Team Shirt
- Sunday - Black LAC Team Shirt

*Parents are also encouraged to wear the same colors each day as the swimmers and coaches!*

High school swimmers cannot wear any item that represents their high school to avoid breaking any UIL rules.

### **Championship Meets**

Once a swimmer obtains an individual time standard (not a bonus cut) from a qualifying meet, they earn meet gear at that specific level. Each swimmer will receive gear for their highest qualifying meet, not the meet they attend. See full list → [CLICK HERE](#).

As with regular season meets, swimmers will wear Arena Team or Tech Suit, red LAC Team Cap and Team/ Meet T-shirts.

Swimmers may wear a technical suit for a specific take-out event or meet, while others may not. This decision is at the coach's discretion. We recommend tech suits have LAC logo, but it is not required.