



# Ferndale Swimming Boosters Buyer's Guide

*Not sure what you need and where to get it?*

*We asked some experienced swim parents to give some advice on products we love and where to shop for them, either online or around town.*

## Swimsuits

- For middle school swimmers, the boys should wear a plain black “jammer” (like bike shorts). To find the right size, measure around your child’s waist. Not all brands fit the same, for example, TYR fits a little tighter compared to Speedo. They should fit snug around the waist, hips, and thighs. Some boys prefer to wear a smaller “brief” style suit.



- Girls should wear a solid black one piece “tank” suit with either wide or thin straps, depending on what is comfortable for them. To find the right size, measure around the widest part of their chest/bust.



- Any requests for special exemption for certain suits must be submitted to the Ferndale Athletic Department for consideration.
- Before you buy, you might want to go to a store to try on different suit styles/brands (or order a few sizes online) and try them on at home to find the right fit. 😊
- Brands we like: Speedo, TYR, Nike, Sporti (which can often be cheaper, but the Lycra fabric may not last as long as other brands)
- To care for your suit: rinse it in cold water after use and hang it up to air dry, the chemicals in detergent and the heat from a dryer will break down the elastic fibers in the Lycra fabric

## **\*\* Varsity Teams \*\***

- We recommend you have a separate practice suit (any color) and details on your team suit for meets will be shared with you at the beginning of the season.

## Goggles

- Goggles are a matter of personal preference and don't have to be a specific color – express your style! We recommend a traditional competitive swim goggle. Do not purchase swim or snorkel masks. Mirrored/colored lenses are typically for outdoor use and are not necessary for indoor pools.
- Most goggle headbands are adjustable, and some come with adjustable nose pieces. Depending on their head size, most kids will need to move up to an adult size goggle once they are in high school.
- **VETERAN TIP!** Put your goggles on first, underneath your cap, so they don't come off in the water!
- Brands we like: Speedo Vanquisher and Hydrospeex, TYR Blackhawk and Jr Blackhawk, Sporti
- We recommend you buy 2 pairs – goggles can disappear easily!



## Swim Caps

- Great news! We have team logo swim caps for ALL swimmers this season – the first one is free!
- Extra or replacement caps will be available for \$5 each. Buy a spare - they also disappear easily!
- You're welcome to wear your own cap for practices – either latex (more cost-effective) or silicone – but we want everyone to wear the yellow team caps for meets!

## Other Items to Consider

- Especially with construction projects going on in the pool/lockerroom areas this season, we recommend you get some slides, flip flops, etc to protect you from slipping on the wet pool deck.
- Buy a beach towel for them to use for practice and meets, towels are not provided.
- Consider buying a "dry bag" or other waterproof bag for your swimmer to carry their wet towel, suit, etc home from practices and meets. These can often be found in the camping section of a sporting goods store, online, or at Modern Natural Baby on 9 Mile Rd in Ferndale.

## But What About That Hair?!

- It's true, chlorine can be tough on your child's hair and skin. We recommend investing in a clarifying or chlorine-removal shampoo and a good conditioner to use during the season.
- There are specially designed caps for girls with long hair, so they have extra room to twist it up inside.
- Brands we like: Ultra Swim, Fairy Tales, Thinksport, California Baby

## WHERE TO SHOP – Just a few spots to check out

Around Town:

Dick's Sporting Goods @ Oakland Mall (also check out their website)

The Varsity Shop, 623 S. Adams Rd, Birmingham (east of Woodward, south of Maple)

Making Waves, 3116 12 Mile Rd, Berkley (west of Coolidge)

Modern Natural Baby, 200 W. 9 Mile Rd, Ferndale (west of Woodward)

Walmart, Target, Kohls, etc for hair/skin care, towels, flip flops, or slides, etc

On the Web:

Swim Outlet – [www.swimoutlet.com](http://www.swimoutlet.com) Great for one-stop shopping! Get 10% off your first order!

[www.landsend.com](http://www.landsend.com) (for tank-style suits), [www.speedo.com](http://www.speedo.com), [www.TYR.com](http://www.TYR.com)