

# The Care and Feeding of Swimsuits

Unless you, or your child, have been involved in swimming for a while, there are a few things you might not know about the care and feeding of these expensive yet beautiful swimsuits. To ensure that your suit lasts 4 years and retains its brilliant sapphire blue color, please take a moment to read a few pointers:

- 1) Your suit should never see the inside of a washing machine or a dryer.
- 2) Your suit should never be allowed to imbibe any form of detergent, soap, or Woolite.
- 3) Your practice and meet suits should be rinsed in cold water immediately after each practice and meet. At the Mt. Park Aquatic Center there are little spinners in the locker rooms that actually spin the water out of your suit. Try them; they're quite amusing, and they're free. Then you can place your nearly dry suit in the appropriately provided little space in your very expensive, but quite nice, swim bag.
- 4) If the likelihood of this procedure happening on a regular basis seems unlikely for your swimmer, the next best option is for swimmers to take their suits home and immediately throw them in a sink full of cold water to rinse out the chlorine. Hang the suit to dry.
- 5) Your Parkview meet suit should not be worn for any event other than a Parkview meet. Wearing this suit to practice every day or on spring break definitely reduces its life span and may have a negative impact on your social life. Speedos and tanks perform well in the water but, according to all reports, not on the beaches of Florida.

Following these simple guidelines will save you the expense of purchasing a new suit every year or even every other year. The money you save can then be donated to feed the hungry and support the cause of world peace, a Parkview Swim and Dive tradition.

# How To Fit A Swimsuit

## (Girls)

Swimsuits are supposed to be tight. They may even "dig in" in the shoulder area some when they are new. If the suits are fitted to loosely, they sag, fill with water, and create extra drag. Loose suits can actually make a swimmer swim slower because of the drag they create.

To fit a girl's suit, have the swimmer try the suit on and then stand facing you with their hands by their side. Place one hand under each shoulder strap. Simultaneously pull both straps straight up toward the ceiling as far as they will stretch. If the straps stretch farther than the bottom of the ear lobe, the suit is too big.

Girls' suit sizes run 24, 26, 28, 30, 32, etc. These are NOT correlated with ones bra size. Instead, this is the actual measurement from neck to inseam. If a swimmer is extremely thin, they may even be able to wear a size smaller than their neck to inseam measurement.

Remember, the object of a suit is to fit well so that the swimmer may swim as fast as he or she is capable. If the suit fits too loosely, it may make several tenths of a second difference or more, which, depending on the situation, might be enough to keep a swimmer from qualifying for one of the big, meets, high school county or high school state. Don't let a loose suit "drag you down". Make sure that it fits like a second skin.

# **How To Fit A Swimsuit**

## **(Boys)**

By Landa Simmons

When my son first started swimming I made the mistake of buying a larger suit with each season. A veteran mom in the swim shop overheard me comment that I guessed we needed to go up a size to match his pants size. She just laughed and told me that her son swam in college and now wore the same size suits for meets that he wore when he was 7, yes, seven years old. It is not unusual for a swimmer who's over 6 feet tall to wear a size 28 swim suit. The suit should fit like a second skin, without risking any future heirs, and should make modesty second only to speed. In summary, buy the smallest suit your son will wear in public.