

## Swimsuit Care

There are many things that can harm your swimsuits..sun, chlorine, etc. Because our suits are such an integral part of our sport, it is in everyone's best interest to take care of our suits. These are some ways you can extend their life:

- 1) ALWAYS immediately rinse your suit with cold clear water after exiting the pool.
- 2) ALWAYS keep your suit out of the sun. Do not hang in direct sunlight to dry.
- 3) To dry your suit roll it up in a clean, dry towel to remove the excess water; and then lay it out flat on a towel (out of the sun) and allow to air dry.
- 4) Do NOT ever sit on the pool deck, starting blocks or bleachers in your suit without a towel under you. Snags on a swimsuit are one of the first noticeable signs of wear.
- 5) Make sure your name is clearly visible on the inside of each of your swimsuits. A sharpie marker is a good choice for this. Check it often to make sure it is still clearly visible.

\*\* Also..it is **very** important to remove all bobby pins, and rinse all of the jello out of headpieces before turning them into the wardrobe person at the meets.