

## **ATHLETIC WEAR**

The Best Practices for Water Volleyball play include wearing athletic swimwear that is both comfortable and practical for athletic movement through the water. This is not the venue to wear revealing sun-bathing suits! With active play, your swimwear should stay put and provide good coverage. Shirts and board shorts worn over bathing suits are acceptable, though keep in mind, all-cotton fabrics will stretch and fade from the chlorine. Swim shorts with a drawstring help to prevent unexpected slipping.

Some of us get cold in the water. There are a few options to help stay warm, yet not interfere with your maneuverability. Here are just a few examples:

- Rash guards – short or long sleeves help to add a layer. Look for chlorine-resistant.
- Jackets – similar to rash guards, though with a zipper. Usually made of polyester or a polyester PBT blend with nylon or lycra. Polyester is the most chlorine resistant. Lycra is the least.
- Swim tights – if they are lycra, they will be comfortable, but may not last long in the chlorine.
- Neoprene vest, shirt, shorts, pants – .5-2 millimeter neoprene fits snug, to trap the water between the garment and your body. Your body warms the water to keep you at a consistent temperature. Chlorine is very hard on neoprene, so rinsing out after each use and using wetsuit shampoo will keep it in good shape.

## **SWIM SHOES**

Protect your feet by wearing shoes that provide good drainage, allow you to move easily through the water, and do not have rough soles.

Please do not wear street shoes in the pool.

Please do not wear your water shoes in the street.

There are many options in water footwear, such as a light athletic shoe, a water sandal, dive booties or aqua socks.

## **PERFUMES AND COLOGNES**

It is a Lincoln Hills policy that perfumes and colognes must not be worn in the athletic facilities, including the pools. This also pertains to body sprays and lotions, or strong scented hair products and fabric softeners.

<sup>1</sup>Tips to keep your swimwear in good shape, and last a long time:

To Do

1. Soak a new suit in 1 tablespoon white vinegar per quart of cold water for 30 min before using it the first time. This is to help keep the colors from bleeding and fading.
2. Rinse in cold water after every use. (Hot water is hard on a suit, so be aware of hot tub use!)
3. Consider using a product like Suit Saver Chlorine Remover. Other options are white vinegar or a very mild soap – not laundry detergent.
4. Dry the suit on a clean towel, on a clean surface, not in direct sunlight.

Not To Do

1. Do not machine wash or dry a suit.
2. Don't wring out the suit.
3. Don't use the roller-wringing machine at the gym.
4. Don't hang the suit to dry.

Below is a list of websites you may find helpful when looking for water volleyball or other aquatic exercise swimwear. This is not an exhaustive list, nor are the companies and their products specifically recommended or endorsed by the Lincoln Hills Water Volleyball Club.

[www.amazon.com](http://www.amazon.com)

[www.hydrofit.com](http://www.hydrofit.com)

[www.nrs.com](http://www.nrs.com)

[www.swimoutlet.com](http://www.swimoutlet.com)

[www.swimsuitsforall.com](http://www.swimsuitsforall.com)

[www.swimandsweat.com](http://www.swimandsweat.com)

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<sup>1</sup> [www.proswimwear.co.uk/swim-suit-care](http://www.proswimwear.co.uk/swim-suit-care) [www.huffingtonpost.ca/201205/28/make-your-swimsuit-last-longer\\_n\\_1545722.html](http://www.huffingtonpost.ca/201205/28/make-your-swimsuit-last-longer_n_1545722.html)