



NFHS Swimming and Diving Suit Coverage Resources Potential Script

Dear Coach,

To help you have a positive and “safe” discussion with your team regarding appropriate dive suit attire and fit, you are being provided a script you can read to your team. Feel free to use it as part of a preseason introduction, put it into a team handbook, provide it as a document for team parents and athletes to sign, and/or post it for athletes to view. We hope you find it useful and easy to deliver.

“The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community. It is the policy of “Your team name here” to represent this school in a manner consistent with its mission. To that end, our expectation is that suits will be worn in the manner in which they were designed. During both practice and competition, swimmers and divers will wear one-piece suits. They shall be worn in the appropriate size as dictated by that manufacturer’s specifications for the athlete’s body type and shall remain unaltered. In addition, boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.

It is our expectation that parents will support the directives of this team, and that our athletes will adhere to the suit guidelines outlined above knowing that doing so:

- *Shows support and pride for our team and your teammates.*
- *Places you in the best possible light during competition.*
- *Reflects positively on your coaches and teammates.*
- *Shows respect for yourself, and your desire to present yourself in the best possible light.*
- *Shows respect for cultures that may be more modest in nature.*
- *Protects your coach from an appearance of impropriety.*

If you feel that a teammate is not representing our team in such a fashion:

1. *You are encouraged to speak directly to your teammate in a respectful, considerate manner.*
2. *If you feel that you need further assistance, please contact your coach.*

Thank you for helping to make “Your team name here” a safe and successful team.