

RSM Swim Gear - Frequently Asked Questions

(20% COUPON ON LAST PAGE!)

Sizing:

What size swimwear should I get?

Please refer to the sizing chart linked below. Important note, a lot of girls swimwear is meant to ride HIGH on the hip, that is just the cut of the suit. Make sure the suit is being worn properly before you go for a different size.

How do you measure for your swimsuit size?

- **Chest** - Measure around the fullest part of your chest.
- **Waist** - Find your natural waistline.
- **Hips** - Find the widest part of your hips.

Do you size up or down for swimsuits?

Swim fabrics stretch a bit when wet, so sizing down or staying true to size is better when you are spending most of your time in actual water. If you are staying dry most of the time, sizing up could help you feel more comfortable since the natural stretching will not happen when the suit stays dry.

How should a competition swimsuit fit?

A properly fitting swimsuit should fit closely against your body. Bunching at the seams or tightness and pulling at the straps and

openings usually indicates an incorrect size. You should be able to move freely without causing the neck or leg openings of the suit to stretch.

Size Charts

Link to both youth and adult size charts:

LINK to SPEEDO: [Size Chart | Swimsuit Fit Guide | Speedo USA](#)

LINK to ARENA: <https://www.arenaswimwearstore.com/size-charts/>

General Questions:

Is my child required to get a team suit?

No, any tight fitting suit will work for swim meets.

Will we have a team suit fitting?

We do not hold formal team fittings at RSM at the pool, rather, we suggest you visit Elsmore Swim Shop for sizing and assistance located at 2054 Treat Blvd Suite D, Walnut Creek ([925-300-3369](tel:925-300-3369)), during regular business hours.

Please use this opportunity to get your order in early and avoid the rush.

We also encourage you to take advantage of the 20% discount (see below) Tech suits are 20% off during the whole season.

Do I need a team swim cap?

No, but it is always a great idea to order team caps with your swimmers name (typically last name) so you can easily spot them. Caps with names on them are also helpful for the coaches during practice. Important note, you will receive two caps with each order, customization available at the time of check out. We do group cap orders in the beginning of each season and often once more mid-way through the season. "County Caps" which are a different color than the team caps will be given out to those swimmers who qualify with county times.

When is the deadline in order to order cap by time trials?

Cap order will close on **April 5, 2025** to make sure the items arrive before the Time Trials in May. We suggest doing a double cap order since these are easily misplaced or damaged! (For best method on how to place a cap:)

<https://youtu.be/-JWonOFKzak?si=1s-zfv9iFwNZBd2T>)

When will I get my order?

Custom orders and branded products usually take about 2 - 3 weeks.

How will I receive my orders?

We are offering 2 delivery options. **In-store** pick up is **FREE**, Elsmore will notify you when your order has arrived. **Home shipment** is **FREE** on **orders over \$69**.

Caps will ship separately and will be placed in your family's swim folder on the pool deck. We will send out an email once they have arrived.

Where can I order online?

The online store is open YEAR-ROUND, check it out -

<https://elsmoreswim.com/collections/rancho-san-miguel>

Have more questions? Please send your questions to Jennifer Rich:

jenevansrich@gmail.com

SAVE COUPON TO YOUR PHONE or print and take with you...



VALID MARCH 18 - APRIL 1, 2025

**20%
OFF**

Valid In-Store & Online

not valid on gift cards, clearance, jolyn, or mizuno. not valid on team page products. no cash back or cash value. other restrictions may apply. see store for details.

Discount Code:

SUMMER25SEASON