

PEAK Regular and Technical Suit Policies

We are sponsored by SPEEDO; therefore, our team suit and all technical suits purchased should be SPEEDO.

For all meets our swimmers are to wear their traditional navy and red team SPEEDO suit with the following exceptions:

For Championship meets:

11 and unders are to stick with their normal cut of suit they have been wearing all year. The 'tech' suits are not at all made for these body types.

12 year olds have the option of wearing their SPEEDO team suit, or a SPEEDO technical suit at their last Championship meet prior to turning 13 (Gulf Champs and above meets).

13 and older swimmers may be encouraged to wear a tech suit by their coaches at a championship meet as an option.

We are serious about eliminating monetary roadblocks to athletes competing in our sport. The advantage we are interested in exploiting is the one that states you belong to PEAK and are surrounded by a great group of coaches and teammates; we will out technique and out-work our opponents.

Other rational for not using technical suits before the age of 13 include but are not limited to:

- Due to the technical suit construction and physical development of 12 and under swimmers, this age group does not reap the benefits of technical suits. There is no documented evidence that technical suits benefit the performance of athletes in that age demographic.
- The cost of technical suits makes them unattainable for some athletes. We do not want to add any pressure on parents by increasing the cost of our sport.
- Performance is not the only evaluation of success for younger swimmers. The coaches want to see a growth in technique, understanding of rules, work ethic, and above all character. Technical suits play no part in that.
- Swimmers develop a mental dependency on a technical suit, placing more trust in technology than their personal ability. A separate record of best times could be kept once a technical suit is worn for competition. One best time list for races swam in team/practice suit and one list for races swam in a technical suit.