

VAST Technical Suit Policy

VAST technical suit policy is put in place to help guide the appropriate development of each swimmer. Technical suits are geared toward elite level swimmers and should only be worn during championships and special competitions.

Here is a list of suits that each group can wear at a swim meets, Trials/Finals meets or championships

- **VAST Track:** Team Speedo suits, No Tech Suits. Please see apparel tab on team web site to purchase a team Speedo suit from Ski Pro

- **Progressive:** Speedo Team suits or with Coaches permission: Speedo (*preferred coaches' suit*), Fastskin or Aqua Blade, Arena Power Skin ST, TYR Fusion Aerolift.

- No Knee Skins Allowed

- **Endurance:** Speedo (*preferred coaches' suit*), Fastskin or Aqua Blade, Lazor Pro Elite or lower caliber suit.

- Knee Skins Allowed

- **High Endurance or National Team:** Speedo (*preferred coaches' suit*) or any level of technical suit.

- Knee Skins Allowed

*Swimmers must adhere to team policies regarding technical suits. Swimmers who appear on the pool deck of a competition wearing an incorrect suit will be asked to change into the appropriate competition suit.

If you have questions, please contact Head Coach Matt Benedict,
wmatthewbenedict@gmail.com