

## CDST Technical Suit Policy

A technical suit is a swimming suit that is designed only for the function of competition. The durability and comfort of a technical suit will not allow for an athlete to train in them. A technical suit is normally much more expensive than a training or team suit. In the past technical suits offered a great competitive advantage for an athlete, but with more defined suit policy from FINA and USA Swimming that advantage has diminished.

Many swimming teams have some policy regarding the use of technical suits in competition. CDST wants parents to be aware of the following:

1. 13 and under swimmers should not use technical suits and in many LSC's the use for that age group is prohibited. There is no documented evidence that technical suits benefit the performance of athletes in that age demographic.
2. 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.
3. 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.
4. Swimmers develop a mental dependency on a technical suit, placing more trust in technology than their personal ability. A separate record of best times needs to 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.

We are a competitive swimming team. However, the use of a technical suit should be discussed with each group coach prior to competition. Athletes in high performance training groups, Elite Senior, should be especially mindful of their performance and training plan. Please be respectful and open minded about when coach feel the appropriate time for a technical suit will be. The coaching staff, on the same hand, will be mindful of an athlete and families rationale for wearing a technical suit at a given competition.

Athletes should be communicating with their coaches about training and performance. CDST wants to work with swimmers and families to achieve the highest measure of success. Consult your coach, work together to find the competition that will accent your athletes training and together we can be successful. If an athlete has not discussed wearing a technical suit before a swimming competition with their group coach, than they will not be permitted to wear it. Come prepared to meet with your coach, tell them why the upcoming competition is a good time, tell them how your feel.