



## **Swimming Suits**

The greatest advancements in swimming come not from gains in strength but from reduction of drag resistance. We are constantly refining technique and focused on teaching the swimmers to move more efficiently through the water. This maximizes benefit for the athlete and accelerates their progress.

For younger swimmers, an often overlooked area that significantly contributes to success is their swimming suit. They do not need fancy racing suits yet, but avoiding loose and baggy suits is crucial to a swimmer's success. Ensure that your swimmer's swim suits are snug and well fitted - do not size up in hopes that they will 'grow' into their suit, as suits do stretch out over time. Furthermore, USA Swimming ([USA Swimming Rulebook Section 102.8](#)) has specific guidelines regarding approved swimwear that can be used in competition and we plan to start enforcing this within our programs.

**T-shirts or rash guards:** should not be worn by competitive swimmers. Exceptions may be made for religious reasons and there are some types that work better than others. Any clothing worn for religious reasons must be discussed prior with their coach and follow USA Swimming's protocols. \*See [Procedure to Apply for an Exemption to Article 102.8.1B Regarding Swimsuit Design for Religious or Medical Reasons](#).

**Board Shorts / Trunks:** cannot be worn by competitive swimmers and will not be allowed in practice or competition.

**Swimmers identifying as Male** must wear either a tight fitting jammer (knee length) or a brief. Be aware that non-tech suit jammers are more drag than a brief. Once swimmers turn 13, they are expected to wear a brief or square leg suit for all training and in-season competition.

**Swimmers identifying as Female** have a variety of different swimsuit styles to choose from with a range of different coverage options, and should be tight fitting. Shoulder straps should only be able to be pulled up to the bottom of the earlobe; anything greater means the suit is too big or loose and will cause faster deterioration, as well as increase drag. Suits cannot have decorative skirts, beads, frays, straps, or any buckles or zippers.

### **Recommended Practices for Gender Diverse Minor Athletes**

[Click here](#) to view USA Swimming's recommended practices for the inclusion of gender diverse minor athletes. These recommendations are consistent with WEST's values of equal opportunity and the right for all members to participate.



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**Technical Racing Suits** (“Tech Suits”) are made from special material that has less drag resistance than shaved human skin, and this is why they are found in knee length options. These suits are expensive and only last a finite number of times before wearing out. Tech Suits are not allowed for use by swimmers under the age of 13 per USA Swimming rules (USA Swimming Rulebook 102.8.1) and should only be used at Championships once per season (coordinated with your coach).

[Click here for 12&U Tech Suit FAQs](#)

[Click here for a list of approved and restricted suits for 12&U Athletes](#)

**WEST Team Suit:** All Club Team swimmers must have a royal blue plain suit to wear at all swim meets. We have Arena suits with the WEST ‘W’ logo available to order through [Swim Outlet](#).

**WEST Team Cap:** All Club Team swimmers must have a WEST team cap for all practices, warm-ups, and competition.

Please don’t hesitate to reach out to your coach if you have any questions on choosing the right swimsuit for your swimmer. WEST is an Arena sponsored team. While you are free to choose any brand you wish, we do get discounts and various offers from Arena once swimmers start qualifying for bigger meets. If you qualify for AG Regionals and Sr Sectionals, please contact [lea@swimoutlet.com](mailto:lea@swimoutlet.com) if you have questions about Arena discounts once your swimmer achieves the NWAG Regional or Senior Sectional level).

# How Different Suits Should Fit



Square Leg



Jammer



Brief



Tech Suit Jammer



1 Piece Thin Strap



1 Piece Thick Strap



Knee-Length Tech Suit

# WEST Team Competition Suits



1 Piece Thin Strap



1 Piece Thick Strap



Brief



Jammer