

Good afternoon,

Below is an email outlining our team philosophy when it comes to upgraded “tech” suits. The purpose of this is to highlight what they are, what they do, and when it is appropriate to wear them.

What is a “tech suit?”

A tech suit is a bathing suit that is made up of materials that actually repel water rather than absorbing it. This drastically reduces drag and can give swimmers the sensation of floating on top of the water. High level tech suits will come out of the water dry, with water beading off.

When should swimmers wear tech suits?

There are many schools of thought when it comes to the idea of “suited up” for a meet. It has always been my philosophy that tech suits should be saved for the two biggest meets of the year. One being our mid-season meet in December, and the other being our championship meet in March. There are always exceptions to this, however this will be the protocol for 95% of our athletes.

Meaning these ARE allowed and encouraged for our meet at Boston College, and SCSU this month.

When can my swimmer wear a tech suit?

USA swimming has put into place their own policy to restrict the use of tech suits for swimmers under the age of 13. The reason for this is, it can plant the idea that swimmers can only achieve a best time or swim fast when they are wearing one of these suits. It can put the need for technique and stroke development on the back burner and turn our young athletes into “mini seniors.”

USA swimming has put out a list of approved tech suits for all ages of swimmers, and this is what we will follow here at FA. The suits on the 12/U list are not as high level as those over 13, but still can give swimmers a boost.

Which tech suit is for my swimmer?

At FA we are TYR sponsored team. Meaning all tech suits purchased from now on must be TYR brand. If anyone has an old Arena, or Speedo suit please feel free to wear those until they become ineffective. These are meant to be worn very tight, and can be purchased online, or in person at Metro Swim Shop in Norwalk (my recommendation is to try one on before purchasing).

As a disclaimer, these suits are expensive, they are also NOT mandatory. However, they should be seen as a reward for the hard work put in over the course of a season.

These are NOT for swimmers ages 8/U.

12/U USA swimming approved TYR tech suits:

Female

- Thresher Aerofit TY210773
- Thresher Baja Open Back TY220702
- Thresher Open Back Kneeskin TY220702

- Fusion 2 Aeroback Shortjohn (Kneeskin) TY215829
- Fusion 2 Open Back TY225829

Male

- Thresher Jammer TY140704
- Thresher Baja Jammer TY140704
- Thresher Racer TY110772
- Fusion 2 Jammer TY145829
- Fusion 2 Racer TY115829

13/O TYR Tech Suits

- Venzo & Avictor

[TYR Official Website](#)