



## PCSC Racing Suit Policy

Our goal at Pointe-Claire is to provide an environment for the optimal development and progression for our athletes. Our racing suit policy is put in place to teach athletes at a young age how to race without the aid of assistive racing suits as they can easily become a substitute for proper stroke technique and efficient training. A planned progression of equipment enables the athletes to learn that most of racing success rests in learning how mental attitude, hard work, attendance, and recovery affect their performance. Our racing suit policy ensures that our athletes are positioned for success during their years with our club.

Technical racing suits containing compression technology (*woven fabric*) and bonded seams can only be worn by swimmers **13 years and over** at certain competitions and/or at the coach's discretion. Athletes aged **12 years old and younger** can wear racing suits with a sewn seam and without compression technology. *Any questions or uncertainties about racing suits should be directed to the coach.*

**Pointe-Claire Swim Club is sponsored by Speedo, and we require that all technical racing suits worn in competition be of the Speedo brand.**



**A technical (racing) suit is one that has the following components:**

- Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit with woven fabric (compression) extending past the hips for females.

*Disclaimer: PCSC recognizes that racing suits do provide a measurable performance increase during a race but does not require that all athletes wear one at a competition.*

## Athletes aged 12 years and under.

Practices: Training suit

Competitions: A tight fitting training suit should be worn at competitions. **This suit cannot be a compression (woven fabric) suit, must have sewn seams, and cannot cover the thighs for girls.**

## Athletes aged 13 years and over.

Practices: Training suit

Competitions: Compression (woven fabric) racing suits may be worn at championship meets and certain other competitions as specified by the coach.

**Bonded Seam (Not for 12 and under)**



**Sewn Seam (Acceptable for 12 and under)**



**Woven Fabric (Not for 12 and under)**



**Textile/Knit Fabric (Acceptable for 12 and under)**

