

## **CDOG Age Group Program Championship Suit Policy**

Our 12/Under swimmers have the option of upgrading to a black Speedo Aquablade style suit for our championship meets. As with everything we do here at CDOG, we feel that our swimmers are on a long-term progressive journey and we want to save certain advantages for when they get older.

At this age it is important to remember that the times are about the swimmer and not the suit. There have been some amazing technological advancements over the past decade or so, but the majority of those advancements are not designed with the 12/Under body in mind. Additionally, if we can continue to see improvements and be competitive through technique and work ethic without the use of technological aides, we allow our swimmers to then gain an additional advantage as they get older. While other swimmers may plateau and not gain any additional benefit because they have been using these "tech" suits from a very young age, we have seen CDOG swimmers make dramatic drops within the 13-14 age group and beyond as they transition to a senior level "tech" suit. The Aquablade is an excellent suit, and costs well under \$100.00 versus a LZR that can cost as much as \$450.00. Again, these LZR suits are not designed for the young swimmers body type. At recent championship meets where 12/Unders have been allowed to wear these tech suits we have actually had swimmers switch back to their Aquablade because they felt more comfortable in it.

The CDOG Coaches are very sensitive to any and all additional costs for this sport, and look for ways to eliminate them rather than add to them. Our policy as such is to limit the suits for our 12 and Under swimmers. Senior swimmers (13/Overs), and those younger swimmers who compete in Senior Level meets are not restricted, except to be guided by their coaches.

For all meets except championship meets, our swimmers are to wear their traditional black suit. The only requirements CDOG asks of its family's is the black suit and black CDOG cap. Your STPA provides swimmers with their Red T-Shirt and while the purchase of other CDOG apparel is encouraged, it is not required.

You may purchase your Aquablade through our vendor, Metro Swim Shop. We are serious about eliminating monetary roadblocks to athletes competing in our sport. The advantage we are interested in exploiting is the one that states you belong to CDOG, and are surrounded by a great group of coaches and teammates, and we will out-technique and out-work our opponents.

### ***So to clarify for the LC 2018 Season:***

**13/Overs**- may wear any Speedo branded suits for championships. As they are swimming against senior level swimmers they are able to compete in a senior level suit.

### **12/Unders:**

**Regional Champs** – swimmers may wear their team suit or a Speedo Aquablade.

**Age Groups** – swimmers should wear a Speedo Aquablade.

**CT Senior Champs** – as this is a senior level meet, all qualified swimmers may wear a senior level suit at this meet.

**Zones** –Swimmers who compete at zones attend as a member of Team CT, and are not competing under the CDOG banner. While they always represent CDOG by their behavior and performance they are to conform to the policies of the CT Swimming Team on this trip. CT Swimming allows swimmers to wear whatever suit they like.

Debbie at Metro can help guide you in your suit purchases. If you are looking for a senior level "tech" suit (13/Overs, Senior Champs, Zones) be sure to talk with Debbie about which style will be best for your child's body type. We prefer that any suit you purchase is solid black. It is understood that sometimes you will be unable to purchase a solid black suit due to limited quantities, but please make your best effort.