

TCA Swim Suits: A Parent's Guide

Practice Suits

- **Female:** Our girls' team must wear one piece swim suits to practice. They should fit snug and comfortably. When a swimmer is wearing the suit they should not be able to pull the straps up to their ears. There should only be a few wrinkles when the swimmer turns from side to side. There may be some "extra" on the lower back, but it's just the way the suit is cut. Don't be afraid to try on several sizes. Swimmers will often do dives in practice and suits should not be loose enough where they might move when they enter the water. Suits should have a racer back where the straps cross high in the back. Any color and design are allowed. Female suits will typically range from \$40-\$70.



- **Male:** Our boys' team must wear either jammers or briefs for practice. They should fit snug and comfortably. For Jammers the suit should fit tight around the waist, thighs and bottom, and hit the swimmer right above the knees. Swimmers will often do dives in practice and suits should not be loose enough where they might move when they enter the water. Any color and design are allowed. Male suits typically range from \$15-\$30.



When in doubt buy a smaller size. Suits will stretch and wear out.

You can find suits on
<https://www.swimoutlet.com/collections/tcafl>
For additional discounts

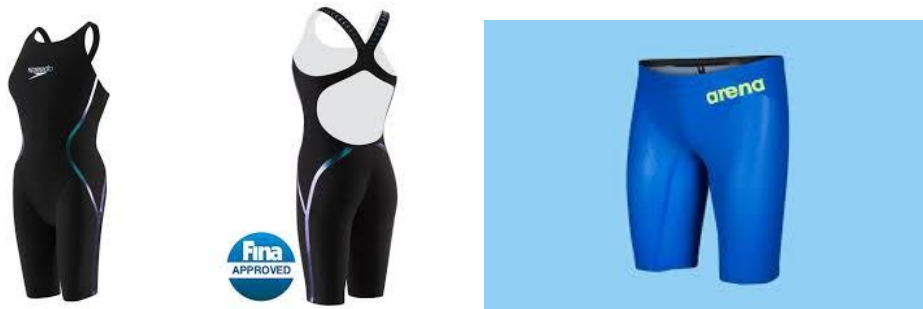
Competition Suits

- Competition suits are very similar to practice suits. Competition suits should be saved for meets. This will help the suits to last longer. Polyester suits tend to have the longest life for training and meets.
- TCA has Team suits available at the [Team Store](#) on Swimoutlet.com They are royal blue suits with the team logo on the front for both males and females.
 - We have different kinds of team suits for budgets.
- Competition suits should fit tightly. Females should not be able to pull the straps above their ears. Male suits should not be baggy in the legs. When in doubt get the smaller size



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Tech-Suits



We are including a section on Tech-suits to inform parents what they are. Before you buy a tech suit please talk to a coach first. More often a coach will recommend not buying a Tech-suit until the swimmer is ready.

Invariably as your new swimmer becomes savvier, the question comes up “Mom, when can I get a TECHSUIT?” It’s usually when your Age Group swimmer spies a Tech-suit or some other type of performance suit.

If you are not familiar with the concept of a Tech-suit, here’s a quick (and very simplified) lesson: these types of racing suits are the result of technology that reduce drag and therefore, in theory make the swimmer go faster. This is important if .001 of a second is the difference between a gold medal and a silver medal at the Olympics.

The TCA Coaching staff strongly discourages the purchase of Tech-suits for Age Group level (12 & Under) swimmers for several reasons:

1. They are expensive. The female suits range from \$90-\$475. Male suits will range from \$70-\$300. If you are an age group swimmer (Ripples-Gold groups) and you are considering buying a tech suit please see a coach first.
2. They are not durable suits and do not last long. If a swimmer takes perfect care of their suit it may last 3-4 meets at the maximum. This does not include the daily wear and tear of moving in the suit, stretching it out, sitting on rough concrete or using the wrong kind of soap.
3. Sizing with these suits are very important. All suits fit different! Again talk to a coach before you buy a new suit. These suits are typically 3-4 sizes smaller than normal competition suits.
4. USA Swimming has restrictions/ guidelines for 12 & Under use of these suits. [HERE](#)
5. MOST IMPORTANTLY: they are NOT critical for young swimmers. The coaching staff emphasizes that at this point in a swimmers development, stroke mechanics are more important than wearing a fast suit.

If a swimmer has talked to their coach and been approved to buy a Tech-suit there are still rules for when they may be worn.

- Swimmers may only wear Tech-suits at Championship meets. This includes: Last Chance qualifier, Area 6, FLAGS, SR CHAMPS, Senior Sectionals or any other Senior Level Meet.