

ZSC Uniform Policy

- Athletes ages 12 & Under are required to wear the Speedo team suit in every competition, with the exception for championship meets such as Divisionals, Age Group State, Zones or beyond. Only at “championship meets” would it be deemed appropriate to wear a Speedo branded technical suit with the approval of the athlete’s coach.
 - Tech suit restrictions, proposed by the Age Group Development Committee, went into effect for 12 & Under swimmers September 2020.
 - Follow this [link](#) for complete lists of the suits that are **restricted** for athletes 12 & Under, and those tech suits that are **allowed** for athletes 12 & Under.
- Athletes ages 13 & Over are required to wear the Speedo team suit, unless the coach makes an exception during an in-season meet. It is expected for each individual to wear the appropriate Speedo technical suit in “championship meets” as determined by the coach.
- A technical suit is any suit that provides greater advantages in the way of compression (tighter less stretchy material) and reduced form drag (material that conducts water more fluidly). These suits can commonly be identified by the FINA “stamp” on the rear of the suit, which denotes that it has been approved for elite level competition.
- ZSC members get a 25% discount on Speedo technical suits through our vendor, [Elsmore Swim Shop](#).
- Reasons for having a suit policy are multi-faceted:
 - It helps our athletes to discover ways to improve their competitive results, without relying solely on the quality of their suit.
 - It helps our families save money in the long run. It is our mission to continue to keep this sport and our facilities accessible to anyone who wants to enjoy it.
 - It helps grow our athletes’ confidence by allowing them to exhibit improvement in skills and speed “in-season” without the aid of a tech suit and then giving them the super-compensation of the advantages of this suit when the level of competition is worthy of this advantage.
 - It helps our coaching staff educate our athletes and parents as to the reasons and situations that warrant the use of a technical suit, regarding the philosophy that athletes who are pre-pubescent and have not reached advanced stages of physical maturation will not expressly benefit from the qualities of a tech suit. Also, the prevailing concept that athletes who have yet to advance their own technical skills would also be better suited to working on the specifics of their stroke before looking to the aid of a technical suit to advance their results.