



Raleigh Swimming Association

www.swimrsa.org

RSA Tech Suit Helpful Hints

Suit Choices and Sizing

When considering which tech suit to buy, please attend a tech suit fitting to determine the best size and suit for your athlete. If your athlete has grown since the last fitting or you are unable to attend a fitting, please review the arena carbon fit guide posted on our website for perspective.

In addition, please consider the following factors:

- **Athletes who are twelve years old or younger are limited to racing suits that are FINA-approved for use by athletes twelve years old or younger. In addition, RSA allows tank suits only for girls twelve years old or younger (no kneeskins).**
- The correct tech suit size is generally one size down from your tight team meet suit.
- The suit should be tight, but it should not be so small that blood flow is restricted. If you are familiar with the Speedo tech suits, the arena fit is NOT the same.
 - The straps on a girl's suit should be able to lift slightly. If you cannot lift the suit straps lightly, the suit is too tight and could rip.
 - The legs on the suits should be tight, but should not restrict blood flow.
- The focus should be on comfort with compression, not stroke.
 - Focus on your athlete's comfort with compression.
 - For athletes who have not worn a tech suit previously, compression can feel restricting.
 - The goal is to find the compression that makes the athlete comfortable while swimming his or her best.

Air 2 is the most lightweight. If your athlete has never worn a tech suit before, the Air 2 can be a good place to start, especially if swimming distance events.

Glide combines compression with lightness. It is the top of the line suit with muscle-specific compression and hydroglide fabric for zero drag. This suit has targeted compression in the legs for guys (not the hips) and in the legs for girls (but not the torso).

Core FX is the most compressive, with all over compression. This suit can be a great choice for athletes experienced with compression who swim short distance events (sprinters) or breaststroke. For guys, there is compression in the legs and waist. This is the suit that Adam Peaty used to wear when he was with arena. For girls who are uncertain about the Glide, this suit has the same compression all over, versus targeted compression.

The Duo is being discontinued. Please do not choose this suit.

Powerskin is designed for younger athletes or smaller framed athletes. This suit is available in youth sizing. Please do not order a suit from this line without having your athlete fitted. Acceptable suits in this line are:

- Girls Twelve (12) Years Old and Younger
 - Powerskin R-Evo Classic
- Boys Twelve (12) Years Old and Younger
 - Powerskin R-Evo Brief
 - Powerskin R-Evo Jammer
 - Powerskin ST 2.0 Jammer

Team Dealer Benefits for Tech Suits

Arena provides several price incentives through our team dealer, Augusta Swim Supply. Those incentives include:

- 15% off arena Powerskin ST 2.0 and Revo-One suits
- 25% off arena Carbon Racing suits for Age Group Champs qualifiers (Air2, Glide and Core)
- 20% off arena Powerskin ST 2.0 and Revo-One suits for Age Group Champs qualifiers
- 35% off all arena racing suits for Sectionals qualifiers (must be purchased between February 20th and March 16th)
- 40% off all arena racing suits for Futures, Juniors and Nationals qualifiers

Note purchases through arenasport.com do not qualify for these discounts. Discounts are available exclusively through our team dealer, in store, online or by phone. Call the Augusta store at 888-799-SWIM if you see something on arenasport.com that you would like to purchase.

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