



COM Aquatics Tech Suit Policy Explanation

Parents and Athletes:

Before you read this, please remember our coaches role is to guide and help every child grow through swimming. At COM Aquatics, we look at the **big picture**: helping kids build confidence, strength, and joy in the process, not just faster times.

Tech suits are racing swimsuits made from high-compression, water-repelling materials. They are designed for performance, but they are **expensive** — often costing **\$300–\$600** and lasting only a few meets before the fabric loses its speed advantage. They make a small difference in times, but they **don't teach the skills that matter most** technique, endurance, and mindset. If our swimmers walk into a meet and believe they can only be fast in a tech suit, we have failed them. We also don't want families to feel pressured to purchase an expensive suit to guarantee results.

12 & Under Swimmers:

Per USA Swimming rules, **12&U athletes can only wear “approved” tech suits**. Except at certain national-level meets.

At COM, all our athletes who have not yet achieved a *National “A” time standard* must compete in their **team Arena suit**. This isn't a restriction, it's a **protection** and education. It keeps racing fun and focused on skill development instead of gear. When young swimmers learn proper technique, their progress lasts with or without a tech suit. **Any swimmer with a National “A” time or faster, may wear a FINA approved tech suit only at coach approved meets.**

13 & Over Swimmers:

From age 13 and up, swimmers may wear tech suits **only at meets approved by their coach**, such as mid-season or championship meets. This ensures athletes use these suits for the right reasons, to perform their best when it truly matters.

Coaches will communicate ahead of time when we will wear tech suits. There are also special situations where only a few individuals will be “suited up”. This is where trust comes into play vs fairness. Tech suits are also a great opportunity for athletes to communicate to their coaches about goals and understand our focus at meets.

A Message to Parents:

As we shared in our *Be a Supportive Parent* letter — what your swimmer needs most is **your encouragement, trust, and pride in their effort**. No suit can replace the motivation that comes from a parent's smile or a coach's belief. We ask you to see the **bigger picture**: success is not about the fabric your child wears, but the confidence they build through consistency, effort, and love for the sport.

Thank you for helping us build that environment together — **The COM Aquatics Coaching Team.**

COM Aquatics creates life-changing environments where success is certain.