

## SWIMMING WAIKATO

### BANNING TECHNICAL / PERFORMANCE RACE SUITS POLICY

Original:	31 August 2018
Reviewed:	13 February 2019
	21 February 2020
	10 February 2021
	09 February 2022
	12 February 2023

#### OBJECTIVE –

After researching this issue, and after having discussions with a number of our Coaches and with Club representatives at our 2018 Annual General meeting, the Board of Swimming Waikato introduced a ban on the use of **Technical / Performance Race Suits** for junior swimmers (swimmers age 12 years and under).

This ban applies at all swim meets hosted in the Waikato. Please note that this ban doesn't include knee length swim suits/togs ("Jammers").

The ban came into effect from 15 March 2019.

#### WHAT IS A TECHNICAL / PERFORMANCE RACE SUIT ?

A technical / performance race suit is a specialized swimsuit designed with bonded/meshed seams or kinetic tape. In simpler terms, tech suits don't even appear to have seams. These suits have water-repellent properties that add little textile weight and help mature swimmers cut through the water. The conforming carbon fibre cage (and other approved textiles) give the biggest performance benefit: compression. Extreme muscle compression streamlines the body in order to reduce drag, thus leading to greater improvements in performance.

#### OUR RATIONALE –

- Very good research suggests that there is no determinable speed advantage for a young person 12 years old and under.
- These race suits are expensive and have a short life span. Whilst we recognise that this may not be an issue for everyone, we want to encourage participation in our sport and the cost is likely to be a barrier for some. Swimming Waikato does not wish to place unnecessary financial pressure on parents or create an environment where it is thought to achieve at this level, a technical race suit is required.
- At the junior level, refining technique and skills is more likely to contribute to improved race performance, rather than the swimwear the young person is wearing.

#### POLICY -

1. In the interests of athlete development and retention, the Board of Swimming Waikato has banned the use of Technical / Performance Race Suits for swimmers aged 12 years and under.
2. This ban will be effective at all swim meets hosted by Swimming Waikato or a Swimming Waikato member club.

3. This policy came into effect on 15 March 2019.

**ADDITIONAL INFORMATION –**

Examples of swim suits that ARE permitted – note that the stitching is raised on the outside of the fabric.



Examples of swim suits that ARE NOT permitted – Note the bonded/sealed seams and use of kinetic tape.



PLEASE NOTE- THE ABOVE PICTURES ARE EXAMPLES OF SEAMING ONLY. THE BRANDS AND STYLES DEPICTED ARE **NOT** THE ONLY BRANDS OR STYLES TO WHICH THE NEW POLICY WILL APPLY.

If you are unsure whether the suit you currently have, or are considering purchasing, will be permitted, please check with the retailer or your swim coach.