

# Swimming Canada / CSCTA Position Statement: Technology Swim Suits

January, 23, 2009

As a result of the wide array of swimsuit options and technologies on the market, and the possible confusion associated with the purchase of these swimsuits, Swimming Canada and the CSCTA offers the following guidelines on suitable selection of swimsuits at the different levels of development. Swimming Canada and the CSCTA strongly supports the tenets advocated in the Long Term Athlete Development Strategy ([www.swimming.ca/ltad](http://www.swimming.ca/ltad)) which highlights the priorities at each stage of development. We recognize that education on the issue of swimsuit selection is critical and that our stakeholders (athletes, coaches, officials, parents and administrators) share this responsibility.



## **INTRODUCTION:**

Non-competitive and entry-competitive levels

LTAD: Fundamentals and Learning to Train stages of development

- The simplest competitive suit made by SPEEDO or another manufacturer is all that is required.
  - Good fit is important - Snug, simple, basic.
- Encourage parents not to purchase suits that athletes will “grow into”...by the time they do so, the suit will be exhausted and in need of replacement.
- Standards for suits should be set by “minimal coverage”:
  - For boys: the suits should be limited from the knee to the navel, or less. Many young boys, especially those new to the sport, may balk at using a brief. They may want the jammers to the knee.
  - For females: Shoulder straps to hips. Suits that extend over the shoulders and below the hips should be discouraged

## **AGE GROUP DEVELOPMENT:**

Early-mid competitive levels

LTAD: Training to Train and the initial stages of Training to Compete stages of development

- Athletes should be encouraged to train and compete in “normal suits” with a good fit, with the same coverage rules as in the INTRODUCTION groups listed above.
- The longer into their careers that an athlete is encouraged to train and compete in the relatively inexpensive “normal” suits, the better.
- High Performance Technology suits should not be considered until the athletes have achieved a Senior National qualification standard or higher

## **ELITE:**

Later competitive levels

LTAD: The later stages of Training to Compete Training to Win stages of development

- Swimsuit selection is at the discretion of the individual athletes and their coaches
- Competitors be limited to a single swimsuit or garment approved by FINA

This position statement will be revisited following the outcome of the FINA scheduled meeting in Lausanne on February 20, 2009 tasked with reviewing the complexities involved with swimsuit approval procedures (including material, thickness, use, shape and availability). The conclusions from this meeting will be considered by the FINA Bureau at its upcoming meeting scheduled March 12-14, 2009 in Dubai (UAE).