



Tech Suits for Dummies

The 2017 primer for newbies and the somewhat confused

We hope this printout will help you to navigate your way through the tech suit world. An important fact for those new to the tech suit world is to understand that the sizing runs are usually different than those of other suits. Thus a 28 in a practice suit will not be the same size as a 28 in a tech suit. Your swimmer will most likely take a smaller size. Also some tech suits begin at size 18, others have odd number sizes (23, 25, 27, 29) and offer suits for long torsos.

At Toad Hollow we firmly believe that tech suits should be approached beginning with the introductory suits and graduating to the more advanced (and more expensive) technology as the swimmer grows and matures. Below is a guide to tech suits, and the order in which we suggest they should be approached.



Suits in Level One are made of knitted fabric- as opposed to the woven fabrics of Level Two. Knitted fabrics have generous four-way stretch capabilities and are less expensive. Because the suits stretch easily, the swimmer must size down to ensure both good fit and as many wearings as possible.

	Aquablade Jammer, Brief, Classic Suit	The original and still a winner- the Aquablade was the first offering by Speedo in the tech suit market. The fabric is a color-on-color stripe with a very silky feel. A nicely priced introductory suit.
	Fastskin II Jammer, Brief, Classic Suit	DISCONTINUED. The second offering by Speedo is also a good choice to introduce swimmers to the tech suit market. The fabric uses the same technology as the streamline effect of a "shark skin." While quantities last.
	PowerPlus Kneeskin	The new PowerPlus is a good choice for a "first" kneeskin. Made out of Speedo's Powerplus fabric, (nylon/lycra) it offers Speedo's now famous Comfort Straps. It is easier to get on than most kneeskins and retails for \$99, making it the most inexpensive knee-tech on the market.
	Powerskin ST Jammer, Knee Suit, Classic Suit	The Powerskin ST is extremely popular because it fits a variety of swimmers and is very well priced. The jammer and female suits are available in a variety of colors and limited releases of nice prints. Very popular. Note: It runs very large.
	Fusion Classic, Knee Suit, Jammer	Tyr's early introduction to the tech suit market is the well-priced Fusion series.



Level Two

Level Two suits are made of woven fabrics with sewn seams- with one notable exception-Blueseventy's Nero TX. Woven fabrics are incredibly lightweight and do not hold water. They do not have the four-way stretch of the knitted fabrics of Level One and thus are more difficult to put on. However this lack of stretch does have a distinct advantage in that it limits water absorption and provides compression. Research has shown that compressed muscles perform more efficiently. Since most of these suits relax with wear, it is best to size down to a very tight fit to allow the swimmer to wear the suit as many times as possible.

	<p>LZR Pro Jammer, Classic Suit, Kneeskin</p>	<p>The LZR Pro (also called LZR Racer Pro) was the earliest woven fabric offering by Speedo. It remains a good choice to introduce swimmers to a woven fabric with less stretch. A recent release offers Speedo's Comfort Straps.</p>
	<p>Nero TX Jammer, Kneesuit</p>	<p>The Nero TX offers bonded seams -a characteristic of the more expensive and advanced suits in Level Three. However, it offers more stretch than Level Three suits and thus is far easier to get on. The Nero TX fits slender swimmers extremely well. It is beautifully constructed with very few defective returns. The Nero TX is a Toad Hollow Best Seller due to its color offerings, fit, and price.</p>
	<p>Nero Fit Jammer, Kneesuit</p>	<p>The Fit also offers bonded seams but with an even lighter fabric than the Nero TX. It is both comfortable and easier to get off and on. It is priced for the introductory level- and sized for the introductory level as well, starting at girls' size 8. A great addition to the market.</p>
	<p>Nike Hydra Series Kneesuit</p>	<p>DISCONTINUED. Nike's version of Speedo's LZR Pro. Knee suits are available at a clearance price of \$99- a great buy. While quantities last.</p>
	<p>Platinum 2 Pro Kneesuit, Jammer</p>	<p>It is Dolfin's belief (they have a good point here) that the superior streamline effect of bonded seams has yet to be supported by documented evidence. Thus they offer a compressive woven suit with the more stable sewn seams. The result: an extremely well-priced woven suit. Nicely constructed.</p>



Suits of this level are more difficult to put on because they provide a great deal more compression than suits in Level Two. Instead of sewn seams, the seams of this level are bonded, providing a more streamline surface.

	<p>LZR Racer X</p> <p>Open and closed back, high waist & regular jammer</p>	<p>The latest release from Speedo features higher compression than the classic LZR Elite. The straps on the female suit and are not cut as wide as the LZR Elite, helping to eliminate the problem of water intake. Seam placement enhances muscle use and efficiency.</p>
	<p>LZR Elite 2</p> <p>Open and closed back, high waist & regular jammer</p>	<p>A classic in the field, the LZR Elite has bonded seams, a compressive woven fabric, and Comfort Straps.</p>
	<p>Carbon Air</p> <p>Open back, jammer</p>	<p>The ultra-light Carbon Air is 30% lighter than either the Carbon Pro or Carbon Flex. It is much easier to put on and is a great choice for anyone who prefers a light fabric in a tech suit.</p>
	<p>Arena Evo+</p> <p>Kneesuit, Jammer</p>	<p>Arena's answer to Speedo's LZR Elite with even more compression. It is beautifully made and very similar to Blueseventy's Nero XIV.</p>
	<p>Avictor Prelude</p> <p>Open and closed Back, regular & high waist Jammer</p>	<p>TYR's Avictor Prelude is a beautiful suit available in wild colors, black on black, and solid black. The Avictor is available in the widest size range of all the tech suits: sizes 20-36 in both female and male.</p>
	<p>NG-1</p> <p>Open and closed back, jammer</p>	<p>DISCONTINUED. Nike re-entered the tech suit market with a very strong showing- the NG-1. It is beautifully constructed (designed by the creator of the Speedo LZR) with reinforcing tape on all seams. What is noteworthy is that the waterproofing surface applied to most tech suit fabrics is now sandwiched between the lining and outer layer- thus extending its viability. As of 2014, Nike is no longer supporting national athletes or sponsoring teams. The NG-1 is thus available at a sale price- a great buy for a nice suit.</p>
	<p>Titanium Series</p> <p>Kneesuit, jammer</p>	<p>Dolphin's answer to all the above- and as usual, they do it with a nicely made suit at a good price.</p>
	<p>Nero XIV</p> <p>Kneesuit, Jammer</p>	<p>The Nero XIV has similar fabric, construction, and compression as the Speedo LZR Elite 2 and the Arena Evo+. Once more- a great choice for the slender swimmer. Beautifully constructed with very few defective returns.</p>



	<p>Carbon Ultra Carbon Pro Flex</p> <p>Open & closed back, jammer</p>	<p>The Carbon Flex and Ultra is the choice of many US and European world class swimmers. It features the same grid pattern of carbon fiber of the original Carbon Pro. The new seam placement allows more flexibility in both getting the suit on and in muscle compression during the race. Like the original Carbon Pro, the Carbon Flex and Ultra do not readily stretch out and thus lasts longer than most other tech suits. The Ultra features the white design on the lining which shows through the suit when wet. <u>Very</u> cool.</p>
	<p>Carbon Pro Mark 2</p> <p>Open & closed back, jammer</p>	<p>DISCONTINUED. The Carbon Pro was Arena’s original carbon fiber offering in the US market. Discontinued and on sale. While quantities last.</p>

Other Tech Suit Information

All technical suits need to dry out quickly. They must never be rolled up in a towel or left for any amount of time in a closed swim bag. Tech suits MUST be hung up immediately after use to air dry.

Swimmers wearing tech suits should only sit on a towel or soft surface. Avoid the edge of the pool and especially the rough surfaces of starting blocks.

Tech suits are not made to be worn all day. Their fabrics are sensitive to sweat and may break down with prolonged wearing without rinsing.

Only pull on the seams when putting on a tech suit. Suits cannot be returned due to holes in the fabric area. Leave plenty of time at the meets to put on the suits.

Guys- Arena Suits- cross the ties first before tightening and tying your suit. Suits cannot be returned due to ripping of the stitch “tunnels”.

We can help you with the fitting of tech suits, but we can only see the suit from the “outside”. Tech suits are not returnable if they take on water. It is up to the swimmer to tell if they feel the suit ultimately fits. Swimmers: Remember to wet the suit and adhere it to your chest prior to swimming.

Tech suits are not returnable but may be exchanged within 30 days of purchase for another suit or store credit. They must be unworn and in the original package with all hang tags. Any suits returned because of defects are subject to the inspection of the manufacturer and must be returned within 30 days of purchase. Rough handling and resulting damage from the situations listed above will most likely not be approved for exchange. Please understand the guidelines for returns and exchanges are not set by Toad Hollow, but rather by the manufacturers. They recognize the need to care for these suits and do not accept defectives readily.

After all that.....it is the time to have fun and swim fast!

