



## Tech Suits for Dummies

The 2018 primer for newbies and the somewhat confused



The results of a study initiated by US Swimming is due to be released in **November 2018**. The study will make suggestions which will limit the younger swimmers from wearing the more expensive and advanced tech suits. Most likely the restrictions will address the 10 and under swimmers, but nothing is definite and we are all waiting for the results of this research.

Until then Local Swim Committees have their own rules for tech suits and it is best to visit their websites. Middle Atlantic Swimming prohibits swimmers ten and under from wearing any tech suit with bonded seams.

**Please note:** the FINA logo is not an indicator of an upper level tech suit. Manufacturers have the option to put the logo on all approved suits, but most choose to not put them on introductory suits.

**Exception:** Arena has chosen to put the logo on their introductory Powerskin ST line. These suits do not have bonded seams and are legal in all Middle Atlantic competitions.

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, while others have odd number sizes (23, 25, 27, 29) and offer suits for long torsos.

All of us at Toad Hollow 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.



## Level One

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.

	<p><b>Aquablade</b> Jammer, Brief, Classic Suit</p>	<p>The original and still a winner- the Aquablade was the first offering by Speedo in the tech suit market. The fabric is a color stripe with a very silky feel. A nicely priced introductory suit.</p>
	<p><b>PowerPlus</b> Kneeskin</p>	<p>The new PowerPlus is a good choice for a “first” kneeskin. It offers Speedo’s now famous Comfort Straps. It is easier than most kneeskins and retails for \$99, making it one of the more inexpensive kneeskins on the market.</p>
	<p><b>Powerskin ST</b> Jammer, Kneesuit, Classic Suit</p>	<p>The Powerskin ST is extremely popular because it is very well priced. The jammer and kneesuit are available in a variety of colors and limited releases of nice prints. Very popular. Note: It runs large.</p>
	<p><b>Fusion</b> Classic, Knee Suit, Jammer</p>	<p>Tyr’s early introduction to the tech suit market is the well-priced Fusion series. It is very similar to Speedo’s Aquablade and offers a kneesuit.</p>
	<p><b>Thresher</b> Jammer, Classic Suit, Kneesuit</p>	<p>TYR’s Thresher is available in both solid colors and a nice print, Baja. It is beautifully constructed and very well priced. Since its introduction, it is becoming very popular. The Thresher runs large.</p>



## Level Two

Level Two suits are made of woven fabrics with sewn seams. Woven fabrics are incredibly lightweight and do not hold water. Because they do not have the four-way

stretch of the knitted fabrics of Level One, they 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><b>LZR Pro</b> 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 for swimmers to a woven fabric with less stretch. A Toad Hollow Best Seller.</p>
<p><b>Nero TX</b> 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 and is beautifully constructed with very few defective returns. The Nero TX is a Toad Hollow Best Seller due to its color and price.</p>
<p><b>Nero Fit</b> 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 on. It is priced and sized for the introductory level as well, starting at girls' size 8. The Fit also offers sizes up to and including 30 and 32.</p>



### Level Three

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. These suits represent the latest research and development of all the manufacturers.

<p><b>LZR Racer X</b> Open and closed back, high waist &amp; regular jammer</p>	<p>The latest release from Speedo features higher compression than the classic LZR Elite. The straps on the female suit are as wide as the LZR Elite, helping to eliminate the problem of water intake. Seam placement enhances muscle use and comfort.</p>
<p><b>LZR Elite 2</b> Open and closed back, high waist &amp; regular jammer</p>	<p>A classic in the field, the LZR Elite has bonded seams, a compressive woven fabric, and comfort straps.</p>

<p><b>Carbon Ultra Carbon Pro Flex</b></p> <p>Open &amp; 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 fiber of the original Carbon Pro. The new seam placement allows more flexibility in both getting the suit on and in maintaining compression during the race. Like the original Carbon Pro, the Carbon Flex and Ultra do not readily stretch out and thin out more than most other tech suits.</p> <p>The Ultra features the white design on the lining which shows through the suit when wet. <u>Very</u> cool.</p>
<p><b>Carbon Air</b></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><b>Avictor</b></p> <p>Open and closed back, regular &amp; high waist Jammer</p>	<p>TYR's Avictor is a beautiful suit available in wild colors, black on black, and solid black. The Avictor offers the widest selection of the tech suits: sizes 20-36 in both female and male.</p> <p>Recent print offerings include Lava and Venom.</p>
<p><b>LightStrike</b></p> <p>Open and closed back, Kneesuit, regular and high waist jammer</p>	<p>Dolfin's answer to all the above- and they achieve it with a fascinating new suit. If you are tired of ripping suits, the LightStrike may be your next purchase with its extremely durable fabric. LightStrike also comes in a variety of body styles and colors.</p> <p>compression.</p>

## Other Tech Suit Info-Please READ!

 <p><b>All technical suits need to dry out quickly.</b> They must never be rolled up in a towel or left for any amount of time in a closed swim bag.</p> <p><b>Tech suits MUST</b> be hung up immediately after use to air dry.</p> <p><b>Only pull on the seams when putting on a tech suit.</b> Suits cannot be returned due to holes in the fabric.</p>	<p><b>Swimmers wearing tech suits should avoid rough surfaces of pool decks.</b></p> <p><b>Tech suits are not machine washable.</b> They are sensitive to sweat and chlorine. They should be worn without rubber shoes.</p> 
	<p><b>We can help you choose the right suit for you. Only see the suit if you are not satisfied. Suits are not returnable if they are damaged. Please tell us if they feel the way you want them to.</b></p>

<p><b>THE POWER IS ON THE INSIDE</b></p> <p><b>#BreakTheSurface</b>  <small>an awesome effect comes from within</small></p> <p><b>INNER STRENGTH</b></p> <p><b>COMMITMENT</b></p> <p><b>PERSEVERANCE</b></p> <p><b>POWER-SOON</b>  <small>carbon fibre</small></p> <p><b>arena</b>  <small>WATER INSTINCT</small></p> <p><b>#BreakTheSurface</b>  <small>an awesome effect comes from within</small></p> <p><b>ULTRA-COMPRESSION PANELS</b>  <small>for ultimate compression and support, compression effects at chest, waist</small></p> <p><b>#BUILT LOOP</b>  <small>with 1.2mm elastic for perfect body control, better motion, such as in and backstroke</small></p> <p><b>CARBON ULTRA-FACE</b>  <small>1.2mm elastic, 100% compression</small></p>	<p><b>Swimmers: Rem</b>  your chest prior to</p> <p><b>Guys- Arena Suits</b>  <b>and tying your su</b>  ripping of the stic</p> <p><b>WAT</b></p>
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**After all that.....it is the time to have fun and swim fast!**



**Toad Hollow Athletics**