

## **GCST swimmers and parents,**

The Olympic Games in Athens showcased recent developments in suit technology, with many Olympians wearing expensive new Speedo Fastskin II™ and similar high tech body suits. Considering both economic and developmental implications for age group swimmers, the GCST coaching staff has developed a policy regarding the type of suits different levels of swimmers can use. Effective immediately, the following guidelines should be followed by GCST swimmers in competition:

- For all regular season meets (non-Championship meets), all GCST swimmers shall compete in a **solid black Speedo™ suit or a Speedo™ printed suit** selected by the coaching staff.
- Swimmers throughout the GCST Age Group Program (Pre-comp, Novice, and Junior) shall not wear Fastskin™, FS II™ or similar body suits in competition. These swimmers may swim in Aquablade™ (black only) type suits for meets designated by the coaches as Championship meets. Any higher tech materials or designs are allowed only with coach approval for swimmers at this level.
- Sectional level swimmers will conform to the above guidelines for any regular season meet. For championship meets not at the Sectional level, the use of a Fastskin™ or FSII (black only) will be at the coach's discretion. At the Sectional level, Fastskin™ or FSII (black only) and similar suits will be permitted for those who choose to purchase them.
- Swimmers qualifying for a USA Swimming Junior or Senior National Championships will be provided one suit for competition in whatever style or fabric they desire.

This policy will ensure that improvements in performance in our age group program result from sound development, not prohibitively expensive equipment. It also effectively leaves an attractive carrot dangling in front of improving GCST swimmers. It is important, developmentally, to have something “new for later”, as swimmers progress through our program, and to help keep costs to a minimum for developing age group swimmer's parents.

We appreciate your adherence to this policy. We feel that it is sensible both developmentally and economically at this time.

Sincerely,  
GCST Coaching Staff