

## SSYS Equipment Requirements by practice group

Minis/Gold/Age 2/Age Jr. Swimmers need the following equipment before practices begin on 9/14.

Swim caps x2 (1 practice cap and 1 team cap for meets) Boys too!

Goggles x2 (in case 1 breaks during practice or meets)

Split fins

Kick Board

Equipment bag

Water bottle (no need to buy an expensive one, but every swimmer should have a minimum of 12 oz water for every practice and meet on hand)

Age Group 1/Senior 1/Senior 2/National Swimmers need the following equipment now.

Swim caps x2 (1 practice cap and 1 team cap for meets)

Goggles x2

Split fins

Cross Blade or Z2 Zoomer Short fins

Paddles x2 (1 big, 1 fitted to hand)

Snorkel (fitted to head, preferably not with valve)

Kick Board

Pull Buoy

Equipment bag

Water bottle (no need to buy an expensive one, but every swimmer should have a minimum of 24 oz water for every practice and meet on hand)