

Senior & National Prep Equipment List (In-Pool)

- 1 Mesh Equipment Bag with luggage tag
- 1 Pair of rubber fins
- 1 Kickboard
- 1 Pullbouy
- 1 Pair of Handpaddles
- 1 Pair of Tennis or Racquet Balls
- 1 Pair of Old Sneakers
- As many pairs of goggles as needed
- As many swimsuits as needed
- 1 Water Bottle

Senior & National Prep Equipment List (Dryland)

- 1 Pair of GOOD running shoes
- Shorts
- Swim Louisiana or NON-Other team shirt
- 1 Water Bottle

Dryland activities are conducted 3 times per week on Tuesdays, Thursday and Saturdays. Dryland is always conducted prior to the water portion of practice.

Swimmers who come to dryland without shoes or with shoes not suitable for running and excercises conducted during dryland or in jeans or other non suitable attire will be barred from dryland. After a swimmer has been barred from dryland 3 times, they will be barred from further dryland activities for the remainder of the season.

Swimmers who are more than 10 minutes late to dryland or who hold the team up for more than 1 minute during water break will be subject to additional excercises at the conclusion of the dryland session.