

Cabot Site Training Group Equipment List

Developmental

- 1) Swim Cap (any style) if have long hair.
- 2) Basic Training Fin
- 3) Mesh Equipment Bag to hold items
- 4) Training Suit
- 5) Two pair of goggles (always have a backup pair at practice).

Optional Equipment

- 1) Speedo Kick Board

Age Group 1 & 2

- 1) Speedo Training Fin
- 2) Speedo I.M. Tech Paddles (Blue)
- 3) Speedo Center Mount Snorkel (if small get Jr. Size) & Nose Clip
- 4) Speedo Pull Buoy
- 5) Speedo Pull-kick combo board if this is your preference over kick board and pull bouy
- 6) Training Suit
- 7) Swim Caps if have long hair
- 8) Two pair of goggles, have a backup pair at every workout
- 9) Mesh Bag to keep equipment in

Optional Equipment:

- 1) Speedo Kick Board

SENIOR & NATIONAL TEAM

- 1) Mesh Equipment Bag
- 2) Speedo Pull-kick Board
- 3) Speedo I.M. Tech Paddles (Blue-Females, Red-Males)
- 4) Speedo Level Lock
- 5) Speedo Center Mount Snorkel
- 6) Speedo Switchblade Fins
- 7) 2-Medium Sized Wiffle Balls
- 8) Nose Clips
- 9) Yoga Mat
- 10) Water Bottle
- 11) Swim Caps if have long hair
- 12) Two pair of goggles, have a backup pair at every workout
- 13) Mesh Bag to keep equipment in

Masters Group

Training Required Items:

- 1) Speedo Training Fin
- 2) Speedo I.M. Tech Paddles Blue for Girls/Red for Boys

3) Speedo Center Mount Snorkel & Nose Clip

Please be sure to write your name on everything!