

## **Jacksonville /Sherwood Training Equipment**

### **Required Equipment:**

- 1) Swim Cap (any style) if have long hair. They will receive a Dolphin swim cap for competition the week before their first meet (Make sure you ask coach for one).
- 2) Basic Training Fin
- 3) Finis Agility Paddles
- 4) Training Suit
- 5) Two pair of goggles ( always have a backup pair at practice).
- 6) Yoga Mat

### **Optional Equipment**

- 1.) Speedo Kick Bouy Combo
- 2.) Mesh Equipment Bag
- 3.) Speedo Fingertip Paddles
- 4.) AG 1,2,3 Speedo Center Mount Snorkel (if small get Jr. Size) & Nose Clip