

Little Rock Racquet Club Training Equipment

Developmental Groups that trains at LRRC

Training Required Equipment:

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

Optional Equipment

- 1) Speedo Kick Board
- 2) Mesh Equipment Bag to hold items

Age Group & Age Group Prep Groups that trains at LRRC

Training Required Items:

- 1) Speedo Training Fin
- 2) Finis Agility Paddles
- 3) Speedo Center Mount Snorkel (if small get Jr. Size) & Nose Clip
- 4) Training Suit
- 5) Swim Caps if have long hair
- 6) Two pair of goggles, have a backup pair at every workout
- 7) Mesh Bag to keep equipment in

Optional Equipment:

- 1) Speedo Kick Board
- 2) Speedo Pull Bouy
- 3) Speedo Pull kick combo board if this is your preference over kick board and pull bouy
- 4) Mesh Equipment Bag to hold items

Masters Group that trains at LRRC

Training Required Items:

- 1) Speedo Training Fin
- 2) Finis Agility Paddles

Optional Equipment:

- 1) Speedo Center Mount Snorkel & Nose Clip Masters Group that trains at LRRC

High School Fitness Group that trains at LRRC

Training Required Items:

- 1) Speedo Training Fin
- 2) Finis Agility Paddles

Optional Equipment:

- 1) Speedo Center Mount Snorkel & Nose Clip