

2021 Training Equipment for Arkansas Dolphins that train at the LRAC

Required Items

1. Swim Cap (any style) or ponytail in they have long hair.
2. Two Practice Swimsuit (All groups)
3. Two pairs of goggles all groups (always have a backup pair of practice)
4. One Team Competition Swimsuit for meets (All Groups)
5. Water Bottle (all groups)
6. Mesh Equipment bag (Dev 3, AG1 & AG2)
7. Fin: Long Blade for Dev & AG 1, Short Fins for AG2 & AG3
8. Paddles "Slightly Larger Than Hand" (AG 2 & 3)

Visit Swimoutlet.com Team Code: arlrac