



Training and Apparel Requirements (2019)

Sun Ray Rec swimmers:

- 1. Gold Pitchfork Aquatics swimming caps for practice and competitions (Silicone caps are the best option for durability and comfort)**
- 2. Goggles by preference**
- 3. Black team suit**
- 4. Team shirt with logo**
- 5. Fins by preference (The MP Alpha fin provides excellent comfort and will not hurt the swimmers' feet)**

White and Prep swimmers:

- 1. Gold Pitchfork Aquatics swimming caps for practice and competitions (Silicone caps are the best option for durability and comfort)**
- 2. Fins by preference (The MP Alpha fin provides excellent comfort and will not hurt the swimmers' feet)**
- 3. Goggles by preference**
- 4. MP mesh equipment bag**
- 5. Snorkel by fit, MP junior snorkel works well**
- 6. Kickboard**
- 7. Team logo t-shirt in black, maroon, gold and gray**
- 8. Black all Sport Team Short**
- 9. Black Team suit**



Maroon and Black:

1. Pitchfork Aquatics Gold swimming caps for practice and competitions (Silicone caps are the best option for durability and comfort).
2. Required Team 365 logo performance hoodie and pants
3. Fins by preference (The MP Alpha fin provides excellent comfort and will not hurt the swimmers' feet)
4. Goggles by preference
5. MP mesh equipment bag
6. Snorkel by preference
7. Kickboard
8. Team logo t-shirt in black, maroon, gold and gray
9. Black all Sport Team Short
10. Paddles (ask your coach about type and size)
11. Buoy by preference - ask your coach to ensure you get the right size!
12. Black Team suit
13. Maroon and Gold polo shirts for travel

Gold and Copper (Training Equipment for Gold and Copper is required):

1. Pitchfork Aquatics Gold swimming caps for practice and competitions (Silicone caps are the best option for durability and comfort).
2. Required Team 365 logo performance hoodie and pants
3. D-Band (REQUIRED for practice) <https://swimswam.com/d-band-training-device-helps-build-upper-body-and-core-strength/>
4. Fins by preference (recommend MP Alpha fin that provides excellent comfort)
5. Goggles by preference
6. MP mesh equipment bag
7. Snorkel by preference
8. Kickboard
9. Team logo t-shirt in black, maroon, gold and gray
10. Black all Sport Team Short
11. Paddles by preference (ask your coach about type and size)
12. Buoy by preference - ask your coach to ensure you get the right size!
13. Black Team suit
14. Maroon and Gold polo shirts for travel