

# **Equipment Guidelines**

## **BLACK ELITE, BLACK, and BLUE GROUPS**

- \*Kickboard
- \*Front Snorkel
- \*Long blade Fins
- \*Hand paddles (small to medium NO LARGE)
- \*Pull Buoy
- \*Swim Bands (Speedo in appropriate size)
- \*Parachute (Finis 12")

## **AQUA GROUP**

- \*Kickboard
- \*Front Snorkel
- \*Long blade Fins
- \*Hand paddles (small)
- \*Pull Buoy
- \*Swim Bands (Speedo in appropriate size)

## **TURQUOISE and GREEN**

- \*Kickboard
- \*Long blade Fins
- \*Pull Buoy

## **SWAT STARTERS**

- \*Long blade Fins
- \*Kickboard (optional)

## Why Extra Equipment?

Many parents look at the equipment we use and think it's unnecessary -- that kids should just "swim." But, there's a lot to think about when swimming. Head position, core engagement, body alignment, kicking from the hip, hand entry, early vertical forearm -- and depending upon the stroke a child is learning, many other things. There is no way most developing (or even advanced swimmers) can focus on every detail and learn to swim well this way.

Every piece of equipment the team recommends has a purpose -- whether it's to build or reinforce proper technique or build power and strength and endurance. These tools for training are not crutches -- they are steppingstones to technique-driven, faster swimming

## Recommended Equipment

### **Fins**

Fins are an essential tool to help develop your stroke technique. A long-length silicone or rubber fin gives you good support so that you can focus on performing the drill well without worrying about staying afloat or kicking very hard to move forwards! When used for a specific and focused purpose, fins really aren't cheating

### **Paddles**

\*Finis Hand Paddles - Increases the 'feel for the water' and allows swimmers to make adjustments to improve stroke technique. Intended for use on drills and stroke-specific training. Versatile tool for all four swim strokes. Outside Isolation: backstroke & freestyle Inside Isolation: breaststroke & butterfly

### **Pull Buoy**

Used to help you focus on your technique and body position while helping the legs to float.

Using this tool also helps to minimize the kick for long sets. By eliminating the kick, you can keep your heart rate lower and really focus on your form.

### **Snorkel**

Used to work on two aspects of your stroke technique - head position and body roll: 1. Head Position: The snorkel helps you find that sweet spot between looking too far forward (with legs potentially dropping) and too far down (with head being too deeply submerged). At either of these extremes you will suck up water through the snorkel - immediately prompting you to correct your head position! 2. Body Roll: The snorkel is used to help control the head itself and focus on keeping the eyes in one spot while the whole-body rolls independently - great swimming technique.

**Pull buoy**



**Kickboard**



**Hand paddles**



**Long Blade Swim Fins**



**Snorkel** Front mount snorkel by Finis



**Speedo Swim Bands**



**Swim Parachute**

