HIGH PERFORMANCE

NYAC 2020-2021 TEAM WEAR & EQUIPMENT LIST

Please ensure every piece of equipment and team wear is labeled with your swimmer's first and last name

Equipment Required	NYAC Team Wear Required
• Goggles • Kick board • Fins • Paddles (TYR Catalyst, see coach for other) • Snorkel • Pull buoy • Skipping ropes • Stretch chord (Power tube heavy to very heavy) • Yoga mat • Water bottle • Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)	• NYAC Cap • Black swimsuits (must be worn at all TPASC practices and meets) • NYAC Black cotton T-shirts (must be worn at meets) • NYAC Black warm up Jacket (custom name embroidery • NYAC Backpack (custom name embroidery) • Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.