



## Tsunami Equipment List

The following is a list of necessary equipment our swimmers will need, depending on what group they are in.

Please take note on which groups need which equipment.

Link to team store: <https://www.swimdepotusa.com/tsunamis-swim-team/>

Please purchase all equipment from our team store. We use Arena brand and have carefully selected which pieces of equipment we would like to swimmers to use. Thank you!

**\*\* Please do not purchase the team suits listed on the site. The team suit we have selected for meets is sold at the pool and can be fitted and purchased at any time. Girls suit: \$60, Boys suit: \$45**

### **White group:**

- Tritan full foot fins
- Pull Buoy
- Kick Board
- Hand paddles

### **Blue Group:**

- Tritan full foot fins
- Pull Buoy
- Kick Board
- Hand paddles
- Snorkel

### **Green Group:**

- Tritan full foot fins
- Arena powerfin
- Training fins
- Pull Buoy
- Kick Board
- Hand paddles
- Snorkel

### **Senior 1:**

- Tritan full foot fins
- Pull Buoy
- Kick Board
- Hand paddles
- Snorkel



**Senior 2:**

- Tritan full foot fins
- Arena powerfin
- Pull Buoy
- Hand Paddles
- Kick board
- Snorkel

**Items ALL swimmers will need:**

**Mesh Equipment bag:** This is their WET bag and should be used for equipment only and will sit next to the pool with them. On the site we offer a drawstring mesh bag.

**Dry Bag:** A bag where they keep dry clothes, towels, caps, goggle, shoes, snacks, etc. We chose as backpack as the team bag rather than a duffle in order to help limit strain on the swimmer's shoulders.

**Sneakers:** A good pair of sneakers are a necessity! They will need sneakers for all dry land workouts. Swimmers will also need to wear sneakers on their feet at swim meets. This helps support their feet, legs and backs to reduce unnecessary fatigue and strain.

**Swim Cap:** Caps are mandatory for all practices. The only exception is boys with short hair. However, EVERYONE must wear a team cap at all meets. Team caps can be purchased at the pool. Price: \$11

**Team Suit:** Team suits are for meets ONLY. Never at practice. Team suits can be purchased at the pool. Price: Girls \$60, Boys \$45

**Apparel:** We offer a variety of team apparel on our site. We also offer our green team t-shirt and team tank tops at the pool. Apparel is not mandatory but recommended. We also encourage parents to have team gear. Show that Tsunami Pride! (Green t-shirt and white tank top is pictured below)

Price:

Youth T-shirt: \$15, Adult T-Shirt: \$15, XXL Adult T-Shirt: \$16, Tank top: \$18



**If you have any questions, please feel free to ask one of the coaches, another swimmer or parent.**