



Tsunami Equipment List

The following is a list of required equipment Tsunamis swimmers need for practice.

The list is broken down by group.

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!

Yellow group:

- Tritan full foot fins
- Pull Buoy
- Kick Board
- Mesh equipment bag

White Group:

- Tritan full foot fins
- Pull Buoy
- Kick Board
- Hand paddles
- Mesh equipment bag

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Blue Group:

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

Green Group:

- Tritan full foot fins
- Arena powerfin Training fins
- Pull Buoy
- Kick Board
- Hand paddles
- Snorkel
- Stretch Cordz with hand paddles
- Mesh equipment bag

Senior:

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



- Stretch Cordz with hand paddles
- Mesh equipment bag

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.

Tech Suits: These are for meets only. Not all meets require a tech suit. An appointment must be made to be fitted.

Apparel: We offer a variety of team apparel on our site. Apparel is not mandatory but recommended.

We also encourage parents to have team gear.

Show that Tsunami Pride!

Please let your coaches know if you have any questions.