

# **GCST Training Equipment**

GCST uses the following equipment for training our swimmers.  
Always check with your coach see what is required for your group.

## **Senior and Junior:**

Strokemaker hand paddles  
Pull buoy  
Kick board  
Cross blade medium length fins  
Snorkle  
Plastic jug for hydration

## **Advanced:**

Strokemaker hand paddles (check with coach)  
Pull buoy  
Kick board  
Cross blade medium length fins  
Plastic jug for hydration

## **Novice:**

No equipment required