

Hi Seminole Aquatics Family,

I'm asking all of our AG2, 3, 4, 5 and SR swimmers to consider purchasing some training equipment. It's not terribly expensive, we'll be using it frequently, and the contact person with All-American Swim store is Bart Raub, who has been very good to SA over the years. AG1 swimmers don't need anything yet.

For AG2 and AG3 swimmers, the fins can be very beneficial, and we would recommend buying some and bringing them to practice each day or storing them at the pool on the outdoor hooks. These swimmers should not use paddles as yet.

I'm listing three items below: Swim fins, hand paddles, and a drawstring bag to carry and store the equipment. These drawstring bags can be stored outside on hooks at the pool or brought home daily. We cannot provide security for the bags; a lot of people use the pool, and it's always possible that someone could go through the bags if stored at the pool. For this reason, I would urge you to put the swimmers name in permanent ink on the bag as well as each item that will be left at the pool. Exposure to the elements can also negatively impact the lifespan of the items.

As for the items I've listed, these are my suggestions, but just like goggles and swimsuits, you can and should buy whatever you like, wherever you like.

Drawstring equipment bag (\$5.95)- Can be stored on hooks at pool, or taken home nightly:

<https://allamericanswim.com/gear/bags-backpacks/mesh-bags.html>

Strokemaker Hand Paddles (\$19.75)- Buy these according to size and the swimmer's age and strength. In general, the older and stronger the swimmer, the bigger the paddle. And most importantly, if the swimmer has had shoulder issues, go with the smaller paddle sizes:

XS- Ages 8-11

S- Ages 9-13

M- Most HS girls and boys

L- Older, stronger HS girls and boys

XL- Strongest HS boys, some National-level girls

<https://allamericanswim.com/gear/swim-gear/hand-paddles.html>

Fins (Prices vary)- I like the short fins for \$26.95 (link provided below) but buy whatever fins you like. The shorter fins provide better turnover to mimic race foot speed, and the silicone should last longer and fit more comfortably.

<https://allamericanswim.com/kiefer-silicone-training-swim-fins.html>

Finally, if you choose not to purchase or use any equipment, that's fine. But I do think it can help, and we are going to incorporate these items regularly at practice. We will continue to provide kickboards and pull buoys for daily use.

Thanks,

Tony Ackerson
Head Coach/ SR Group Coach
Seminole Aquatics