

**2016-2017 Equipment List**

**Please write your swimmers name on all equipment**

**Equipment may be purchased from Lane 4 Swim Shop- (713) 234-7147**

**All swimmers must compete in an FCST team suit (available at Lane 4)**

**White (First Colony and New Territory)**

Tritan fins

Kickboard

Water bottle

Dryland clothes

Dryland tennis shoes

**Red (First Colony and New Territory)**

Tritan fins

Kickboard

Water bottle

Dryland clothes

Dryland tennis shoes

**Blue 1 (First Colony and New Territory)**

Tritan fins

Kickboard

Y-Lon or Finis snorkel

Water bottle

Dryland clothes

Dryland tennis shoes

**Blue 2 (First Colony and New Territory)**

Tritan fins

Kickboard

Y-Lon or Finis snorkel

Water bottle

Dryland clothes

Dryland tennis shoes

**Age Group 1 (First Colony and Training Pool)**

Tritan fins

Y-Lon or Finish snorkel

Kick board

Water bottle

Dryland clothes

Dryland shoes

**Age Group 2 (First Colony and Training Pool)**

Water bottle

Dryland clothes

Dryland tennis shoes

Kick board

Tritan fins

Pull Buoy

Y-Lon or Finish snorkel

**Age Group 3 (First Colony and Training Pool)**

Kickboard

Tritan Long Fins

Ylon or Finis Snorkel

Water Bottle

Dryland Tennis Shoes

Dryland Clothes

Pull Bouy

Strokemaker paddles (check with coach for size)

Fingertip paddles

Jump Rope (First Colony location only)

Tempo Trainer (Training Pool location only)

**Pre-Senior 1 (First Colony and New Territory)**

Water bottle

Tritan fins

Y-Lon or Finis snorkel

Kick board

Pull buoy

Dryland clothes

Dryland tennis shoes

**Pre-Senior 2 (First Colony and Training Pool)**

Water bottle

Tritan long fins
Strokemaker paddles (check with coach for size)
Finis snorkel
Pull buoy
Kick board
Backstroke nose clip (optional)
Jump rope
Dryland clothes

Dryland tennis shoes

Tempo Trainer

**Pre-Senior 3 (First Colony and Training Pool)**

Water bottle

Tritan long fins
Strokemaker paddles (check with coach for size)
Finis snorkel
Pull buoy
Kick board
Jump rope
Dryland clothes

Dryland tennis shoes

Backstroke nose clip (optional)

Tempo Trainer (Training Pool location only)

**Senior 1**

Kick board

Pull buoy

Triton long fins

Tempo trainer

Finis Snorkel

Strokemaker paddles (check with coach for size)

Water bottle

Dryland tennis shoes

Dryland clothes

**Senior 2 (First Colony and Training Pool)**

Water bottle
Tritan long fins
Strokemaker paddles (check with coach for size)
Finis Snorkel
Pull buoy
Kick board
Jump rope
Dryland Clothes

Dryland tennis shoes

Backstroke nose clip (optional)

Tempo Trainer (Training Pool location only)

**Senior Elite**

Kick board

Pull buoy

Tritan or Speedo training fins

Fingertip paddles

Finis Freestyler paddles

Strokemaker paddles (check with Pete for size)

Finis Snorkel

Jump Rope

Dumbbells (check with Pete for weight)

Water bottle