



Team/Swimmer Equipment

Ambush members pride themselves on looking good and above all looking like a cohesive swim team at swim meets; so at swim meets wearing our team colors of Black & White is a requirement. In practice we want our swimmers to express their personality so feel free to get creative! All apparel is sold at the Ambush [Team Store](#)

Our pools do offer shared equipment but we want to encourage our team members to be responsible for their own tools for practice. Below is a description of team apparel and equipment; both required and optional

Required Items:

 <h3>Female Swim Meet Suits</h3> <p>The idea at meets is to be FAST. This means tight form fitting and powerful! Please be sure to buy new suits that are tight as they will loosen over time and drag in the water making great practice wear but poor racing suits. \$54 shown here with additional options on the store site above (logoed).</p>	 <h3>Male Swim Meet Suits</h3> <p>Jammer or Brief; the idea at meets is to be FAST. This means tight form fitting and powerful! Please be sure to buy new suits that are tight as they will loosen over time and drag in the water making great practice wear but poor racing suits. \$38-31 shown here with additional options on the store site above (logoed).</p>
 <h3>Goggles</h3> <p>From what we've seen and collected on deck goggles tend to come and go pretty quickly. Once you find a pair that your swimmer enjoys wearing, you may want to buy two at a time. Prices range from \$3 Swedish-\$15 Speedo Vanquisher-\$20 Vision correcting. Try to keep an extra pair at meets!</p>	 <h3>Kick Board</h3> <p>This is a simple piece of foam that offers your coaches so much opportunity to build and develop the largest muscles in the body; the legs. \$7.05 on the team store.</p>
 <h3>Fins</h3> <p>There are so many kinds of fins on the market but Ambush is only interested in one. These long flexible fins offer kick strengthening, tempo training, and a great deal of variety in training. Sizing can be difficult; too tight and they can hurt; too loose and they can chafe. Try some at the pool to find a good fit before you purchase online. \$15 on the team store</p>	 <h3>Hand Paddles</h3> <p>11 and older swimmers often use hand paddles to develop shoulder strength and pull technique during some practice sets. Paddles range in sizes from small to very large. It is best to use the small sizes for several seasons and work up to larger sizes as the age of the swimmer progresses. \$9.50 on the team store.</p>

Optional Items:

 <h3>Mesh Bag</h3> <p>Let's face it, you're gonna need something to carry all the cool gear in. We recommend a mesh bag as you don't want mold or mildew growing on your training tools! \$7.76 on the team store.</p>	 <h3>Ambush Parka</h3> <p>Keep them warm 8 month of the year without having to carry a suitcase of extra clothing. Parkas come lined with a water prof shell. \$81 on the team store (logoed).</p>
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