

The Gear List

Must haves for all swimmers:

Goggles

- Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of the surroundings in the pool. We ask that all goggles have rubber rims around the eyes, two straps that wrap around the back of the head and straps that don't adjust on pulleys. Speedo Vanquishers are the preferred goggles.



Caps

- Caps are designed to keep the hair out of swimmers faces and help to keep goggle straps in place. During practices athletes can wear their choice of caps. During meets it is required that every swimmer wear a Spokane Waves swim cap. Team caps can be bought from Coach Natalie.



Water Bottle

- Every swimmer should bring a water bottle to practice every day. There are several water fountains on deck for filling and refilling during practice.

Mesh Bag

- A mesh bag is used by swimmers to hold their training equipment. Swimmers should bring them to every practice and they are kept at the end of their lanes. Mesh bags help to keep all of the swimmers belongings from getting lost.



Fins

- The Waves use fins during training to promote speed. The Waves do not want the swimmers wearing “Zoomers” or short blade fins. Fins should be all rubber with a long blade. Fins should fit similar to a regular shoe.



Group Specific Equipment:

Pull Buoys- For Silver, Gold and Senior swimmers Only

- Pull Buoys are a device used by swimmers during practice to enhance body position. Pull Buoys prevent the swimmer from kicking during focus sets. There are adult and youth sized buoys.



Paddles- For Gold and Senior Swimmers Only

- Paddles are a plastic device placed on a swimmers hand during practice. The paddles are used to add resistance to the pulling phase of the stroke. There are a variety of paddles available but the Waves coaches would like to see paddles with a wide, flat plastic surface the cover the entire surface of the hand. Most paddles are color coded by size.



Snorkel- For Gold and Senior Swimmers Only

- Swim snorkels are used to adjust head and body position during kick, scull, and swim sets.

