

CIA EQUIPMENT LIST—SrPrep, Age Group 1 & 2

SWIMMER EQUIPMENT LIST Recommendations

Please label all equipment with your swimmers Last Name as to return if left at practice.

Mesh Bag

To hold all swimmers equipment

Snorkel

Speedo Bullet Head Swim Snorkel—no valve



Nose Clip

Clips also encourage more efficient breathing and can help swimmers hold their breath underwater when they do dolphin kick. Backstrokers in particular can benefit from them.

Give them a try, as we will be doing lots of underwater kick this season!

Fins

Any short fin will work

Or

TYR HydroBlade Swim Fins(when getting new fins)

-these fins are softer than most and don't rub uncomfortably

-more for year round swimmers as they are a little more \$



Tempo Trainer



We have used the team tempo trainers for a few seasons. It would be best if each swimmer had their own, now that they have become comfortable using them. Label with permanent marker on back!

Pullbuoy

Smaller PullBuoy

TYR Pull Strap



Paddles (SR Prep & AG1 only)

TYR Catalyst Stroke Hand Paddles

-Choose a paddle where your fingers are within 1 inch of the edge



Kick Board

Not a huge board, smaller ones do the trick

WaterBottle