

Swim suit	Does not have name or logo of another team. No tears or holes. We train in competition suit (similar to what we would race in at an in-season meet). No drag suits. No jammers. No tie suits. No two-piece suits. No fashion suits.
Spare goggles (2)	At least 2 pair of goggles at all practices and meets. Previously adjusted for proper fit.
WAVES team caps (2)	At least 2 WAVES caps for all practices and meets.
Mesh bag	Must be replaced promptly when holes appear.
Kickboard	Firm, rectangular, full size, standard model.
Pull buoy	Blue-white float.
Hand paddles	Strokemaker brand, <u>check with coach on proper size.</u>
Finger paddles	Arena brand.
Short fins	DMC brand, or Finis Z-2 model.
Snorkel	Finis Freestyle model.
Pull tube	See Coach Yourd.
Strap	See Coach Yourd. Used for kicking and pulling.
Water bottle	24 oz. or larger. Ez open, athletic style.
Sport drink	Have at all practices 90 minutes or longer.
Bar or snack	If eating during practice, must already have it <u>at your lane</u> in zip lock bag.
Carb-protein drink	Approx 4:1 ratio Carb:Protein. Consume immediately after swim workout , at pool or in car.
Protein snack	20-30 grams protein, liquid or solid, consume immediately after strength workout
Athletic shoes	Athletic shoes lace up, have cushioned support, are low cut.
ROM, single & double handle	See Coach Yourd. Use at home daily. Bring to pool when requested.
Ankle stretcher	See Coach Yourd. Use at home 2x daily. Will use at pool for learning stage.
Shoulder stability band	Yellow Thera-band. Light resistance stretch band for shoulder stability exercises.
Foam roller + Lacrosse ball +Tennis ball	For trigger/pressure point release of tight muscles
Trigger point app for phone	To find release points for tight muscles

Teenagers: If I only coached mature elite senior athletes, then I wouldn't need to coach you into responsibility and mindfulness with the following external structure of discipline to support your growing into the habits of responsible self-discipline.

1. Swimmers are required to have all equipment at all practices – forgetfulness means ‘You don’t practice today.’
Example: **No 24+ oz. water bottle = no practice.** Example: **No athletic shoes = no dryland.**
2. All equipment must be in proper condition by Coach Yourd’s standards.
Example: Hole in mesh bag = replace by Monday or you don’t practice.
3. Replacement of equipment (missing, outgrown, broken, damaged) must be immediate, or by the coming Monday at the latest – or you don’t practice.
4. This means swimmer has replaced **his or her own** equipment, (not borrowed from training partner or pool).
5. Allowance will be made if item is out of stock at The Swim Team Store, or if item must be ordered online.

You are showing respect for the caring and effort your coach puts into helping you achieve your goals.

You are demonstrating that you care, and that you have the mindfulness necessary for this sport.

You are showing your teammates and coach that you understand what this squad is about, and with that understanding, you want to be here.

You are learning and practicing the habits of elite senior athletes