

# Required Practice Equipment by Group

Group	Fins	Snorkel	Mesh Bag	Nose Plug	Paddles	Caps	Water Bottle
Novice	Crossblade	Ultralite	Yes	Yes		All Levels: Required for Girls; Optional for Boys	Recommended
Level 1	Crossblade	Ultralite	Yes	Yes			Recommended
Level 2	Crossblade	Ultralite	Yes	Yes			Recommended
Level 3	Crossblade	Ultralite	Yes	Yes			Recommended
Level 4	Hydroblade	Ultralite Elite	Yes	Yes	Catalyst		Required
Level 5	Hydroblade	Ultralite Elite	Yes	Yes	Catalyst		Required
Level 6	Hydroblade	Ultralite Elite	Yes	Yes	Catalyst		Required
HS	Hydroblade	Ultralite Elite	Yes	Yes	Catalyst		Required
National (SR + AG)	Hydroblade	Ultralite Elite	Yes	Yes	Catalyst		Required

\*\* All caps are REQUIRED to be HEAT Team Caps for Practices and meets, so it is suggested additional team caps be purchased from Aquatic Outfitters.

\*\* Many swimmers choose to purchase their own kickboard as well.