



TCAT

Twinsburg Competitive Aquatics Team



Swimming Equipment

There are a lot of equipment options available for swimmers of all ages and ability level. Below is the coach recommended equipment list for each practice group. *All groups should bring goggles, cap (for longer hair swimmers), and a water bottle to each practice session.*

-Beginners- Long fins

-Intermediates- Long fins

-Advanced- Short fins & Snorkel

-HS Advanced- Short fins & Snorkel