

Sachem Swim Club 2022

Recommended Team Gear by Group



Seniors:

<p>Standard Paddles</p> <p>*Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.</p>	<p>1 - TYR Catalyst Paddles</p> <ul style="list-style-type: none"> - SSC Team Store Link <p>2 - Finis Strapless Paddles</p> <ul style="list-style-type: none"> - Amazon Link - SwimOutlet Link
<p>Technical Paddles</p> <p>These are not required but are encouraged for our members to provide some variety in training. These items serve a valuable purpose based on the individual demand and may be used as effective tools for stroke correction. All available on SwimOutlet, Amazon, etc.</p>	<p>1 - Fingertip Paddles (Sprinting)</p> <ul style="list-style-type: none"> - Arena Option #1 - Nabaiji Option #2 <p>2 - Finis Iso Paddles (Correcting Press outs in the stroke)</p> <p>3 - Freestyler Paddles (For increasing DPS in Free)</p>
<p>Fins</p> <p>We recommend a heel with a strap rather than a boot. Short blades are better than long blades at the senior level as well. We recommend these options as they use long-lasting silicone and they are more comfortable and provide more torque in swimming.</p>	<p>1 - DMC Elite II</p> <ul style="list-style-type: none"> - Swimoutlet - Amazon <p>2 - TYR Hydroblade</p> <p>3 - Arena Powerfin Pro</p> <ul style="list-style-type: none"> - Amazon
<p>Pull Buoys</p> <p>Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR</p>	<p>1 - TYR Hydrofoil</p> <p>2 - TYR Pull Buoy</p>
<p>Snorkels</p> <p>If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality.</p>	<p>1 - TYR Ultralight</p> <p>2 - TYR Ultralight Elite</p>

Juniors:

Standard Paddles

*Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.

Juniors will have limited use of paddles other than for stroke correction, special practices, combined practices, etc.

- 1 - [TYR Catalyst Paddles](#)
 - [SSC Team Store Link](#)
- 2 - [Finis Strapless Paddles](#)
 - [Amazon Link](#)
 - [SwimOutlet Link](#)

Fins

We recommend a heel with a strap rather than a boot. Short blades are better than long blades at the senior level as well. We recommend these options as they use long-lasting silicone and they are more comfortable and provide more torque in swimming.

- 1 - [DMC Elite II](#)
 - [Swimoutlet](#)
 - [Amazon](#)
- 2 - [TYR Hydroblade](#)
- 3 - [Arena Powerfin Pro](#)
 - [Amazon](#)

Fins for Younger Athletes

Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.

[SSC Team Store Password SACH21](#)

Pull Buoys

Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR

- 1 - [TYR Hydrofoil](#)
- 2 - [TYR Pull Buoy](#)

Snorkels

If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality.

Juniors will have limited use of snorkels other than for stroke correction, special practices, combined practices, etc.

- 1 - [TYR Ultralight](#)
- 2 - [TYR Ultralight Elite](#)

Novice:

<h2>Standard Paddles</h2> <p>*Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.</p>	<ol style="list-style-type: none">1 - TYR Catalyst Paddles<ul style="list-style-type: none">- SSC Team Store Link2 - Finis Strapless Paddles<ul style="list-style-type: none">- Amazon Link- SwimOutlet Link
<h2>Fins</h2> <p>We recommend a heel with a strap rather than a boot. Shorter, wider blades are recommended over longer blades. We recommend these options as they use long-lasting silicone, they are more comfortable and provide more torque in swimming.</p>	<ol style="list-style-type: none">1 - DMC Elite II<ul style="list-style-type: none">- Swimoutlet- Amazon2 - TYR Hydroblade3 - Arena Powerfin Pro<ul style="list-style-type: none">- Amazon
<h2>Fins for Younger Athletes</h2> <p>Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.</p>	<p>SSC Team Store Password SACH21</p>
<h2>Pull Buoys</h2> <p>Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR</p>	<ol style="list-style-type: none">1 - TYR Hydrofoil2 - TYR Pull Buoy
<h2>Snorkels</h2> <p>If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality. For NOVICE, snorkels are not a requirement but may be used on occasions for stroke correction or variety in training.</p>	<ol style="list-style-type: none">1 - TYR Ultralight2 - TYR Ultralight Elite
<h2>Goggles</h2> <p>We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.</p>	<ol style="list-style-type: none">1 - TYR Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed2 - Speedo Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed3 - Arena Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed

Developmental:

<h3>Fins</h3> <p>We recommend a heel with a strap rather than a boot. Shorter, wider blades are recommended over longer blades. We recommend these options as they use long-lasting silicone, they are more comfortable and provide more torque in swimming. Developmental swimmers may grow out of fins very quickly, so a cheaper alternative is acceptable at this age group.</p>	<ol style="list-style-type: none">1 - DMC Elite II<ul style="list-style-type: none">- Swimoutlet- Amazon2 - TYR Hydroblade3 - Arena Powerfin Pro<ul style="list-style-type: none">- Amazon
<h3>Fins for Younger Athletes</h3> <p>Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.</p>	<p>SSC Team Store Password SACH21</p>
<h3>Goggles</h3> <p>We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.</p>	<ol style="list-style-type: none">1 - TYR Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed2 - Speedo Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed3 - Arena Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed

Beginner/Beginner Plus:

<h3>Goggles</h3> <p>We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.</p>	<ol style="list-style-type: none">1 - TYR Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed2 - Speedo Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed3 - Arena Racing Goggles<ul style="list-style-type: none">- Be sure to buy Junior Sizes if needed
<h3>Swim Suits (Boys)</h3>	<p>Male swimmers are encouraged to buy a tight-fitting swimming Jammer or Speedo. Baggy clothing is discouraged such as board shorts and swim shirts. These hinder the development of proper stroke mechanics and increase stress in the water.</p> <ol style="list-style-type: none">1 - TYR Durafast Jammer
<h3>Swim Suits (Girls)</h3>	<p>Female swimmers are encouraged to buy tight-fitting, one-piece swimming suits. We encourage you to avoid suits with frills, tassels, additional, unnecessary fabrics, etc. We also discourage things like swimming shirts that may hinder the development of proper stroke mechanics and increase stress in the water.</p> <ol style="list-style-type: none">1 - TYR Durafast One Solid Maxfit Swimsuit