

GCY Equipment List by Groups

All swimmers Goggles and Water Bottle

Makos 1, Makos 2, Makos Fit, and Homeschool:

- Swim: No equipment needed, although it is a great idea to start building mesh bag for next level up!
- Dryland: No equipment needed, when we do dryland it will always be one deck beside pool.
- ***Team Suit recommended***

Age Group:

- Swim:
 - Mesh equipment bag
 - Kickboard
 - Fins (fins, long, any style/color, all rubber, Speedo is recommended)
 - Pull bouy
- Dryland: T-Shirt Workout Shorts Shoes (all to be worn over suit)
- ***Team Suit recommended***

Senior Prep, Senior Sprint, Morning Only

- Swim:
 - Mesh equipment bag
 - Kickboard
 - Fins (fins, long, any style/color, all rubber, Speedo is recommended)
 - Pull buoy (Speedo preferred)
 - Paddle (paddle size starts with small)
 - Snorkel, center mounted/straight stem (YLON or Speedo)
- Dryland: T-Shirt Workout Shorts Shoes (all to be worn over suit)
- ***Team Suit recommended***

National Teams* (Nat Prep, Nat 1, and Nat 2):

- Swim:
 - Mesh equipment bag
 - Kickboard
 - Fins (2 sets these year)
 - Long, rubber, any style/color, Speedo is recommended)
 - **NEW: Short, RED SPEEDO SWITCHBLADE FINS!**
 - Pull buoy (Speedo preferred)
 - Paddles (Speedo basic, paddle size starts with small, and move up, simple, no "space age" paddles please).
 - Snorkel, center mounted/straight stem (YLON or Speedo)
- Dryland: T-Shirt Workout Shorts Shoes (all to be worn over suit)
- Team Suit Recommended

****Nat teams –please have all items by Sept 3rd***

Meets:

Team Suit Recommended

GCY Cap*

GCY Team Suit or Equivalent (girls no tie-backs)

Speedo Warm-ups: Swimmer Choice

GCY Team Shirt (Sat is always current season, all other days is any GCY team shirt)

**Parents, we allow swimmers to wear any cap any style for practicing and we encourage pride in summer/high school teams as well as GCY and "fun" caps.*

For all of our meets, however, we are only GCY caps, starting from moment he/she walks on deck including warm-ups! Please help us enforce this as we are pretty loose everywhere else, thanks!