

EQUIPMENT

Below is a list of common equipment used by competitive swimmers. Not all equipment is required for every swimmer/group. Your child's coach will be able to tell you exactly what your swimmer needs.

MUST HAVES FOR THE NEW SWIMMER

- Goggles: Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of their surroundings in the pool. There are a variety of colors and styles depending on the preference of the swimmer. Goggles range from \$10-\$30
- Caps: Caps are designed to keep the hair out of swimmers' faces and goggles straps into place. New FAST Swimmers receive a red team cap before their first meet.
- Practice Suit: Practice suits are used during workouts. They are created with a stronger material for durability.

ITEMS YOU MAY NEED

- Mesh Bag: A mesh bag is used by swimmers to hold their training equipment. Mesh bags range from \$6.00 - \$18.00.
- Kickboard: A kickboard is a floating device used by swimmers during practice to enhance their kicking skills. Kickboards range from \$6.95 - \$24.99.
- Fins: Fins are a device that fit on a swimmers feet to increase kicking speed during practice. Fins range from \$22.95 – \$45.95.
- Paddles: Paddles are a plastic device placed on a swimmers hands during practice. The paddles are used to add resistance to the pulling phase of the stroke. There are a variety of paddles available, depending on the stroke you are swimming and the purpose of the pulling drill. Paddles range from \$7.95 - \$21.00.
- Pull Buoys: Pull-Buoys are a device used by swimmers during a practice to enhance body position during pull sets when the swimmers are not kicking. Pull buoys range from \$6.95 – \$11.99.

The items needed vary by group. Please check the group descriptions on our website or with your child's coach for specific items needed. All items can be purchased from our swim vendor Poco Loco. There is a link under the Swimmer tab.