

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.
- 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.