



For OPTIMAL TRAINING, the recommended equipment for each Cascade group is provided below.

Swimmers should bring their mesh "gear" bags with all their training equipment to each practice.

Most sites have a limited supply of various equipment which swimmers may borrow until they have their own. Contact your coach if you have any questions about the proper training equipment for your swimmer before purchasing.

Cascade Swim Club - Training Equipment List

Senior	Junior	Navy	Red	Intro
Mesh Bag	Mesh Bag	Mesh Bag	Mesh Bag	Mesh Bag
Kickboard	Kickboard	Kickboard	Kickboard	Rubber Swim Fins
Rubber Swim Fins	Rubber Swim Fins	Rubber Swim Fins	Rubber Swim Fins	
Pull Buoy	Pull Buoy	Pull Buoy		
Paddles	Paddles	Paddles		
Snorkel	Snorkel			

Cascade Swim Club is officially sponsored by **Speedo**.

Please consider quality Speedo products and enjoy a team discount when purchasing.



Swim and Tri is our official team vendor.

For all your equipment and swimming needs visit our Swim and Tri TEAM STORE.

