



## REQUIRED EQUIPMENT

While all the sites that we use have basic equipment such as kick boards, it is important that swimmers have their own equipment so they learn to be responsible for their equipment, and not waste practice time finding the right equipment.

Below is the equipment which swimmers are expected to have in their equipment bag each day.

In addition to all the equipment listed below, all swimmers are expected to have a mesh bag to hold all equipment, extra goggles, caps, and swim suits.

	Kick Board	Pull Buoy	Fins	Hand Paddles	Snorkel	Socks	Drag
Developmental I	✓	✓	✓				
Developmental II	✓	✓	✓				
Age Group I	✓	✓	✓	✓	✓		
Age Group II	✓	✓	✓	✓	✓		
Age Group Select	✓	✓	✓	✓	✓	✓	
High School/ Summer Prep	✓	✓	✓	✓	✓	✓	
Pre-Senior	✓	✓	✓	✓	✓	✓	✓
Senior	✓	✓	✓	✓	✓	✓	✓

# A Visual Guide for Equipment Buying

All the different levels of swimming require different equipment. Choosing the right equipment for their needs can be tricky. Below is a visual guide to help aid you in the equipment buying process for some of the most common buying mistakes.

## Kick Board



They come in different sizes. Make sure to get a board which is not too big and is comfortable to use.



Alignment kick boards are not recommended. **DO NOT BUY THEM.**



Arrow kick boards are only recommended for experienced or swimmers prone to shoulder injury.

## Pull Buoy



This is best for smaller swimmers and those in the Developmental levels.



This is best for older children ages 11 & up.



The Fastskin pull buoy is not ideal for our training groups. **DO NOT BUY THEM.**

## Fins



Long fins are best for Developmental (I & II) and Age Group I.



Speed, or "burner" fins are best for swimmers Age Group II and up.



While adjustable fins, such as scuba fins, may be tempting, **DO NOT BUY THEM.**

## Paddles



While these are very comfy, **DO NOT BUY THEM.** These are swim gloves, not paddles.



These are suitable for all our levels. They come in various sizes, so be sure they fit correctly.



Agility paddles are recommended only for experienced swimmers, Age Group Select and up.

## Snorkel



Front snorkels are used for competitive swim training. They come in different sizes.



The most common snorkels are side or recreational snorkels. **DO NOT BUY THEM.**



Full face snorkel masks are not conducive for competitive swimming. **DO NOT BUY THEM.**