

Senior Morning Group Mandatory Equipment

Morning group requires the following equipment be brought EVERY day at practice. All links below are from amazon (except for the parachute) and give you an idea of what we are looking for...if you can find it cheaper somewhere else that is fine!

Veteran morning group families - check the sizes and batteries on your swimmers' equipment - we have been lenient on smaller sized paddles/non working tempo trainers in the past but we want them to have the correct sizes this year! Just like you wouldn't show up to baseball practice without a bat or small glove, we want the kids to show up with the proper equipment!

- Goggles, Cap and Swim Suit (you would be surprised how many kids come without their suit...lol)
- Pull Buoy
- [Training Fins - Zoomer Fins](#) - these are different than the fins you might be used to in AG practices
- [Alignment Board](#)
- [Tempo Trainer](#)
- Hand Paddles - 2 different pairs - [Agility Paddles](#) and [Power Paddles](#)
- [Snorkel](#) - In our experience the kids prefer the Speedo snorkel as it is smaller and takes less time to get used to
- [Power Bags](#) (Socks) - PB 25 size - Unless you want a real challenge - then you can upgrade to the PB40
- [Parachute Kit](#) - we will be using the 12" chute (Oak Marr and Yorktown only)