

UPPER PALMETTO YMCA RAYS SWIM TEAM EQUIPMENT REQUIREMENTS

The coaching staff would like each swimmer to purchase the following equipment at the start of the swim season. This equipment list represents the very best in technology and is designed with the competitive swimmer in mind. This equipment will give the coaching staff the opportunity to vary the types of skills and drills that can be taught to each athlete, which in turn creates stronger swimmers and improves technique. All of the items required may be purchased through the Rays Swim Shop Coordinator at any time during the year. Please be sure to write your swimmer's name on all equipment with a waterproof marker.

Swimmers should come to practice each day with the following items:

1. Swim suit – Jammer/brief for boys. No board shorts or swim shirts of any kind are permitted
One piece suit with no straps that tie for girls – Two piece suits are not permitted
2. Goggles
3. Swim Cap – Any color cap is fine

The following items are required for swim meets:

1. Team Suit - Black Speedo Endurance suit with our white Y logo on it
2. Team Cap - Red cap with our Rays logo on it

MINI RAYS ALL LEVELS	Speedo long blade training fins Speedo equipment bag	PRE SENIOR 2	Speedo long blade training fins Speedo equipment bag Speedo bullet head snorkel
ATLANTIC RAYS	Speedo long blade training fins Speedo equipment bag		Speedo power paddles Speedo pull buoy
BLUE RAYS	Speedo long blade training fins Speedo equipment bag Speedo power paddles Speedo pull buoy Speedo bullet head snorkel	PRE SENIOR 1	Speedo long blade training fins Speedo equipment bag Speedo power paddles Speedo pull buoy Speedo bullet head snorkel Fraid Nots rope
ELECTRIC RAYS	Speedo long blade training fins Speedo equipment bag Speedo power paddles Speedo pull buoy Speedo bullet head snorkel	SENIOR 1	Speedo long blade training fins Speedo equipment bag Speedo power paddles Speedo pull buoy Speedo bullet head snorkel Fraid Nots rope Finis tempo trainer
MANTA RAYS	Speedo long blade training fins Speedo equipment bag Speedo power paddles Speedo pull buoy Speedo bullet head snorkel		

Some items are available in multiple sizes and your swimmer may need to be fitted for these items. It is recommended that each swimmer be sized at least once during the season to ensure proper fit of training equipment and team suits. You may have your swimmer sized by contacting the Swim Shop Coordinator, Caroline Andrychowski, via email at swimshoprays@gmail.com