

UPPER PALMETTO YMCA RAYS SWIM TEAM EQUIPMENT REQUIREMENTS

The coaching staff requests 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 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 WITH THE FOLLOWING EACH DAY:

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 – At practice any color cap is fine

THE FOLLOWING ITEMS ARE REQUIRED AT ALL SWIM MEETS:

1. Team suit – Black Speedo Endurance suit with our white YMCA logo on it
2. Team cap – Red cap with our Rays logo on it

ALL SWIMMERS ARE REQUIRED TO HAVE THEIR OWN EQUIPMENT. SHARING OF EQUIPMENT IS NOT PERMITTED.

SWIMMERS AT ALL LEVELS are required to have a kickboard and long blade training fins. It is highly recommended that all swimmers have an equipment bag for transport to and from practice each day

MINI RAYS (All levels) and ATLANTIC RAYS need only the items listed above.

BLUE RAYS and ELECTRIC RAYS need in addition to the items listed above:

Speedo bullet head snorkel, Speedo power paddles, and Speedo pull buoy

MANTA RAYS and PRE-SENIOR 2 need in addition to the items listed above:

Speedo bullet head snorkel, Speedo power paddles, Speedo pull buoy, and 'Fraid Not rope

PRE-SENIOR 1/SENIOR 1/SENIOR 2

Speedo bullet head snorkel, Speedo power paddles, Speedo pull buoy, 'Fraid Not rope, and a Finis tempo trianer

Some of the above items (paddles, and fins) are available in multiple sizes, and it is highly recommended that you have your swimmer fitted for those items to ensure proper fit and avoid injury during training drills.

Team suits should fit snugly in order to reduce/eliminate drag in the water. It is recommended that you have the fit of your swimmer's suit checked at least once per season.

Fittings can be done at any time during the season. Please contact the Rays Swim Shop Coordinator (Caroline Andrychowski) at swimshoprays@gmail.com to make an appointment to have your swimmer fitted for team suits and equipment that may be needed.