



Level 1 Practice Equipment List



****Unless otherwise noted, all items can be purchased at The Swim Guy****

Please **label all equipment** with swimmer's first and last name.

Goggles

Water bottle (preferably insulated & reusable)

Black Team Cap
(order through Coach Chantal)



Kickboard
(The Swim Guy)



Swim Fins
(regular, not short)



Proper Training Swimsuit
(no board shorts or rash guards)

Girls

Thin Strap



Thick Strap



Boys

Brief



Jammer



Suits may be any color/pattern for practice.