



# YSSC

## Required Training Equipment And Swim Meet Suit Policy



YSSC and YSL swimmers should come to each practice with a suit (jammer/brief for boys, NO BOARD SHORTS ALLOWED and one-piece swimsuits for girls), goggles, swim cap if their hair is below their ears and a water bottle. On dryland days, swimmers should have tennis shoes, shorts and a t-shirt.

The coaching staff would like each swimmer to purchase the following training equipment. This equipment will give the coaching staff an opportunity to greatly increase the number of skills and drills that can be taught to each athlete. Each swimmer will be provided kickboards. Please write your swimmer's name on all equipment with a waterproof marker and each swimmer should have an equipment bag to carry their own equipment.

### MIDDLE TYGER YMCA (MTY) Groups

<u>Training Group</u>	<u>Necessary Equipment</u>
YSL (all groups – MTY)	Speedo Training fins
Green (MTY)	Speedo Training fins
Red (MTY)	Speedo Training fins
Orange (MTY)	Speedo Training fins
Blue (MTY)	Speedo Training fins, FINIS/Speedo Freestyle snorkel and pull buoy
Yellow (MTY)	Speedo Training fins, FINIS/Speedo Freestyle snorkel, and pull buoy
Purple (MTY)	Speedo Training fins
Junior 1 (MTY)	Speedo Short Blade fins, FINIS/Speedo snorkel, Green or Yellow Stroke Maker swim paddles, T-shirt and pull buoy
Junior 2 (MTY)	Speedo Training fins, FINIS/Speedo snorkel, Stroke Maker swim paddles, and pull buoy

High School Prep (MTY)	Speedo Training Fins
Senior II (MTY)	Speedo Short Blade fins, FINIS/Speedo snorkel, Green or Yellow Stroke Maker swim paddles, T-shirt and pull buoy
Senior I (MTY)	Speedo Short Blade fins, FINIS/Speedo Freestyle snorkel, pull buoy, Stroke Maker swim paddles, and T-shirt recommended - foam roller and rolling stick

### THOMAS E. HANNAH YMCA (TOM) Groups

<u>Training Group</u>	<u>Necessary Equipment</u>
YSL (all groups – TOM)	Speedo Training fins
Age Group 2 (TOM)	Speedo Training fins
Age Group 1 (TOM)	Speedo Training fins, FINIS/Speedo Freestyle snorkel, Stroke Maker swim paddles, pull buoy, dryland stretchcord and Liveup SPORTS tube resistance band
Senior II (TOM)	Speedo Short Blade fins, FINIS/Speedo snorkel, Green or Yellow Stroke Maker swim paddles, T-shirt and pull buoy
Senior I with / without (TOM)	Speedo Short Blade fins, FINIS/Speedo Freestyle snorkel, pull buoy, Stroke Maker swim paddles, and T-shirt recommended - foam roller and rolling stick

### SWIM MEET SUIT POLICY

**ALL GROUPS** - Must wear a SPEEDO suit at EVERY Meet! The Black & Red Speedo Endurance Team suit (12 & unders) or a solid black endurance suit (13 & overs) is our official Team Swim Suit for swim meets! No other suits are allowed at meets. For practice any suit can be worn just not board shorts. Please see our Suit Policy for questions about Technical Suits.

Team Caps must be worn at all swim meets. They can be purchased at any time. Latex caps are \$5 and Silicone caps are \$15.

**Dave Johnson of Augusta Swim Supply** (888)799-SWIM (7946) ([www.augustaswimsupply.com](http://www.augustaswimsupply.com)) is YSSC's supplier of everything needed to be a part of the team. He will gladly take any orders over the phone and will be at Middle Tyger YMCA at different times throughout the year to take orders for team suits and any training equipment. Please mention YSSC to get the team discount pricing. To access our TEAM LOGIN page – user name - YSSC / password - 1234