**MTSC Practice Group Equipment**

The following equipment is required (unless noted as optional) for each group before the start of the short course season. Links for each item will direct you to our Swim Outlet team store. Our coaches prefer these brands and a portion of all proceeds will go back to our club. You may purchase from other sites or different brands if your swimmers have a different preference, but please talk to your coaches if you have any questions or concerns. It is important for everyone to have this equipment at each practice so a mesh bag ([found here](https://www.swimoutlet.com/products/tyr-big-mesh-mummy-backpack-iii-8118725/?rfsn=5450771.77cf7c&storeid=73634&catid=153930&utm_campaign=73634&color=rednavy)) is a good idea to keep everything in one place.

**Hendersonville 3:30 Group**

* [Paddles](https://www.swimoutlet.com/products/tyr-catalyst-stroke-training-paddle-8176967/?rfsn=5450771.77cf7c&storeid=73634&catid=153930&utm_campaign=73634&color=clear)
* Bouy
* [Fins](https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640/?rfsn=5450771.77cf7c&storeid=73634&catid=153929&utm_campaign=73634)
* Snorkel (optional)

**Hendersonville 5:30 Group**

* [Fins](https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640/?rfsn=5450771.77cf7c&storeid=73634&catid=153929&utm_campaign=73634)

**Lebanon Senior Group**

* [Paddles](https://www.swimoutlet.com/products/tyr-catalyst-stroke-training-paddle-8176967/?rfsn=5450771.77cf7c&storeid=73634&catid=153930&utm_campaign=73634&color=clear)
* [Fins](https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640/?rfsn=5450771.77cf7c&storeid=73634&catid=153929&utm_campaign=73634)
* [Parachute](https://www.swimoutlet.com/products/finis-swim-parachute-24135/?rfsn=5450771.77cf7c&storeid=73634&catid=153930&utm_campaign=73634) (8 inch)

**Lebanon Age Group**

* [Fins](https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640/?rfsn=5450771.77cf7c&storeid=73634&catid=153929&utm_campaign=73634)