

## Equipment by Group Updated

### **Intro**

Kickboard Provided

### **Beginner**

Kickboard Provided (swimmers can bring their own)

### **Yellow**

Mesh Gear Bag

Kickboard (a limited number of provided kickboards are available)

Fins

### **Blue**

Mesh Gear Bag

Kickboard (a limited number of provided kickboards are available)

Fins

### **Age Group**

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

[Light Resistance Band](#)

Tempo Trainer-optional

### **Senior Prep**

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

[Light Resistance Band](#)

**Senior**

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

[Light Resistance Band](#)

Front Mount Snorkel-optional

Tempo Trainer-optional

**National Development**

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

[Light Resistance Band](#)

Front Mount Snorkel

Parachute-provided

Tempo Trainer-optional