



# Equipment List

## Intro Groups

Wave Team Meet Suit  
Practice Suit  
Goggles  
Mesh Bag  
Water Bottle  
Kickboard  
Fins (training size)  
Thin Swim Noodle, cut in half  
\*Optional tinted goggles  
(for outdoor swimming ACP /SVHS)

## Age Group Bronze & Silver

### Senior Bronze

Wave Team Meet Suit  
Practice Suit  
Goggles  
Mesh Bag  
Water Bottle  
Kickboard (appropriate for size)  
Fins (training size)  
Tempo Trainer  
Pull Buoy (appropriate for swimmer size)  
Paddles (appropriate for swimmer hand size)  
Front Snorkel – (valve-less)  
Running Shoes - dryland

## AG Gold & SR Silver & Gold

Wave Team Meet Suit  
Practice Suit  
Goggles (at least 2 pair)  
– 1 for meets / 1 for practice  
- Tinted for outdoor swimming (ACP / SVHS)  
summer training  
Mesh Bag (to store gear by pool side)  
Water Bottle (at least 1 liter)  
Kickboard  
Pull Buoy  
Fins (training size)  
Paddles (Freestyle paddles)  
Paddles (smaller for other strokes)  
Tempo Trainer  
Front Snorkel (valve-less)  
Running Shoes - dryland  
Shoes used for kicking in the water

### \* All groups are required to have:

Water Bottle (1 liter minimum)  
Swim suit (1 practice suit / 1 competitive team suit)  
Goggles (1 practice pair / 1 racing pair / (optional one tinted for outdoor swimming)  
Swim caps (any practice cap / WAVE competition cap)  
Training Fins (correlates to shoe size)

*Please have most training gear on deck (not ordered) by September 16, 2019  
Your new group will require the following equipment for training:*

#### **Plans as follows:**

*Sept 3 – Sept 16 = Fins will be the main piece of equipment  
Sept 23 / October 1 = Tempo trainers & Paddles (Srs need 2 sizes)  
October 16 = front mount snorkels*