



SIENNA PREMIER AQUATICS

Developing Champions for Life

2022-23 Team Handbook

Team Mission Statement

"To develop champions for life through a goal oriented, developmentally appropriate program encompassing the "WHOLE" person. This is achieved through an empowered organization based on excellence and quality."

Vision Statement

"To become the leader in the sport of swimming in the state of Texas"



Swim Team
Parent Handbook 2022-23

Welcome to another exciting year with Sienna Plantation Aquatics Swim Team. SPA Swim Team is a dynamic program with all levels of swimmers. Our goal is to provide a positive environment where swimmers have the opportunity to develop personal discipline, integrity and to excel at the sport of swimming to the best of their ability.

Our coaches are committed to helping your swimmer be successful in sport and in personal growth this season. We will be focusing on team core values of Ambition, Courage, Integrity, Perseverance, and Respect. We will teach and push all swimmers to enjoy the hard work of swimming so we can celebrate with them when they are rewarded with success and the fun of fast swimming.

SPA Swim team is a family and needs every member to contribute for the success of each individual swimmer to become a reality. In this booklet, you will find many ways that you can help your swimmer and contribute to the SPA family throughout the season. You will also find our workout information, meet information, meet entry process, time standards and more. If you have questions, please feel free to contact any of our coaches and we will be glad to assist you.

Thanks for being a part of our swimming family and we are looking forward to another great season!

Bob Kizer
Head Coach



SPA Swim Team Coaching Staff

Head Coach Bob Kizer

Senior Lead Coach

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Senior Prep and Silver 1 Lead Coach

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Assistant Coach Adam Lyng

Gold and High School Conditioning Lead Coach

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Assistant Coach Gaby Babb

Bronze 1 and 2 Lead Coach

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Assistant Coach Katie Rice

Silver 2 and Developmental Lead Coach

Email spacoachkatie@gmail.com



Sienna Plantation Aquatics Swim Programs

While the core of the team is the year-round competitive swim team SPA also offers several programs to allow all members of the community an opportunity to improve their swimming fundamentals, make new friends, see new places and learn life lessons through the sport of swimming. The current programs are described throughout the remainder of the handbook. Please feel free to contact Head Coach Bob Kizer if you have any questions around the programs you or your children may be interested in participating in with the team.

SPA Master's Swim Program

SPA offers a master's swim program, at our neighborhood pool locations, for adults interested in swimming for fitness, training for triathlons, as well as participating in competitive Master's events.

SPA Developmental Swim Program

SPA offers a robust developmental swim program, at our neighborhood pool locations, for youth athletes interested in swimming for fitness, training for triathlons, or cross training. The swimmers learn stroke technique and are moved to the year-round competitive swim team when ready.

SPA SHARKS Recreational Swim Program

SPA offers a recreational swim program to promote swimming in our community and allow children of all ages to develop swimming skills, provide an enjoyable and rewarding swim experience, develop good sportsmanship, respect and teamwork, and most importantly to HAVE FUN! The Sienna Sharks typically begin their season in May and run through the end of June.

SPA SwimAmerica

SPA SwimAmerica is a lesson program for children age 3 and up. The program offers instruction in group, semi-private and private lessons throughout the year. Go to www.spaswimamerica.com for more information.

SPA Swimming Scholarships

SPA offers a limited amount of scholarship memberships annually. The number of scholarships available each year is based on the SPA annual budget and training group membership numbers. The swim scholarships allow families to participate on the SPA swim team at a discounted rate. Families on SPA scholarships must meet the volunteer requirements through active participation.

To apply for a scholarship, please contact the SPA Board President. Families must reapply every season. Scholarship applicant's accounts must be in good standing. Scholarships will not be considered for families who did not meet the terms of a previous scholarship. The Board of Directors will consider each application and the information submitted will be kept strictly confidential.



Meets and Team Events

All meets and team events are listed on our website under the Events tab. Typically, we want our swimmers to compete 1-2 times a month. We offer a variety of competition opportunities for all ages and levels of ability. Your lead coach will tell you which competitions are appropriate for your practice group. If your swimmer will compete in a meet, you must sign them up on the website. After the entry deadline, meet fees for all events entered will be added to your account. Questions about competition should be directed to your lead coach.

SPA Swim Team offers a variety of social and service events as well as competition. We encourage all team members to participate in as many team events as possible. These events include a Team Banquet in April of each year, and other social events throughout the year. Whenever we have a special event for team members or team members and their families, we will post that information on the website under the Events tab.

SPA Swim Team is supported by an active parent group. All competitive group (non-developmental) parents are required by the SPA Board to provide service hours to the swim team at hosted meets, and are encouraged to be active in all team activities. The Board meets regularly the second Monday of each month.

How To Sign Up For A Meet

- Log into your account on the team website
- Click on the Meets tab on the homepage and find the meet your swimmer will attend
- Click on “Attend/Decline”
- Then next to Declaration select “Yes, [Swimmer’s name] will attend this event”
- If it is a multi-session meet, you can add your swimmer to a specific session(s) or the entire meet
- Then click on Save Changes – if you don’t save your changes, your swimmer will not be entered into the meet
- If your swimmer is signed up for a meet when the entry deadline passes, your swimmer will be entered into the meet and you will be billed for these entries.

Coaches will pick events that are appropriate for the swimmer. We want swimmers to swim every event for their age group within the season. Swimmers need to be well rounded in all strokes and events. IMR and IMX events are a tool we will explain later that helps us encourage and reward swimmers for swimming challenging events.



Everything You Need to Know About Swim Meets

Swim meets are a great family experience. They're a place where the whole family can spend time together. Listed below are some in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be specific and detailed so you are as well prepared as possible.

Before the Meet Starts

- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information listed under the Meets section of the SPA webpage
- Upon arrival, have your swimmer find where SPA is sitting. The team sits together, so look for some familiar faces or SPA gear. Swimmers sit on the pool deck with the other swimmers and parents sit in the stands with the other parents.
- Some large meets will have a "circle in" requirement. In this case, your swimmer will need to find the *Circle in* place check themselves in for each event. This is usually around the area marked "Clerk of Course". When in doubt ask another parent or coach, or look for a large group of swimmers with pencils. Check for special posted instructions in the area. Each swimmer will need to circle or highlight their whole name for each event required. If this is not done, the swimmer will not be able to swim that event. This is done so that people running the meet know who is actually attending the meet. All heat and lane assignments will be posted according to who circles in the events.
- Once *circle in (if required) is complete* make sure to write each event number down. Sometimes doing this on the younger swimmer's hand is also helpful. This helps you and your swimmer remember what events he/she is swimming and what event number to listen for.
- Your swimmer now reports to the pool/coach for warm ups. It is very important for all swimmers to warm up with the team. Swimmer's bodies are just like cars on a cold day. They need to get the engine going and warmed up before they are able to go all out!
- The meet will begin 10-15 minutes after the last warm up session.
- According to USA Swimming rules, parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, officiating calls, or other conduct of the meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.

Psych Sheets / Heat Sheets

- A psych sheet will list all of the swimmers seeded in an event in order of "seed time".
- When the meet entries are sent in the swimmer's best time at the time of the entry will be used for the seed time. These times must come from a USA Swimming meet. If a swimmer does not have a time in an event they will be listed with an NT or no time.
- A Heat Sheet will have the swimmers seeded in each event with heat and lane assignments. These will be available online or at the meet.



Once the Meet Starts

- It is important that every swimmer know what events they will be swimming in the meet. It is the swimmer's responsibility (not the parent's) to be at the blocks ready to swim for each one of their events.
- The event and heat number being swum will be called during the meet. It is important that your swimmer follow the events as they are being swum.
- Girl's events are typically odd numbers while boy's events are evens. The events will be swum in their entirety before moving on to the next event number, unless otherwise noted. Distance events over 400 usually alternate between girls and boys.
- Swimmers must report to their coach before they swim with enough time to warm up, talk about the race, and make it down behind the lane with enough time to get their caps and goggles on. This varies depending on the event type, number of heats, and age of the swimmers.
- Swimmers will need to line up behind their assigned lane and be prepared for their race.
- Swimmer swims their race.

After each swim:

- The swimmer should go immediately to their coach. The coach will discuss the swim with each swimmer. If your swimmer comes to you before they talk to their coach, send them to their coach. Don't allow this mistake to go uncorrected.
- Swimmer warms down.

Things you, as a parent, can do after each swim:

- Ask your swimmer if they had fun swimming their race and gave their best effort.
- Let your swimmer how proud you are of them and their effort regardless of the result.
- Remind your swimmer to stay warm and hydrated.
- Tell your swimmer that you loved watching them swim.

What to take to the Meet

- Most important: SPA suit, SPA cap, and goggles.
- Towels: Realize your swimmer will be there awhile, so pack at least two.
- Something to sit on. Find out from the coaching staff what the deck space is like. Chairs are not always allowed. Blankets for bleachers can help with along meet.
- Clothes: An extra set is good once the first set gets wet.
- Parka, Jacket or Hoodie: Even when it is hot outside the pool can be a cold place once the swimmer gets out of the water. Something to wear while wet is always a great thing to have at the meet.
- Games: These help keep the swimmers busy between events.



- Food: Each swimmer is usually allowed to bring a small cooler. Good snacks are: granola bars, fruit snacks, cereal, and pasta. Good drinks: fruit juice, Gatorade, and water.

Once you have attended one or two meets this will all become routine. If you have any questions try to ask an experienced meet going parent or your lead coach.

Very Basic Swimming Rules Competitive Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is freestyle, sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the IM, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.



Course

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25- and 50-meter pools. USA Swimming maintains records for 25-yard, 25-meter and 50-meter pools.

Competition

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events.

Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

Time Standards

USA Swimming uses time standards as a way of motivating swimmers to achieve faster times. Time standards start with a B time then BB, A, AA, AAA and AAAA. A copy of these standards is included and can be found on the USA swimming web site www.usaswimming.org and on the SPA website Time Standards page. Please check the top of the standard page to make sure you are reading the correct standards, Short Course yards (like SPA pool), or Long Course meters (like Don Cook pool). USA Swimming creates a new set of standards every four years.

Some of our swim meets use these time standards to make the meet a little smaller and more manageable. For example, a swim meet might be a BB and up swim meet. Which means your swimmer would have to have a BB time or faster in the event they are to swim. The meet information for each meet will give specific directions regarding time standard qualifications.

Gulf Swimming uses an up/down rule at many meets requiring qualifying times. The up/down rule means that if a swimmer has the qualifying time in the 100 Breaststroke, that swimmer may also swim the event “up and/or down” from that event, i.e., the 50 or 200 Breaststroke. Whether or not a meet is using the up/down rule will be listed in the meet information on the SPA website.



Team Policies

In our efforts to remain a well-organized, transparent and responsible team, the Board of Directors develops and maintains a set of team policies around many areas of conduct and expectations necessary within a positive team environment. The team policies are posted on the team website on the About page (click on About on the banner of the main page). Any questions around the content or application of these policies may be forwarded to any member of the team Board of Directors.

You may email spaswimteam@gmail.com with any general questions, concerns, or notifications.

SPA also has an electronic communications policy for the communications between the coaching staff and swimmers. Please review this and any other team policy located on the About page of the team website.

Annual Mandatory Meeting

As stated in the team bylaws, SPA holds an annual open meeting to: discuss upcoming team events, communicate training objectives, provide a financial status report and hold elections for any new open positions for the team Board of Directors.

The one-to-two-hour meeting will include a brief presentation by the Board of Directors, a few words from the Head Coach, and a brief question and answer session. You may also be asked to complete a short questionnaire. This is one of the few MANDATORY events we have, so all SPA families will need to have an adult representative in attendance. The meeting date and location is set at least two weeks in advance to allow all to participate.

Termination Policy

Any swimmer who wishes to terminate their membership with SPA is required to complete and submit to the SPA registrar a termination form, which can be found on the team website under forms. A termination form must be received by the 15th of the month prior to the month of termination. A full month's dues will be charged if the form is received after the 15th of the month. Once a termination form is received, your account will be charged a \$50 termination fee.

Any competitive or developmental swimmer who returns during the same season may do so without any additional fees. A returning Masters swimmer, regardless of swim season, will be assessed a \$99 re-registration fee.



Practice Attendance

There is no required number of days a week a swimmer must attend practice. For each group we have certain recommendations or expectations that the coaching staff feels will give each swimmer the best possible chance to learn, develop and progress in the sport of swimming. Each swimmer should maintain a consistent practice attendance within the recommendation of their group. The recommendations that have been set are intended to give every swimmer a continuous level of progression as we continue to add something to their weekly training routine as they move from group to group. If a swimmer were to consistently do less than the recommendation their development may not progress as quickly as others in the group. If they consistently do more than the recommendation of practices they could develop too quickly within the sport and reach a level in the future where their development could slow down because there is less to add to their weekly training routine from group to group.

Practicing during Inclement Weather

Scheduled practices are normally not impacted by weather and practice will continue during rain showers and other cold weather. The coach on deck is responsible for evaluating any weather events to ensure the safety of the swimmers is the first priority.

Normally all cancellation or early dismissal of practice will happen at the pool by the coaching staff regardless of weather conditions. When any modification to the practice schedule occurs, the change is sent out through the On Deck App via email and SMS to all affected swimmer accounts.

In the event FBISD cancels school due to an inclement weather event all practices for the day may also be cancelled. Any cancellations of SPA events will be sent out via the On Deck App.

Lost & Found

You are strongly encouraged to label all of your swimmers' equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment found around the pool deck will be placed in the team office. It will be kept for 30 days and then if not claimed donated to a local charity. The team is not responsible for lost or stolen items.

Travel Meets

Travel meets will be some of the best experiences for your swimmers during their career and where they will create some of their best memories from the sport. The team will take approximately two travel meets a year where we will go outside the LSC and perhaps even the state for a competition. These meets are a great opportunity for the swimmers as it will give them a chance to swim at a new pool, swim against different teams, create stronger bonds with their teammates and most importantly (for them) stay in a hotel and have fun.

There are two different types of travel meets the team will go on during your time with SPA. The first is the most common one, where the team travels for a meet to a location such as Baton Rouge, LA, and the families are responsible for their child. This meet is treated in the same manner as a meet here in Houston. The only real difference is the location of the meet. At these meets we will always try to have a team activity where we can get the swimmers and families together for some a meal or fun activity.



The second type of meet is when the team travels together (such as a van, bus or plane) with coaches and the team is responsible for the swimmers. For these types of meets, the coaches will organize the trip in regards to transportation, hotels, meals and cost of the trip. Parents are able to attend these meets separately to support the team and their swimmer but while at the meet the swimmer will stay with the team and follow the rules established by the coaching staff.

Swim Family Roles and Responsibilities

Swimmer's Responsibility to Teammates

Each swimmer will have a responsibility to treat all of their teammates and their belongings with respect and be truly supportive of them during any team-organized event. They can accomplish this by coming to all practices and competitions with a positive attitude and not taking out any frustrations on their teammates.

Parents Roles and Responsibilities

The primary role of the swim parents is to be supportive of their swimmer(s) and the overall collective responsibilities related team the success of the team. This support is critical to the overall operations of the team and serves as the foundation that allows the team to be successful from both the competitive and business perspectives. Our team parents serve in a variety of important supportive roles from volunteering during a SPA hosted meet to serving on a committee or the team Board of Directors.

Volunteer Responsibilities

Similar to all other youth sports organizations we rely heavily on parental volunteers to make our team successful. Our successful volunteer efforts allow the team's coaching staff and Board of Directors to provide a successful training and competitive environment for all swimmers.

Each year our team hosts two to three swim meets as part of our responsibility to our swimmers and the Gulf Swimming community. Our team hosted swim meets would not be successful without the volunteers from our membership. In order to ensure our ability to run a successful and properly staffed meet all families are required to serve a required number of hours as a volunteer. Volunteer hours will be set at the beginning of each year and communicated as part of the registration process for the year and at the SPA Annual Meeting. The volunteer hours are required even if the family does not have a swimmer participating in the SPA hosted meet. Volunteer hours can be served by any family member of volunteer designated by the SPA family. Some families use high school students looking for volunteer hours for graduation to complete their commitment to SPA.

These volunteer hours are required for each SPA hosted meet. Typically, there will be two to three hosted meets during the swim seasons (short and long course). Failure to meet the minimum required hours will result in a \$50/hour charge to your account. Please remember these meets are also a substantial revenue generator and require full participation from all families.



There will be other volunteer opportunities of varying levels of significance throughout the year that are critical to the success of the team and improve the overall family experience. Please consider participating, as these opportunities will not only benefit the team overall, but also provides an example to your swimmer that team loyalty and support is worthwhile.

The five Board of Director positions elected by the membership are all volunteers. Any parent or legal guardian of a member swimmer is permitted to run for a Board position following one year of membership.

Team Board of Directors

The role of the Board of Directors is to manage the “dry side” (outside the pool) of the team providing strategic direction, leadership and operational administration to assist the team in meeting team goals that support the overall mission of the team. The success of the Board in meeting its goals provides critical support to the team’s coaching staff in their pursuit of excellence on the “wet side” (swim training in pool) of the team.

The Board consists of five Directors performing typical duties of a Board of Directors for any club or association. All Board members are elected by the membership during the SPA Annual Meeting and serve a three-year term. The team’s head coach serves in an advisory role to the Board of Directors and attends all Board meetings to provide guidance in areas of coaching expertise and experience. Some of the roles and responsibilities for each Board member are listed below to allow members to better understand the responsibilities of each position and how the Board functions in support of the team’s mission.

Officer Assignments

Board Officer assignments will be set using a traditional nomination and voting process during the first regular meeting of the Board for the swim year calendar. The Officer positions consist of President, Vice-President, Treasurer and Secretary. All first-year members are limited to serving as the at-large member unless otherwise approved by the Board President.

Board Member Responsibilities

President

- Presides over Board meetings and all general membership meetings
- Reviews all team policies and procedures and present them to the BOD for approval
- Prepares and disseminates annual state of team report
- Responsible for strategic plan development and annual reviews
- Establishes annual plan for team and communications plan for BOD ensuring alignment with organization’s strategic plan and priorities of the team
- Completes annual review of by-laws and team insurance requirements
- Executes contracts on behalf of the organization and ensure compliance with contracts
- Hires Head Coach, interviews full-time coaches, and conducts any exit interviews
- Evaluates the performance of team’s Head Coach on behalf of the BOD
- Reconciles and approves expense reports and check distributions
- Approves expense reports of Treasurer



- Serves as secondary signature authority at banking institution with Treasurer and Registrar
- Completes training for Meet Director to assist the official Meet Director(s) with meet preparation and execution
- Reviews all membership termination forms, conduct follow-up meeting with families and present any findings to BOD
- Serves as primarily liaison with SRAI and all other external organizations, including attendance at SRAI meetings; communicate feedback and concerns to the BOD
- Delegates authority and responsibility as necessary

Position Requirements: Must have served on the board for a minimum of 2 years prior to assuming role of President

Vice President

- Serves in role of President in his/her absence and/or perform duties delegated by the President
- Oversees and recruits to fulfill committee positions, including Sienna Sharks program oversight, Marketing & outreach, Social events, and Fundraising
- Completes training for Meet Director to assist the official Meet Director(s) with meet preparation and execution

Position Requirements: Where practical, must have served on the board for a minimum of 1 years prior to assuming role of Vice-President

Treasurer

- Coordinates with Registrar to prepare all team financial records
- Oversees the preparation of team's annual budget and submits to BOD for approval
- Serves as the legal custodian of all team monies and valuables
- Maintains team bank and other financial accounts
- Oversees required Federal tax submissions
- Ensures all team debts are paid in a timely manner
- Oversees quarterly payroll tax remittance
- Prepares scheduled financial statements for BOD review
- Oversees use of team debit card
- Serves as primary signature authority
- Reviews and approves all expense reports of Head Coach and BOD

Position Requirements: Must have a financial background

Secretary

- Schedules board meetings and prepares meeting agendas
- Records all meeting minutes and distributes or posts them appropriately



- Schedules annual team handbook and policy reviews
- Archives and retrieves all team records and documents as necessary
- Ensures all necessary information is communicated to BOD and team
- Assists with annual review and revision of the organization's by-laws and BOD responsibilities
- Assists with communication of organization's annual calendar, including all meetings, meets, social events, etc.
- Schedules annual BOD retreat
- Oversees for nominations of future BOD members

Member(s) -at-Large

- Coordinates all team social event planning with the respective committee, including but not limited to, team banquet, holiday celebrations, social activities at team practices, and at least one parent social
- Oversees team's fundraising strategy, organization efforts, and events with the respective committee
- Completes training for Meet Director to assist the official Meet Director(s) with meet preparation and execution
- Serves as 'parent liaison' to welcome new families to SPA

Team Financial Information

SPA is a 501(c)(3) non-profit organization that operates on a September 1st through August 31st fiscal year. The team treasurer oversees the team's annual operating budget and any other financial requirements with oversight by the Board of Directors according to the current team by-laws.

Concerns

As in any large organization involving significant numbers of families SPA cannot always be all things to all people. Although conflicts in our team are few, they occasionally arise, and we have a protocol for dealing with them.

If you have a concern about administration of the team, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact a team Board member (a current list of Board members can be found on the website www.swimspa.org). Your concern will be taken to the following Board meeting and mediated.

Release of Liability

The release of liability can be found on the registration section of the team website and must be signed by all families joining SPA. It reads 'Parent/Guardian hereby releases SPA, its employees, officers, Directors and volunteers and any facility used by SPA from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the SPA swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by SPA.'



Group Equipment Lists –
2022-23

Bronze 1 & 2

Goggles (2 pairs)
Water Bottle
Fins
Junior Kickboard
Pull Buoy (Bronze 1 Only)
Swim Cap
Practice Suit – no board shorts or two-piece suits
Athletic shoes and clothes for dry land

Silver 1 & 2

Goggles (2 pairs)
Water Bottle
Fins
Junior Kickboard
Pull Buoy
Ylon Snorkel
Swim Cap
Practice Suit – no board shorts or two-piece suits
Athletic shoes and clothes for dry land

Gold

Goggle (2 pairs)
Water Bottle
Fins
Junior Kickboard
Pull Buoy
Red Strokemaker Paddles
Ylon Snorkel
Swim Cap
Practice Suit – no board shorts or two-piece suits
Athletic shoes and clothes for dry land

Senior Prep & HS Conditioning

Goggles (2 pairs)
Water Bottle
Fins
Kickboard
Pull Buoy
Green Strokemaker Paddles
Ylon Snorkel
Practice Suit – no board shorts or two-piece suits
Athletic shoes and clothes for dry land

Senior

Goggles (2 pairs)
Water Bottle
Kickboard
Pull Buoy
Yellow Strokemaker Paddles
Ylon Snorkel
Swim Cap
Athletic shoes to go in
the water Practice Suit
Athletic shoes and clothes for dry land

Red, White, & Swimming Conditioning

Goggles (2 pairs)
Water Bottle
Fins
Kickboard
Swim Cap
Practice Suit – no board shorts or two-piece suits
Athletic shoes and clothes for dry land
(Swimming Conditioning only)