



# **COAST GUARD BLUE DOLPHINS SWIM TEAM**

## **Practice Equipment Requirements**

Practice Group	Team Cap	Mesh Bag	10" Small		Fins		Paddles			Snorkel	
			Kick Board	Pull Buoy	Short	Long	Green Catalyst	Yellow Catalyst	Red Catalyst	Youth	Adult
Flipper	✓		✓			✓					
Blue & Gold	✓		✓			✓					
Junior	✓	✓	✓	✓		✓					
Age Group	✓	✓	✓	✓		✓	✓			✓	
Prep	✓	✓	✓	✓		✓		✓		✓	
High School	✓		✓	✓	✓						
Senior	✓	✓	✓	✓	✓					✓	✓
National Prep	✓	✓	✓	✓	✓					✓	✓
National Team	✓	✓	✓	✓	✓					✓	✓