



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Equipment Requirements

Practice Group	Team Cap	Mesh Bag	10" Small Kick Board		Fins		Paddles			Snorkel	
			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	✓	✓	✓	✓	✓				✓		✓