

I will have all necessary and appropriate gear out and ready for all training sessions.
 This includes all of the following:

2019-2020 EQUIPMENT LIST (for each Group)

Ripple and Breakers	Age Group Bronze	Age Group Bronze 2	Age Group Silver
-level-appropriate bathing suit -goggles and backup goggles -swim cap (all athletes with hair longer than 3 inches must wear a swim cap) -kick board (provided at pool) -fins (provided at pool) -water bottle	1/1A -level-appropriate bathing suit -goggles and backup goggles -swim cap (all athletes with hair longer than 3 inches must wear a swim cap) -kick board (provided at pool) -fins (provided at pool) -water bottle	-level-appropriate bathing suit -goggles and backup goggles -swim cap (all athletes with hair longer than 3 inches must wear a swim cap) -kick board (provided at pool) -fins (provided at pool) -water bottle	-level-appropriate bathing suit -goggles and backup goggles -swim cap (all athletes with hair longer than 3 inches must wear a swim cap) -kick board (provided at pool) -fins (provided at pool) -training snorkel -water bottle

I will be responsible for and taking care of my equipment. I understand it is not my parent's job to ensure that I have these thing each day for practice – it is my job. I understand that if

Age Group Gold	Senior Bronze	Senior Silver	Senior Gold
<p>level-appropriate bathing suit</p> <p>-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.</p> <p>-goggles and backup goggles</p> <p>-swim cap</p> <p>-kick board (provided at pool)</p> <p>-pull buoy</p> <p>- 'strokemaker' paddles or equivalent brand.</p> <p>- fins (need your own). Preferred = DMC ELITE TRAINING FINS or equivalent</p> <p>-training snorkel</p> <p>-water bottle (& use it!)</p>	<p>-level-appropriate bathing suit</p> <p>-goggles and backup goggles</p> <p>-swim cap (all athletes with hair longer than 3 inches must wear a swim cap)</p> <p>-kick board (provided at pool)</p> <p>-pull buoy (at pool)</p> <p>-fins (some are at pool but no guarantee your size is there)</p> <p>-training snorkel</p> <p>-water bottle</p>	<p>-level-appropriate bathing suit</p> <p>-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.</p> <p>-goggles and backup goggles</p> <p>-swim cap</p> <p>-kick board (have your own)</p> <p>-pull buoy</p> <p>- 'strokemaker' paddles or equivalent brand.</p> <p>-fins (need your own). Preferred = DMC ELITE TRAINING FINS or equivalent</p> <p>-training snorkel</p> <p>-tempo trainer</p> <p>- NOSE CLIP</p> <p>-water bottle (& use it!)</p>	<p>-level-appropriate bathing suit</p> <p>-Male athletes are encouraged not to train in jammers. Drag suits are acceptable in this level for male athletes if they so choose.</p> <p>-goggles and backup goggles</p> <p>-swim cap)</p> <p>-kick board (have your own)</p> <p>-pull buoy</p> <p>- 'strokemaker' paddles or equivalent brand.</p> <p>- fins (need your own). Preferred = DMC ELITE TRAINING FINS or equivalent</p> <p>-training snorkel</p> <p>-tempo trainer</p> <p>- NOSE CLIP</p> <p>-water bottle (& use it!)</p>

I am not properly prepared for workout it is not my parents fault, it is mine. I understand that if I am not properly prepared for what we will be doing in workout that day, I may be asked to sit out or leave the training session.