

YMCA of the Triangle Area Swim Team

2021 - 2022 Season Required Training Equipment

Semi Year-round Training Levels

YOTA Prep	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> Rise Elite Training Fins <input type="checkbox"/> ARENA Club Kit Jr Kickboard
Junior Prep	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> ARENA Powerfin Pro Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Strokemakers Paddles (size 1, 2, or 3)

Full Year-round Training Levels

Green	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> Rise Elite Training Fins <input type="checkbox"/> ARENA Club Kit Jr Kickboard <input type="checkbox"/> ARENA Swim Snorkel III (Purchase at Site Director's Discretion)
White	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> Rise Elite Training Fins <input type="checkbox"/> ARENA Club Kit Jr Kickboard <input type="checkbox"/> ARENA Swim Snorkel III
Purple	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> Rise Elite Training Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Rise Pulse Paddles or ARENA Elite Hand Paddle*
Silver	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> ARENA Powerfin Pro Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Rise Pulse Paddles or ARENA Elite Hand Paddle*
Age Group Select	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> ARENA Powerfin Pro Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Rise Pulse Paddles or ARENA Elite Hand Paddle*
Senior II	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> ARENA Powerfin Pro Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Rise Pulse Paddles or ARENA Elite Hand Paddle*
Senior I	<ul style="list-style-type: none"> <input type="checkbox"/> Mesh Bag <input type="checkbox"/> Water Bottle <input type="checkbox"/> ARENA Powerfin Pro Fins <input type="checkbox"/> ARENA Kickboard <input type="checkbox"/> ARENA Swim Snorkel III <input type="checkbox"/> ARENA Freeflow Pull Buoy <input type="checkbox"/> Rise Pulse Paddles or ARENA Elite Hand Paddle* <input type="checkbox"/> AquaVolo DragSox (resistance level: 45)

Equipment suppliers: All American Swim ([Cary, NC](#)), [AquaVolo.com](#)

Provided equipment: 3 YOTA Swim Team Shirts
1 YOTA Swim Team Suit (not available for Junior Prep or YOTA Prep)
YOTA Swim Team Caps (1 for Junior Prep and YOTA Prep)

Important notes: *Swimmers purchasing hand paddles for the first time should consult their coach for sizing. Please use a permanent black marker to label your personal equipment. Previously purchased equipment that is non-ARENA brand may be used.

