

REQUIRED GEAR & ATTIRE

for Age Group and Intermediate Squads:

(see further down page for Novice Squad attire/gear)

Athlete should attend EVERY practice with the following:

- Water Bottle
- [One piece swim suit](#)
- Swim Cap (any is fine, team name caps are done with apparel orders)
- [Nose Clips](#)
- [Goggles](#)
- [Team Speedo Navy Backpack](#)
- [Ankle Weights](#)
- Athletic shorts or yoga pants, denim is not appropriate
- T-shirt or tank top
- Athletic shoes with good heel and arch support.
 - Converse, Keds, Vans and other canvas shoes are **NOT** appropriate
- Toiletries for showering
- At least one large towel

Competition Attire

- Team Warm up Suit
- Team Jacket
- Team Shirt
- Black Yoga Pants
- Pool Blue Crocs
- Team Cap with Name

- Black Suit, White Cap
- Routine Swim Suit(s)

CLICK [HERE](#) FOR PRINTER FRIENDLY VERSION

NOVICE SQUAD Workout Attire/Gear

- Water Bottle
- [One piece swim suit](#)
- Swim Cap
- [Nose Clips](#)
- [Goggles](#)
- [Team Speedo Navy Backpack](#)
- Athletic shorts or yoga pants, denim is not appropriate
- T-shirt or tank top
- Athletic shoes with good heel and arch support.
 - NOTE:
 - Converse, Keds, Vans and other canvas shoes are **NOT** appropriate
- Toiletries for showering
- At least one large towel

For Dryland: stretchy pants (not denim) or leggings, t-shirt or sweatshirt, athletic shoes with good heel & arch support, sports bra if needed.

Competition Attire

- Team Warm up Suit
- Team Jacket
- Team Shirt
- Black Yoga Pants
- Pool Blue Crocs
- Team Cap with Name

- Black Suit, White Cap
- Routine Swim Suit(s)

If you have any questions, please contact head coach.

Additional gear purchasing options:

- Weight belts (2lbs each for 12&under *green on this link*, 3lbs each for 13&over *yellow on this link*):
https://www.amazon.com/Vinci-Adjustable-Ankle-Weights-Orange/dp/B00BERBXNG/ref=sr_1_12?s=sporting-goods&ie=UTF8&qid=1509040723&sr=1-12&keywords=ankle+weights
- Resistance bands: <http://balletband.com/product/balletband/> or https://www.amazon.com/Ballet-Stretch-Exercise-Resistance-Dance/dp/B071CMTBQR/ref=sr_1_2_sspa?s=sporting-goods&ie=UTF8&qid=1509041072&sr=1-2-spons&keywords=ballet+band&psc=1