

What equipment does a swimmer need for practice and meets?

Practice equipment:

- Practice suit. Can be any 1-piece racing style suit the swimmer likes. Visit the swim shop, they have a variety of sizes and styles. Suits do not last forever, buy a couple just in case.
- Goggles. Not all goggles fit younger swimmers. Try them on and make sure they seal properly on the swimmer's face.
- Fins. We like the shoe type that fits the entire foot. Again, look in the swim shop for the size that fits your swimmer.

Meet equipment:

- **You must compete in an Armada suit and cap** (if the swimmers wears a cap). These are available in the swim shop. We are sponsored by Speedo® and swimmers are required to wear a Speedo® suit at all meets.
- Parkas and personalized caps are also available and can be ordered from the team. See Bev in the office.