



AUGUST 5, 2025

# SENIOR PERFORMANCE EQUIPMENT LIST





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ITEM	IMAGE	NOTES
Goggles x 2		
Bathing Suit		

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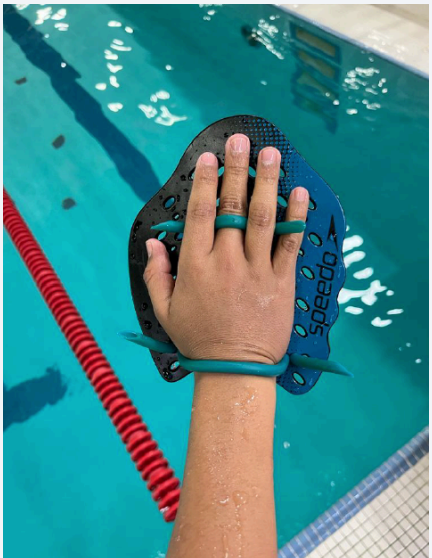
ITEM	IMAGE	NOTES
Kickboard		The kick board should be not longer than the length of your fingertip to elbow.
Fins		Approved Brands: -DMC ELITE (preferred) -Arena Powerfin Pro -Speedo Switchblade -TYR Stryker
Pull Bouy		

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ITEM	IMAGE	NOTES
Water Bottle		
Mesh Bag		Custom GHAC mesh bags with names are available for order.





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ITEM	IMAGE	NOTES
Swim Cap		Optional  GHAC Caps available for order in Black, White, or Maroon
GHAC Clothing		Required at all swim meets.  Available for order at various times throughout the season.
Paddles		APPROVED BRANDS: - Strokemaker - Speedo Power Paddle - Finis Manta Paddle  The edge of the paddle should follow the contour of the hand + 1".  *NO FINIS AGILITY PADDLES*

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ITEM	IMAGE	NOTES
Snorkle		APPROVED BRANDS: -Finis Stability Snorkel
Lacrosse Ball		
Theraband		

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ITEM	IMAGE	NOTES
Foam Roller		
Tempo Trainer		Finis Tempo Trainer