



**MIDDLESEX
SWIMMING**

MIDDLESEX SWIMMING EQUIPMENT RECOMMENDATIONS

	Recommended Equipment	Optional Equipment
	2 Pairs of Goggles - Speedo Vanquishers are a great starting option	1 Spare Team Shirt
	1 Team Caps (if worn or required)	1 Spare Training Suit
	Your Choice of Fins - [Arena]	1 Spare Pair of Goggles
WHITE & GREEN SWIM GROUPS	Pull Buoy	1 Spare Team Caps (if worn or required)
&	Kickboard	Swimming Backpack (Speedo/Arena/TYR)
INTRO TO SWIM & WATER POLO	Water Bottle	1 Towel
	Mesh Equipment Bag	Skipping Rope
	Swimming or Water Polo 1 Training Suit	
	If Competing Mouth Guard For Water Polo Athletes	
	If Competing 1 Team Shirt or Other Middlesex Official Apparel	
	If Competing In A Swim Meet 1 Racing Suit	
	2 Pairs of Goggles - Speedo Vanquishers are a great starting option	1 Spare Team Shirt
	1 Team Caps (if worn or required)	1 Spare Training Suit
BLACK GROUP	Your Choice of Fins - [Arena]	1 Spare Pair of Goggles
&	Pull Buoy	1 Spare Team Caps (if worn or required)
REC SWIM GROUPS	Kickboard	Swimming Backpack (Speedo/Arena/TYR)
&	Water Bottle	1 Towel
REC WATER POLO	Snorkel - Speedo Bullet Head Snorkel (NO VALVE)	Skipping Rope
&	Mesh Equipment Bag	
SILVER WATER POLO	Swimming or Water Polo = 1 Training Suit	
	If Competing Mouth Guard For Water Polo Athletes	
	If Competing 1 Team Shirt or Other Middlesex Official Apparel	
	If Competing In A Swim Meet 1 Racing Suit	
	If Competing In A Tournament 1 Team Suit	
	2 Pairs of Goggles [Speedo Vanquishers are a great starting option]	1 Spare Team Shirt
	1 Team Caps (if worn or required)	1 Spare Training Suit
YOUTH SWIM GROUP	Your Choice of Fins - [Arena]	1 Spare Pair of Goggles
&	Pull Buoy	1 Spare Team Caps (if worn or required)
SENIOR SWIM GROUP	Kickboard	Swimming Backpack (Speedo/Arena/TYR)
&	Water Bottle	1 Towel
FUTURE MUSTANGS WATER POLO	Snorkel - Speedo Bullet Head Snorkel (NO VALVE)	Skipping Rope
&	Finis Agility Paddles	
MASTERS ATHLETES	Mesh Equipment Bag	
	Swimming or Water Polo = 1 Training Suit	
	If Competing Mouth Guard For Water Polo Athletes	
	If Competing 1 Team Shirt or Other Middlesex Official Apparel	
	If Competing In A Swim Meet 1 Racing Suit	
	If Competing In A Tournament 1 Team Suit	