



## Senior 1 Equipment 2021 – 21

### Activation / Land Training

- Skipping Rope
- 2 Thera Bands
- Water Bottle
- Running Shoes

### Swimming – Training

- SWAT Swim Cap (x2)
- Goggles (x2)
- Bathing Suit
- Water Bottle
- Kick Board (small)
- Pull Buoy
- Short Training Fins
- Snorkel
- Stroke Maker Paddles
- Finis Agility Paddles

- Mesh Gear Bag

### Swimming – Racing

- SWAT T-Shirt / other SWAT gear.
- Extra SWAT Cap
- Extra Goggles
- Primary Performance Racing Suit
- **Development Racing Suit (Something that is a regular suit, to be worn @ Dev Meets, but not a training suit worn every day).** Suggest either the Team Suit, or a Plain Black Arena/Speedo Training Suit.
- *Secondary Performance Racing Suit \*\* Not Required, but suggested – have one for your BEST meets, and one for your secondary meets that aren't dev meets.*

This year all Sr. 1 swimmers will need BOTH Stroke Maker & Agility Paddles. If you do not have both kinds, please make sure to order the second pair during the equipment order.

Sr. 1 swimmers are responsible for having all equipment with them at all times – **if something was lost, it is the athlete's responsibility to have it replaced in a timely fashion.**

Each season our team does equipment orders in September. We have other team gear available to order such as Track Suits, Sweat shirts, Towels, Water Bottles and more.

Please contact our equipment manager for more information!

[equipment@swatwim.ca](mailto:equipment@swatwim.ca)

### Paddles



Agility Paddles



Strokemaker Paddles