

Required Practice Equipment

Utilizing the proper equipment during workouts allows our coaches to provide swimmers with targeted training and technique instruction. Although swimmers may find kick boards and pull buoys located poolside; we encourage our swimmers to bring their own gear. **All swimmers are responsible for keeping track of their own equipment, PLEASE LABEL EVERYTHING! Unlabeled equipment found around the pool deck will be placed in Lost & Found. The team is not responsible for lost or stolen items.**

Please take a minute and review what items should be in your swimming bags and please LABEL EVERYTHING.

Purple Groups – Swim Suit, Dragons Cap & T-shirt, Goggles and **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Green 1 Group - Dragons Cap & T-shirt, Goggles and **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Green 2 Group - Dragons Cap & T-shirt, Goggles, **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Orange Group - Dragons Cap & T-shirt, Goggles, **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Elite Groups - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Small or Mid Size Training Paddles, Snorkel, Nose Clip, Kickboard and Mesh Equipment Bag.

Red Group - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Kickboard and Mesh Equipment Bag.

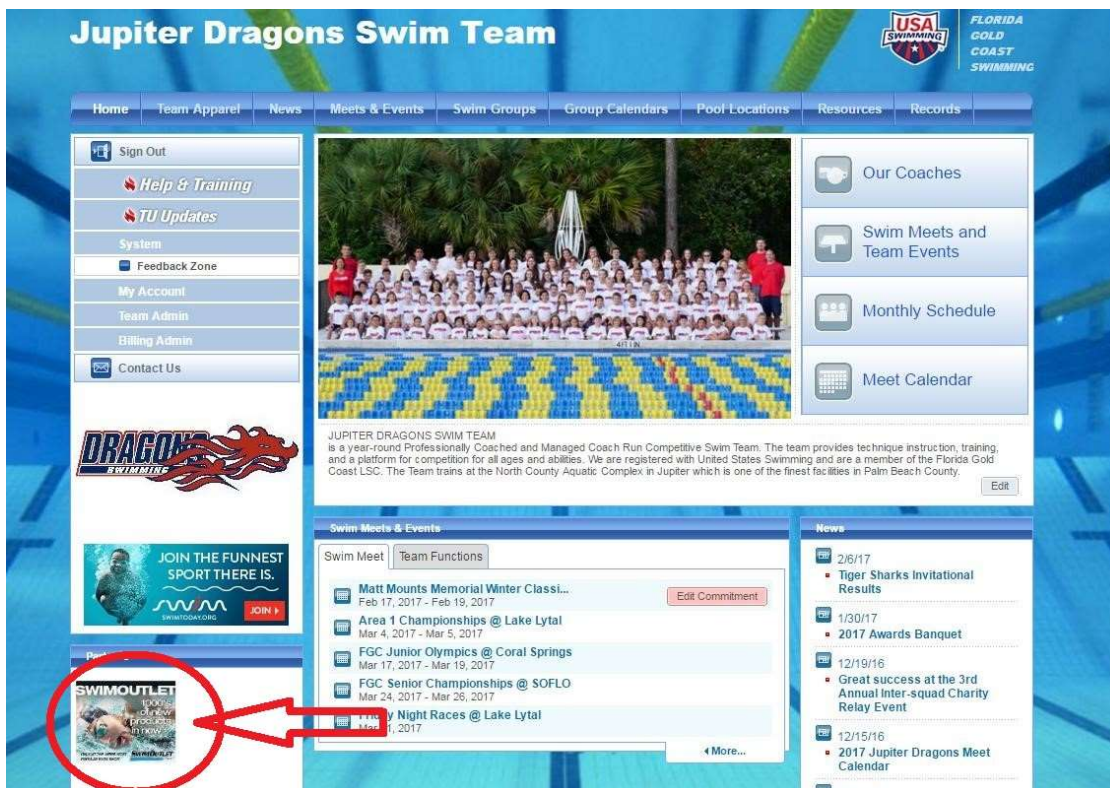
Blue Junior Group - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Team Warm-up, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Snorkel, Nose Clip, Kickboard, FINIS Ankle Bands and Mesh Equipment Bag.

Blue Senior Group - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Drag Suit, Team Warm-up, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Short Rubber Zoomers-TYR-Burner and Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Snorkel, Nose Clip, Kickboard, FINIS Ankle Bands, FINIS Tempo Trainer and Mesh Equipment Bag.

Please note the above items are not overly expensive and will open up numerous training advantages for your swimmer(s). Using certain equipment can be instrumental in fixing or teaching certain stroke technique.

If you have any questions please feel free to email Coach K at coachkiril@yahoo.com.

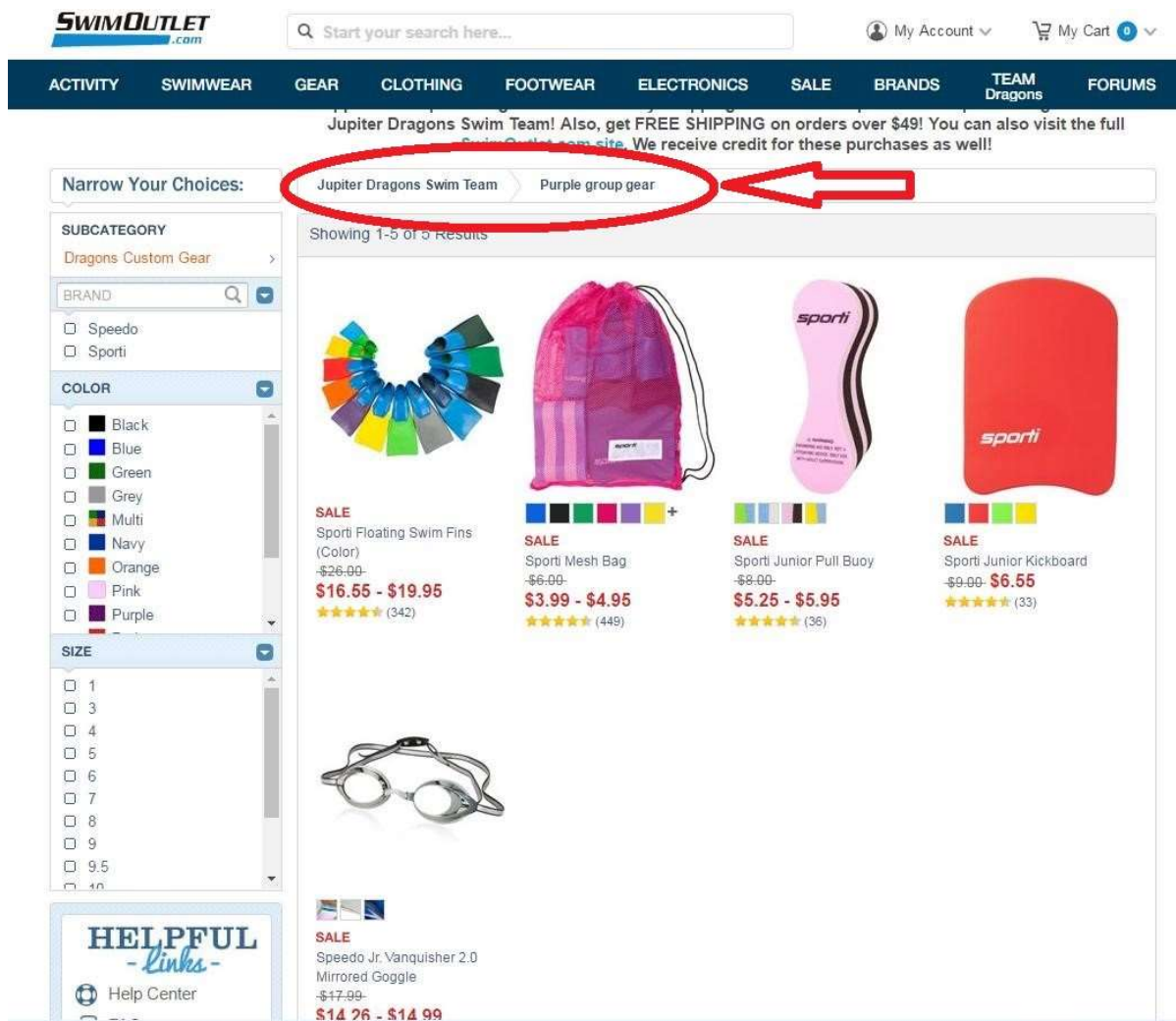
To order practice equipment please login and then click on the “SwimOutlet” logo. This will redirect you to the SwimOutlet store.



On the left side you can select your swim group which will take you to the page with the required equipment for that particular group.



For example on the picture below you can see the Purple group equipment requirement.



We would like to encourage you to buy the equipment from **Swim Outlet** using the link found on our website. It is the least expensive and easiest way to get equipment. **Swim Outlet** is giving back 8 percent of the total sales to the team if they are done using the link on our website – www.jdswim.com



You can also buy team gear like the Dress Code T-shirts for Championship meets (White T-shirt for Friday events, Red T-shirt with Slogan for Saturday and Blue T-shirt with Slogan for Sunday events from the **Team Apparel Store** by clicking on the button on the top bar.

