

Equipment List – C4 / C5 Training Group

Required Training Equipment

2(+) x Goggles – Racing style ([Examples](#))

- All swimmers should have 1 pair for training + 1 spare or competition only set

Training Fins (Ex: [TAS Short Fins](#) / [ARENA Power fins](#) / [ARENA Powerpro fins](#))



**Please avoid the TAS long color keyed fins, as they can cause too much strain on the swimmers' legs at this level of swimming*

Front-mount Swim Snorkel – NO purge valve (Ex: [Arena Swim Snorkel Pro](#) / [Speedo Bullet Head snorkel](#))

Pull Buoy – ([Examples](#)) Kickboard (Ex: [WAY FUNKY Kickboard](#) / [Arena Kickboard](#))



Hand Paddles – Recommended: [Strokemaker size 1 or 2](#) -OR- [TYR Catalyst](#) (Paddles should not extend more than 1/2" above longest fingertip for this level of swimming) - OR- [FINIS Manta](#) Paddles (refer to manufacturer's size guide)



Mesh equipment bag – helps to carry & dry out equipment



2 x Training Swim Suits – must fit TIGHTLY, Polyester blend HIGHLY recommended for longevity



* Any brand or color is fine for training suits – show your style!

* Please avoid purchasing suits to “grow into” – suits that are too big / baggy create drag (like pulling a parachute behind you) and impact swimmers’ body position in the water. Suits must fit VERY snugly when you purchase them – no rolls, bags or wrinkles!

1 x Racing Suit – Racing suits are designed to reduce drag and provide muscle compression to maximize speed. Suits should almost be uncomfortable at first; refer to [manufacturer’s sizing guides](#) when purchasing. Most swimmers at this level do well with a stitched suit (examples below). Welded tech suits are optional, but not required (very pricy for minimal impact for those not yet swimming at the Provincial Championship level). Please contact Coach Cara if you need additional guidance on the right suit.



[Arena Powerskin](#)

ST 2.0 (stitched)



[Speedo Vanquisher](#)

Kneeskin (stitched)



[Arena Powerskin](#)

2.0 (stitched)



[Speedo Men's](#)

Vanquisher (stitched)

Required Dryland Equipment: (will be used for both dryland training & swim meet activation)

Skipping Rope

Yoga Mat

Resistance band loops ([Example](#))

Recommended – [Foam Roller](#) & tennis or lacrosse ball

** Swimmers will also need to be dressed appropriately for each dryland session: loose / stretchy clothing and running shoes (no jeans, pajamas or onesies)

Optional Equipment

Extra FUN swim caps for practices – SILICONE recommended!



Swim Bag – highly recommended! [Lots of options at Team Aquatics](#)

