

**New to NOVICE/AG1/AG2/AG3?** You will need the following at EVERY practice:

- WATER BOTTLE
- GOGGLES
- SWIM CAP (for long hair; optional for all others)

**New to BRONZE & SILVER?** You will need the following equipment at EVERY practice:

- MESH BAG
- KICKBOARD
- PULL BUOY
- FINS (A3 Swift Kick fins; if you already have Speedo Switchblade fins, those are fine!)

**New to GOLD & FOCUS?** You will need the following equipment at EVERY practice:

- MESH BAG
- KICKBOARD
- PULL BUOY
- FINS (A3 Swift Kick fins; if you already have Speedo Switchblade fins, those are fine!)
- PADDLES (A3 Team Fusion paddles)
- SNORKEL

**New to SENIOR/ELITE?** You will need the following equipment at EVERY practice:

- MESH BAG
- KICKBOARD
- PULL BUOY
- FINS (A3 Swift Kick fins; if you already have Speedo Switchblade fins, those are fine!)
- PADDLES (A3 Team Fusion paddles)
- SNORKEL

**\*\*\*PLUS NEW EQUIPMENT:**

- A3 ANKLE BAND
- RESISTANCE GLOVES
- PARACHUTE (SENIOR: RED 8"; ELITE: BLUE 12")
- 3 TENNIS BALLS