

MACR SHARKS – EQUIPMENT REQUIREMENTS

The following equipment list features tried and tested items that work well. Please use this list as your primary reference when purchasing equipment.

WHITE TRAINING GROUP (Ages 6–10)

This is an entry level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins

BLUE Jr.1 TRAINING GROUP (Ages 8–11)

This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)

BLACK Jr.1 TRAINING GROUP (Ages 9–11)

The emphasis of the Black Jr.1 group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long term love for the sport

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)
Pull Bouy: (Arena Free Flow)

BLUE Jr.2 TRAINING GROUP (Ages 11–13)

This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)

BLACK Jr.2 TRAINING GROUP (Ages 11–13)

This is a competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis of the Black Jr2 group is on mastering the following skills necessary to be successful competitive swimmers – training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, mental preparation, and the ability to handle increasing training workloads.

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)
Paddles: (Speedo Power Paddles, TYR Catalyst 2) NOTE: Speedo sizes Small (12+U) or Medium (12+0), TYR sizes XSmall (12+U) Small (12+0)
Pull Bouy: (Arena Free Flow)

BLUE SENIOR TRAINING GROUP (Ages 11–13)

The emphasis of the Blue Sr. group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long term love for the sport.

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)
Paddles: (Speedo Power Paddles, TYR Catalyst 2) NOTE: Speedo sizes Small (12+U) or Medium (12+0), TYR sizes XSmall (12+U) Small (12+0)
Pull Bouy: (Arena Free Flow)

BLACK SENIOR TRAINING GROUP (Ages 13–21)

This is a highly competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation required for eventual placement in the Gold group. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation.

Required Equipment: Suit: (Girls: One-Piece / Boys: Brief or Jammer)
Goggles: (Speedo Jr. Vanquisher/Vanquisher 2.0, TYR Tracer)
Fins: (FINIS/Sporti Floating Fins, Tritan Fins) NOTE: Long Fins ONLY, no zoomers or other short fins
Snorkel: (Arena Swim Snorkel Pro and Speedo Nose Clip)
Paddles: (Speedo Power Paddles, TYR Catalyst 2) NOTE: Speedo sizes Small (12+U) or Medium (12+0), TYR sizes XSmall (12+U) Small (12+0)
Pull Bouy: (Arena Free Flow)