

ELLENSBURG AREA SWIM TEAM – EQUIPMENT LIST

The following equipment is recommended for training and stroke development. Each training group has different recommendations for their equipment needs. The team provides some equipment for the swimmers, but we believe when the swimmers have their own training equipment, they have ownership and additional pride for their swimming.

Training Groups/Equipment: Please purchase the equipment brand/style that is listed or check with a coach.

Bronze: No Equipment Required, Recommended – Mesh Bag, Kickboard, Extra Caps & Goggles

Silver: No Equipment Required, Recommended – Mesh Bag, Kickboard, Pull Float, Extra Caps & Goggles

Silver 2/Gold: Required – Mesh Bag, Kickboard, Pull Float, Paddles, Fins, Snorkel, Extra Caps & Goggles. Additional equipment may be recommended (shoes, or alternate types of required equipment).

Questions: Please Consult with the Coach for Correct Size Prior to Ordering for Equipment or Swimsuits.

Equipment List

Strokemaker Swim Paddles – Size 1/Small, Size 2/Medium, Size 3/Large

TYR Hydrofoil Kickboard

TYR CrossBlade Training Fin

TYR or Sporti Float (Junior or Regular)

FINIS Swim Snorkel (Junior or Adult)

Swimsuit Recommendations

Practice suits should fit slightly tight when purchased new, and a meet suit would usually be sized down from a practice suit. Suits will last longer if they fit and not have drag. Polyester suits will last the longest-you will get more wear for your money with a polyester suit.

Practice Suits: Polyester competition suit (Dolphin Uglies, Sporti, Speedo Endurance, TYR Durafast)

Swim Meet Suit: Black “Meet Only” polyester suit, or practice suit is acceptable. (See above for brands) Technical Suits are not needed until regionals level or above – please discuss technical suits with your coach before purchasing a “Tech Suit”.

Boys Suits: Same fabric recommendations in either Jammer (bike shorts style), or brief.

Goggles: Speedo Vanquisher style or similar Sporti model. They have junior sizes as well in this style. Similar competition styles in this and other brands are approved.

Caps: Latex or Silicone practices caps. Silicone can be prone to slide off on some swimmers.

Shopping Recommendations: The most competitive pricing can be found at www.swimoutlet.com, however you can also purchase these items at the swimming equipment website of your choice or on Amazon.

Equipment or Suit Questions: Contact your swimmer’s coach.

SWIM SUIT STYLE GUIDE - WOMEN:

Thin-Strap Solid Competition or Practice Suit



Dolphin Uglier or other Polyester Practice Suit



SWIM SUIT STYLE GUIDE - MEN:

Jammer



Brief



GOGGLE STYLE GUIDE:

Speedo Vanquisher or Sporti



Goggle Bungee



EQUIPMENT :

Strokemaker Swim Paddles



TYR Hydrofoil Kickboard



TYR CrossBlade Training Fin



TYR or Sporti Swim Float



FINIS Swim Snorkel – Junior or Adult

