



Equipment needed for SSC Swim Team Practices

Swimmers should have all equipment marked clearly with their name and a mesh-type equipment bag

Sr. Gold

Paddles: Arena vortex evolution hand paddle, FINIS Agility Paddle (paddle should not be much bigger than the swimmers hand)	Buoy : Arena free flow buoy (or other brand of pull buoy)
Ankle Band : Arena Ankle Band Pro, FINISH ankle band	Zoomer’s/Short fins: Finis zoomers, Arena Powerfin
Parachute: FINIS Swim Parachute (12 inch or 8 inch), SPORTI Swim Parachute	Tempo Trainer: FINISH tempo trainer
Snorkel: Arena Swim Snorkel III, FINIS Swim Snorkel	Kick Board

Silver Plus and Silver

Paddles: Arena vortex evolution hand paddle, FINIS Agility Paddle (paddle should not be much bigger than the swimmers hand)	Buoy : Arena free flow buoy (or other brand of pull buoy)
Ankle Band : Arena Ankle Band Pro, FINISH ankle band	SILVER PLUS: Zoomer’s/Short fins: Finis zoomers, Arena Powerfin SILVER: Fins: long style fin – Sporti essential fin, Dolfin swim fins, Speedo long fin
Parachute: FINIS Swim Parachute (12 inch or 8 inch), SPORTI Swim Parachute	Kick Board
Snorkel: Arena Swim Snorkel III, FINIS Swim Snorkel	

Bronze

Kick Board	Buoy : Arena free flow buoy (or other brand of pull buoy)
Snorkel: Arena Swim Snorkel III, FINIS Swim Snorkel	Fins: long style fin – Sporti essential fin, Dolfin swim fins, Speedo long fin

Developmental

Kick Board	Fins: long style fin – Sporti essential fin, Dolfin swim fins, Speedo long fin

Mini Team and Pre Team

Kick Board	Fins: long style fin – Sporti essential fin, Dolfin swim fins, Speedo long fin