

# STAR Swim Team



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www.starswimteam.com

## What Swimmers Will Need for Practice

Strokers	Goggles Cap (if they have long hair), Suit (not trunks, they are heavy and hard to swim with - a Speedo or a Speedo jammer )
Age Group	Goggles Cap (if they have long hair) Suit (not trunks, they are heavy and hard to swim with - a Speedo or Speedo jammer) Fins (shoe style - not zoomers) (Will not be used the first two weeks)
Juniors	Goggles Cap (if they have long hair) Suit Fins (shoe style - Speedo or TYR, not strap - not zoomers) Adult Finis Front Snorkel Speedo Power Paddle Plus
Senior	Goggles Cap (if they have long hair) Suit Fins (shoe style - Speedo or TYR, not strap - not zoomers) Adult Finis Front Snorkel Speedo Power Paddle Plus

All items are available from Elsmore Aquatic  
(Link is on the web page)

**MAKE SURE ALL ITEMS ARE LABELED WITH SWIMMERS NAME**