

Sachem Swim Club 2025

Recommended Team Gear by Group



Seniors:

Standard Paddles *Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.	1 - TYR Catalyst Paddles 2 - Finis Strapless Paddles - Amazon Link - SwimOutlet Link
Technical Paddles These are not required but are encouraged for our members to provide some variety in training. These items serve a valuable purpose based on the individual demand and may be used as effective tools for stroke correction. All available on SwimOutlet, Amazon, etc.	1 - Fingertip Paddles (Sprinting) - Arena Option #1 - Nabaiji Option #2 2 - Finis Iso Paddles (Correcting Press outs in the stroke) 3 - Freestyler Paddles (For increasing DPS in Free)
Fins We recommend a heel with a strap rather than a boot. Short blades are better than long blades at the senior level as well. We recommend these options as they use long-lasting silicone and they are more comfortable and provide more torque in swimming.	1 - DMC Elite II, III or Super Fins - Swimoutlet - Amazon 2 - TYR Hydroblade 3 - Arena Powerfin Pro - Amazon
Pull Buoys Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR	1 - TYR Hydrofoil 2 - TYR Pull Buoy
Snorkels If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality.	1 - TYR Ultralight 2 - TYR Ultralight Elite
Parachute There are several other Parachutes or drag tools available that are similar or other type. Please feel free to inquire about an alternative item!	1 - FINIS Swim Parachute - Amazon
Drag Socks	1 - Sprint Revolution Drag Socks

Advanced:

Standard Paddles *Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.	1 - TYR Catalyst Paddles - SSC Team Store Link 2 - Finis Strapless Paddles - Amazon Link - SwimOutlet Link
Technical Paddles These are not required but are encouraged for our members to provide some variety in training. These items serve a valuable purpose based on the individual demand and may be used as effective tools for stroke correction. All available on SwimOutlet, Amazon, etc.	1 - Fingertip Paddles (Sprinting) - Arena Option #1 - Nabaiji Option #2 2 - Finis Iso Paddles (Correcting Press outs in the stroke) 3 - Freestyler Paddles (For increasing DPS in Free)
Fins We recommend a heel with a strap rather than a boot. Short blades are better than long blades at the senior level as well. We recommend these options as they use long-lasting silicone and they are more comfortable and provide more torque in swimming.	1 - DMC Elite II - Swimoutlet - Amazon 2 - TYR Hydroblade 3 - Arena Powerfin Pro - Amazon
Pull Buoys Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR	1 - TYR Hydrofoil 2 - TYR Pull Buoy
Snorkels If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality.	1 - TYR Ultralight 2 - TYR Ultralight Elite

Juniors:

Standard Paddles <i>*Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.</i> Juniors will have limited use of paddles other than for stroke correction, special practices, combined practices, etc.	1 - TYR Catalyst Paddles - SSC Team Store Link 2 - Finis Strapless Paddles - Amazon Link - SwimOutlet Link
Fins We recommend a heel with a strap rather than a boot. Short blades are better than long blades at the senior level as well. We recommend these options as they use long-lasting silicone and they are more comfortable and provide more torque in swimming.	1 - DMC Elite II - Swimoutlet - Amazon 2 - TYR Hydroblade 3 - Arena Powerfin Pro - Amazon
Fins for Younger Athletes Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.	SSC Team Store Password SACH21
Pull Buoys Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR	1 - TYR Hydrofoil 2 - TYR Pull Buoy
Snorkels If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality. Juniors will have limited use of snorkels other than for stroke correction, special practices, combined practices, etc.	1 - TYR Ultralight 2 - TYR Ultralight Elite

Novice:

Standard Paddles *Recommend sizing down and using strapless paddles if possible. Strapless paddles are hassle-free and long-lasting.	1 - TYR Catalyst Paddles - SSC Team Store Link 2 - Finis Strapless Paddles - Amazon Link - SwimOutlet Link
Fins We recommend a heel with a strap rather than a boot. Shorter, wider blades are recommended over longer blades. We recommend these options as they use long-lasting silicone, they are more comfortable and provide more torque in swimming.	1 - DMC Elite II - Swimoutlet - Amazon 2 - TYR Hydroblade 3 - Arena Powerfin Pro - Amazon
Fins for Younger Athletes Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.	SSC Team Store Password SACH21
Pull Buoys Pull buoys are pretty straightforward. Most brands are acceptable. We recommend TYR	1 - TYR Hydrofoil 2 - TYR Pull Buoy
Snorkels If you purchase a snorkel not on this list, please review with coach Kyle. Many cheap snorkels have too many moving parts or parts that break. We recommend TYR because they have great build quality. For NOVICE, snorkels are not a requirement but may be used on occasions for stroke correction or variety in training.	1 - TYR Ultralight 2 - TYR Ultralight Elite
Goggles We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.	1 - TYR Racing Goggles - Be sure to buy Junior Sizes if needed 2 - Speedo Racing Goggles - Be sure to buy Junior Sizes if needed 3 - Arena Racing Goggles - Be sure to buy Junior Sizes if needed

Developmental:

Fins We recommend a heel with a strap rather than a boot. Shorter, wider blades are recommended over longer blades. We recommend these options as they use long-lasting silicone, they are more comfortable and provide more torque in swimming. Developmental swimmers may grow out of fins very quickly, so a cheaper alternative is acceptable at this age group.	1 - DMC Elite II - Swimoutlet - Amazon 2 - TYR Hydroblade 3 - Arena Powerfin Pro - Amazon
Fins for Younger Athletes Younger swimmers who expect to grow out of their fins sizes are encouraged to opt for a cheaper model if necessary. We recommend using our team store to purchase any of the TYR fins available.	SSC Team Store Password SACH21
Goggles We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.	1 - TYR Racing Goggles - Be sure to buy Junior Sizes if needed 2 - Speedo Racing Goggles - Be sure to buy Junior Sizes if needed 3 - Arena Racing Goggles - Be sure to buy Junior Sizes if needed

Beginner/Beginner Plus:

Goggles We recommend only using racing goggles. Scuba masks will not be permitted in practice. Our team sponsor, TYR provides many appropriate racing goggles. Any other goggles purchased can be reviewed with group coaches or Coach Kyle at any time.	1 - TYR Racing Goggles - Be sure to buy Junior Sizes if needed 2 - Speedo Racing Goggles - Be sure to buy Junior Sizes if needed 3 - Arena Racing Goggles - Be sure to buy Junior Sizes if needed
Swim Suits (Boys)	Male swimmers are encouraged to buy a tight-fitting swimming Jammer or Speedo. Baggy clothing is discouraged such as board shorts and swim shirts. These hinder the development of proper stroke mechanics and increase stress in the water. 1 - TYR Durafast Jammer
Swim Suits (Girls)	Female swimmers are encouraged to buy tight-fitting, one-piece swimming suits. We encourage you to avoid suits with frills, tassels, additional, unnecessary fabrics, etc. We also discourage things like swimming shirts that may hinder the development of proper stroke mechanics and increase stress in the water. 1 - TYR Durafast One Solid Maxfit Swimsuit

