

MAC 2025-2026 Season Equipment Needed



Swimmers need to have the following equipment at practice each day. Swimmers should have a water bottle (we recommend water in it), and extra cap and extra goggles at both practice and meets.

Crocs, Eels - Kickboard, Fins, Mesh Bag

Sharks, AG 1, AG 2 - Kickboard, Fins, Snorkel, Mesh Bag

AG3, AG4, AG5, S1 - Kickboard, Fins, Pull Buoy, Paddles, Snorkel, Mesh Bag

S2 and S3 – Kickboard, Fins, Pull Buoy, Paddles, Snorkel, Parachute, Mesh Bag

Pools, Patios, and Porches in Frederick has many of these items in stock. Please check with them first for your equipment needs. You have options with PPP to get your equipment:

1. PPP will be at Hood during MAC Practices on Tuesday, September 2nd.
2. Go into the store and purchase.
3. Order online - www.pppswimshop.com, go to 'teams', Password: MAC2025
 - a. You can do in-store pick-up or have items shipped.

Equipment, Brand and Models:

Swimmers need to have the specific equipment listed below. Please do not replace working equipment with these items. Get these if you have nothing or need to replace old/broken gear.

Kickboard: Standard Arena Board

Fins:

- **Croc, Eel, Shark, and all AG Levels** - TYR CrossBlade or CrossBlade 2.0
- **S Levels** – Arena Powerfin Pro or [Hydro Tech 2 Ocean Swim Fins](#)
 - For S level swimmers having problems with the Arena fins, Coach Jeb recommends the [Hydro Tech 2 Ocean swim fins](#)

Paddles:

- **AG 4, AG 5, S1** – Small Speedo Nemesis Contour Paddles. These are black with blue straps. Ignore the “sizing charts” and DO NOT purchase any other size.
- **S2 and S3 Levels** – Strokemaker Paddles – see your coach for sizing information.

Pull Buoy:

- **AG 3, 4, 5** - Arena Pull Buoy or Speedo Junior Pull Buoy. Get one that is comfortable and not too big for your swimmer.
- **S Levels** – Arena Pull Buoy

Snorkel: Arena Swim Snorkel Pro III – there are two similar snorkels, one with a relief valve below the mouthpiece and one without. **AVOID the version with the relief valve.**

Parachute:

- Here is a link to the correct parachute. <https://www.swimmersbest.com/parachutes/>
 - ONLY GET THE RED SIZE