

ECA EQUIPMENT LIST

Overall, the right equipment is essential for swimmers to maximize their training and achieve their competitive goals.

White/Green

Suit
Goggles
Kickboard
Fins

Purple

Suit
Goggles
Kickboard
Fins
Pullbuoy

Gold

Suit
Goggles
Kickboard
Fins
Pullbuoy
Paddles

Currents

Suit
Goggles
Kickboard
Fins
Pullbuoy
Paddles
Snorkle

Highschool

Suit
Goggles
Kickboard
Fins
Pullbuoy
Paddles

Senior

Suit
Goggles
Kickboard
Fins
Pullbuoy
Paddles
Snorkle

National

Suit
Goggles
Kickboard
Fins
Pullbuoy
Paddles
Snorkle

Suit



A swim suit is essential for swimmers as it reduces drag in the water, providing a streamlined and efficient performance during training and competitions. Normal suits usually increase drag which hinders the learning processes for newer swimmers.

Goggles



Goggles are an essential piece of equipment for swimmers as they provide eye protection and clear vision underwater. They prevent irritation from chlorinated water, protect the eyes from harmful chemicals and debris, and enable swimmers to maintain visibility, enhancing their performance and safety during training and competitions.

Kickboard



Swimmers use kickboards to isolate and strengthen their leg muscles, particularly the quadriceps and hip flexors. By holding onto the kickboard and kicking with their legs alone, swimmers can focus on improving their kicking technique and endurance, which is essential for various swimming strokes.

Fins



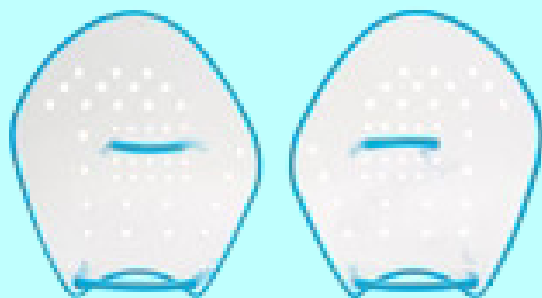
Swimmers use fins to improve their kicking technique and build leg strength. Fins increase propulsion in the water, allowing swimmers to focus on refining their kicking motion and enhancing overall swimming performance.

Pullbuoy



A pull buoy is a piece of swim equipment that swimmers place between their thighs to help isolate their upper body during training. By immobilizing the legs, the pull buoy allows swimmers to focus solely on their arm stroke and upper body strength, aiding in the improvement of arm technique and building upper body endurance.

Paddles



Swimmers use paddles as a training aid to increase arm strength and improve stroke technique by adding resistance in the water. Paddles also help swimmers develop a better feel for the water, contributing to enhanced performance during competitions.

Snorkle



A snorkel is used by swimmers to allow them to breathe continuously while keeping their face in the water during training sessions. This helps swimmers focus on stroke technique, body position, and overall efficiency, without the need to turn their head to breathe, promoting better swimming form and endurance.

Meshbag



A mesh bag is commonly used by swimmers to carry and store their wet swim gear after practice or competitions. The breathable mesh material allows wet items to dry and prevents the growth of bacteria and odor, making it a convenient and hygienic solution for transporting swim equipment.