

2023 - 24 NSEA Swim Equipment List

Splash

- Equipment Bag
- Water Bottle
- Kickboard (JR Size)
- Fins (Long Blade / Rubber Floating)
- Front Mount Snorkel

Tidepool

- Equipment Bag
- Water Bottle
- Kickboard (JR Size)
- Fins (Long Blade / Rubber Floating)
- Front Mount Snorkel

Swell

- Equipment Bag
- Water Bottle
- Kickboard (JR Size)
- Pull Buoy (JR Size)
- Fins (FINIS Edge)
- FINIS Front Mount Snorkel

Riptide

- Water Bottle
- Equipment Bag
- Short Blade Fins (FINIS Edge)
- FINIS Front Mount snorkel
- Pull Buoy (JR Size)
- Kickboard (JR Size)
- Tempo Trainer
- [Small Flat Hand Paddles](#) [Stroke Master Size 0 or .5 depending on hand size]

Surge & Senior Surge

- Water Bottle
- Equipment Bag
- Short Blade Fins [FINIS Edge]
- FINIS Front Mount Snorkel
- Pull Buoy (JR Size)
- [Flat Hand Paddles](#) [Stroke Master - A bit bigger than the size of your hand Size 1 - 2 (maybe 3)]
- Kickboard (JR Size)
- [Parachute](#) [6" Chute For most swimmers]
- Tempo Trainer
- Ankle Pull Strap
- FINIS Evo Monofin [optional]
- Drag Socks [optional]