

GCY Equipment List by Groups

All swimmers Goggles and Water Bottle
Speedo equipment - Preferred

Makos 1, Makos 2, Makos Fit & Homeschool:

- Swim: Meshbag, Kickboard, Long Fins
- *Team Suit recommended*

Age Group, Senior Prep & National:

- Swim: Meshbag, Kickboard, Long Fins, Pull buoy, Paddles, Snorkel
- Dryland: T-Shirt Workout Shorts Shoes
(all to be worn over suit)
- *Team Suit recommended*

National Teams (Nat Prep, Nat 1 & Nat 2):

- Swim: Meshbag, Kickboard, Long Fins, Pull buoy, Paddles, Snorkel, Short Fins
- Dryland: T-Shirt Workout Shorts Shoes
(all to be worn over suit)
- *Team Suit Recommended*

Meet Apparel:

- GCY Cap*
- GCY Team Suit or Equivalent (girls no tie-backs)
Speedo Warm-ups: Swimmer Choice
- GCY Team Shirt (Saturday is always the current season, all other days is any GCY team shirt)

**Parents, we allow swimmers to wear any cap any style at practice. We encourage pride in summer/high school teams. as well as GCY and "fun" caps.*

For all of our meets, however, we are only GCY caps, starting from the moment he/she walks on deck including warm-ups! Please help us enforce this as we are pretty loose everywhere else, thanks!