

# 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 wear only GCY caps, starting from the moment we walk on deck--includes warm-ups! Please help us enforce this as we are pretty loose everywhere else, thanks!***