



Below is a list of recommended equipment for each applicable swim group on the Rockingham Area Youth Swim – RAYS Team:

*All Equipment listed here can be purchased via the Team store - Varsity Swim Shop. Codes will be provided to members when the ordering window is open.

Please ensure you purchase Speedo Brand gear as we are exclusively sponsored by Speedo.

Equipment Basics:

- Swimmers are not expected to wear their team suit to practice, but we expect them to wear it to meets along with a team T-shirt and team swim cap.
- Have an extra suit for practices for 2 reasons: So the team suit doesn't get worn out, and so there is less chance they lose the team suit.
- As a note, polyester suit fabric lasts much, much longer. It is usually a few dollars more than the Lycra suits but well worth it.
- Make sure the suits fit and are snug. Sizing up is not a good strategy. If there are any wrinkles in the suit once it is on, try the next size down.
- Extra caps and goggles are great to have on hand in case something breaks or is lost. It is suggested to have one pair of goggles for practice and the other pair for meets that maybe has the straps tightened a bit making them better for diving.
- Get a sharpie and mark your gear. Most kids on the team have the same equipment and kids will accidentally walk off deck with other swimmers things. Put your kid's name on everything you can.
- RAYS Team Gear is available for purchase during the fall season contact a coach for details.
- RAYS Team suits and caps are available for purchase, contact a coach for details.



RAYS - Recommended Equipment by Group

Junior and Senior group

- Swim Paddles
- Water Bottle
- Yoga/Exercise Mat
- Pull Buoy
- Kickboard (Some are available at the WCWC)
- Swim Fins (Speedo Brand long blade fins)
- Swim Snorkel
- Mesh Equipment Bag
- Goggles (Recommend at least one pair for practice and one for competition).

The following items will be available for purchase through the team. See a coach for details:

- Team Cap (Coaches have these for purchase \$15 for silicone and \$5 for latex, with personalized (Last Name) cap orders taken in September). Team caps do not need to worn in practice, but some sort of cap should be worn or personal preference for those with short hair.
- Team Suit
- Team Shirt

Age Group

- Small kickboard (Some are available at the WCWC)
- Swim Fins (Speedo Brand long blade fins)
- Goggles (Recommend at least one pair for practice and one for competition).

The following items will be available for purchase through the team. See a coach for details:

- Team Cap (Coaches have these for purchase \$15 for silicone and \$5 for latex, with personalized (Last Name) cap orders taken in September). Team caps do not need to worn in practice, but some sort of cap should be worn or personal preference for those with short hair.
- Team Suit
- Team Shirt



WAYS - Recommended Equipment by Group

StingWAYS Group

- Small kickboard (Some are available at the WCWC)
- Swim Fins (Speedo Brand long blade fins)
- Goggles (Recommend at least one pair for practice and one for competition).

The following items will be available for purchase through the team. See a coach for details:

- Team Cap (Coaches have these for purchase \$15 for silicone and \$5 for latex, with personalized (Last Name) cap orders taken in September). Team caps do not need to worn in practice, but some sort of cap should be worn or personal preference for those with short hair.
- Team Suit
- Team Shirt