

# Sr/Jr Summer Training Equipment Needs

As we head to different facilities (and eventually the great outdoors to train in the long course pools), we only have access to certain pieces of training equipment...basically a handful of kickboards. Having a variety of equipment available for use helps to increase the variety and specificity of the training we will be doing. As with last summer, swimmers training with Sr/Jr or AG2 will get the most out of their training if they have at least short fins and pull bouys.

*Where to shop? Check out [www.swimoutlet.com](http://www.swimoutlet.com) or visit Metro Swim Shop for competitive prices.*

## Short Fins (Need – HIGH)

- [Speedo](#) Switchblade (\$32), Biofuse Training Fins (\$29), Short Blade (\$27)
- Finis - [Zoomers](#) Gold (\$34)
- [Hydro](#) – Tech Fin (\$67), Tech 2 Fin (\$77) – we had a swimmer visiting from a club in Minnesota a few years back and she brought these with them. She swore by their comfort...I know they are on the pricey side, but I included just in case someone was interested.

## Pull Bouy (Need – Medium)

- Plenty of options available: [www.swimoutlet.com](http://www.swimoutlet.com) or [www.speedousa.com](http://www.speedousa.com) (\$9-\$13)
- *Swimmers can also use a kickboard or a dog collar around the ankles if they do not have a pull bouy. We have both of those.*

## Paddles (Need – Medium)

- Plenty of options available through [www.swimoutlet.com](http://www.swimoutlet.com) or [www.speedousa.com](http://www.speedousa.com) (\$13-\$20) – I recommend the Speedo Clutch or IM Tech Paddles...swimmers probably know their favorite already.
- *We will bring black waffle paddles for swimmers that do not have them.*

## Snorkel – front mount only (Need – Low)

- [Finis](#) (\$30), [Michael Phelps](#) Focus (\$35) both have purge valves.
- Snorkels are great for establishing proper head position. Swimmers are welcome to use them in any of our lower intensity sets when they choose to.
- *Swimmers should also grab a [nose plug](#) (\$3) as well if they purchase a snorkel.*

## Mesh Bag (Need – depends on how much equipment they travel with)

- [Plenty of options available](#) (\$4-11) – lots of different colors to pick from.

## Fin Socks (Need – LOW – only if a swimmer complains of blisters)

- [Sporti Latex Fin Socks](#) (\$4)