

LHY Swim Team Equipment Requirements

Super Squad:

- Equipment is provided at practices

Age Group 4:

- Speedo Pull-Kick is recommended

Age Groups 1, Age Group 2, & Age Group 3:

- Speedo Pull-Kick
- Speedo Liquid Comfort Nose Clips (recommended to purchase 2 because they lose them easily)
- AG1 and AG2 swimmers also need Speedo Bullet Head Snorkel

Senior 2, Senior 3, Senior 4

- Speedo Pull-Kick
- Speedo Liquid Comfort Nose Clips (recommended to purchase 2)
- Arena PowerFins Pro
- Speedo Power Paddle Plus paddles (size depends upon height and & hand size)
- AquaVolo DragSox (size/resistance 30)

Senior 1

- Speedo Pull-Kick
- Speedo Liquid Comfort Nose Clips (recommended to purchase 2)
- Speedo Bullet Head Snorkel
- Arena PowerFins Pro
- Speedo Power Paddle Plus paddles (size depends upon height and & hand size)
- AquaVolo DragSox (size/resistance 30) (The AquaVolo DragSox must be purchased through [this website](#)).

All 13/over swimmers

- Parachute (swimmers can choose one of the following)
 - [Sporti 10" Parachute](#)
 - [Finish 8 inch Parachute](#)
- Kickboard
 - Speedo alignment board
 - [kickboard option 2](#)

If you already have similar equipment that we have used in the past, or different nose clip preference etc .. that's ok

All equipment can be purchased at discounted prices through our authorized swim dealer:

California Beach Hut

21 Broadway

Denville, NJ 07834

Hannah Walsh, Team Coordinator

Make sure to mention that you are with the LHY Swim Team.