

How To Pack Your Equipment Bag

Equipment Required by Practice Group

THE GREATER MORRISTOWN YMCA
DOLPHINS

Preps & Cadet 1

- Kickboard
- water bottle
- fins

Cadet 2

- kickboard
- water bottle
- fins
- pull buoy
- paddles

Senior 1

- kickboard
- water bottle
- fins
- pull buoy
- paddles
- snorkel
- nose clip (optional)
- tempo trainer
- bands (Finis Brand - order through swimoutlet.com)
- socks

Senior 2 & 3

- kickboard
- water bottle
- fins
- pull buoy
- paddles
- snorkel
- nose clip (optional)
- socks
- tempo trainer
- drag suit
- bands (Finis Brand - order through swimoutlet.com)

PLEASE LABEL ALL EQUIPMENT

