

Findlay YMCA Frogs Swimming Team

Equipment Buying Guide

This is a swim equipment buying guide. All of the equipment listed is used during practices and training. Please consult with your coach as to what equipment your swimmer needs. It will vary by age.


An average price for a full set of equipment that includes goggles, mesh bag, fins, paddles, pull-buoy, kickboard, snorkel, and leg strap is approximately \$200.

Places to Buy




There are many online options for purchasing swimming equipment, and we have our team vendor, Poco Loco. Below is a short list of places to shop online for swimming equipment. And, of course, Amazon does carry a lot of this equipment.



Poco Loco (Team supplier)	https://www.pocolocoswimgear.com/
Kiefer Aquatics	https://www.kiefer.com/
SwimOutlet.com	https://www.swimoutlet.com
Swim2000	https://www.swim2000.com/
Arena Sport	https://www.arenasport.com/
Speedo USA	https://us.speedo.com/
Xtreme Swim	https://xtremeswim.com/
Amazon	www.amazon.com

Equipment List

Equipment	Use
	<p>Swim fins, also known as fins or flippers, are a type of swimming gear worn on the feet that increase propulsion, strengthen the legs, improve ankle flexibility, encourage better body position, and improve kicking technique. Short or Training Fins are the suggested type of fins to look for. Long fins are not suggested for senior athletes.</p> <p>There are many different short fins brands and models, including Kiefer, Arena, TYR, Speedo, and DMC. All make good fins. We suggest staying away from Finis Zoomers. We recommend either the TYR Hydroblade, Speedo DMC Elite (or Max, or Super) or the Arena Powerfin Pro.</p>

<p>Hand Paddles</p> 	<p>Swim paddles, also known as hand training paddles, are a form of swimming equipment designed to enhance pulling strength and endurance. The benefits of swim paddles include swim-specific power development, encouraging a stronger catch, and providing immediate feedback on whether you are using proper hand entry.</p> <p>There are different types of swim paddles for different goals in the pool, including your classic “power” paddle (the most common type), which is what we suggest.</p> <p>Sizing: We suggest a mostly flat paddle that has stretch bands for fingers and wrists. Paddles come in a variety of sizes. Look for a paddle that is slightly larger than your hand. Do not go any larger than approximately 1 inch larger than the outline of the hand. Paddles that are too large detract from good form and put too much pressure on shoulders.</p>
<p>Pull-Bouy</p> 	<p>Pull buoys are classic swim training aids designed to help swimmers focus on the pull and upper body. They are a type of flotation device, specifically curved and shaped to fit between the thighs, giving swimmers added buoyancy. Pull buoys give swimmers an artificial sense of how a high hip position in the water feels and are an excellent tool for days when you want to focus on pull endurance in the pool.</p> <p>Pull buoys can be used with paddles and an ankle band (or even resistance tools like a drag chute) to improve upper body strength in the water further.</p> <p>There is a wide variety of shapes and generally two sizes of pull buoys (regular and junior). A solid foam pull-buoy is better than one connected with a strap. Get the full-size pull-buoy for children 12 and up. Children and petite individuals should purchase pull buoys in smaller sizes; either ones designed specifically for juniors or ones that are simply smaller in size. Although smaller people can still use large pull buoys, they won't be as balanced in the water, and the large pull buoy can prevent some of their body's rotation as they swim.</p>
<p>Kick Board</p> 	<p>Kickboards are the first swimming accessories we learn to use during our earliest days in the pool. Kickboards isolate the legs and lower body to improve kicking strength and endurance. By gripping the board, swimmers learn to fully engage the quads, hips, core, and feet to generate propulsion with the lower body. Spending more time on the kickboard helps swimmers develop the leg endurance required to execute a more efficient stroke and finish races with a full kick, and is a great tool for breaking up longer swimming sets and workouts.</p> <p>Kickboards come in various shapes and sizes, but the most popular is your “classic” tombstone EVA foam board. Just like pull-buoys, choose a kickboard size that fits your athlete.</p>

<p>Center Snorkle</p> 	<p>Snorkels have exploded in popularity in recent years, becoming an essential piece of swim gear. Snorkels are one of the best tools for swimmers of all levels looking to improve swim technique and performance.</p> <p>Swim snorkels enable swimmers to keep their faces down in the water, promoting a better body position and helping them achieve a more hydrodynamic body line. Snorkels are generally reserved for our Gold group swimmers, but we have started using them more frequently in Silver.</p>
<p>Ankle Band</p> 	<p>Optional: Ankle bands are a no-frills training aid that locks your feet into place when doing pull sets, eliminating any of the leg and foot movement that swimmers “accidentally” use when doing a pull.</p> <p>Bands remove the body’s natural urge to move the legs in rhythm with the arm stroke, which can lead swimmers to feel like someone tied a cinder block to their ankles. But with time, you’ll find that using a band encourages more core activation and a more efficient hip roll.</p>
<p>Goggles</p> 	<p>Swim goggles are one of the essential pieces of swim equipment for your workouts in the pool, whether you are a beginner or a seasoned Olympic champion. Swim goggles help you see the pace clock, whether the large, sweeping hand of the analog clock on the wall at the pool or the splits and pace on your swim watch. Goggles help you to time your turns, touch on a full stroke, protect your eyes from pool chemicals, reduce eye strain when swimming outdoors, and help you avoid swimming full steam into other swimmers in your lane.</p> <p>Goggles come in a wide variety of designs, sizes, colors, and prices. We suggest looking for these basics: silicone gaskets and straps, adjustable nose pieces for proper fit, and lighter colors, which are best for indoor swimming. Find a type you like and get several pairs for backups.</p>
<p>Practice Suit</p>	<p>We encourage all swimmers and divers to have a couple of practice suits separate from their meet suits. This helps maintain the look and integrity of the meet suit throughout the entire season. Practice suits are personal preference in color and design. We encourage you to look for sales on suits from the team vendor or online vendors. They happen often!</p>
<p>Practice Swim Cap</p>	<p>Caps for practice are supplied by the athlete. Again, like suits, we encourage swimmers to have separate practice caps. Caps come in two materials: latex or silicon. The fit and longevity are different for both. People with long hair might find latex caps easier to use. Also, latex is much cheaper than silicon. Look for sales and buy a couple to keep in the swim bag.</p>

<p>Mesh Storage Bag</p> 	<p>A mesh bag to keep all of your equipment in is highly encouraged. It makes it easy to keep all of your equipment together and allows for stuff to drip dry between practices. Be sure to get a bag large enough to hold all equipment. (18" x 30" bags are a good size to hold everything)</p>
<p>Nose Clip</p> 	<p>Optional: Nose clips come in handy for some swimmers who struggle to keep water out of their noses. Backstrokers especially seem to use these often. It is a piece of equipment that each person should consider.</p>