
TRAINING EQUIPMENT CHECKLIST:

☐ SWIM BAG

- Mesh bag to hold equipment by the pool water

☐ PRACTICE SWIMSUIT OR JAMMER

☐ COMPETITION (RPS) SWIMSUIT OR (RPS) JAMMER

☐ SWIMMING CAPS

- At least 2 caps, 1 for practice and 1 RPS team cap for Swim Meets

☐ COMPETITION GOGGLES

- Recreational goggles typically leak or fall off after start

☐ KICKBOARD

- Smaller boards are better for our training methods.

☐ PULL BUOY

- 2 sizes available, large & small.

☐ TRAINING SNORKEL

- Write names on their snorkels.

☐ NOSE PLUG

- Avoid clear because they are difficult to find in the pool.

☐ TRAINING FINS

- Short fins are better for our training methods.
- Neoprene fin socks help with avoiding blisters.

☐ FINIS HAND PADDLES

- Sizes 1-3, small, medium, & large

☐ WATER BOTTLE

- Write names on their bottles.

☐ GYM SHORTS, ATHLETIC SHOES, & PADDED FLOOR MAT

- For Dryland & Stretching (Senior Red & Junior White Groups)

☐ LOGBOOK FOR GOAL SETTING (Swimmer's choice item)

- These items may be purchased online or at a local sporting goods store.
- Red Piranha Swimming's website has links for shopping.
 - [RPS Team Gear Shopping Link](#)