

# Equipment

Suggested equipment for your swimmer



## MUST HAVES

- GOGGLES: Protect swimmer's eyes from the chlorine. \$6.50 - \$30
- CAP: Designed to keep hair out of swimmer's face. \$4 - \$20. Every new swimmer to our team will receive a team cap.
- PRACTICE SUITS: Used during workouts, created with a stronger material for durability. Some may create extra drag to make the workout more challenging. Women's \$30 - \$75, and men's \$20 - \$50.
- COMPETITION SUITS: Worn during swim meets only! Our outfitter, Swim & Tri, sells our team suit - available on our website.

## ITEMS YOU MAY NEED (depending on group)

- MESH BAG: Holds all the training equipment for a swimmer. \$6 - \$18
- KICKBOARD: Floating device used to enhance swimmer's kicking skills. \$7 - \$25  
*\*\*Both pools have kickboards to use during practices, if swimmers do not have their own*
- FINS: Fits on a swimmer's feet to increase kicking speed during practice. \$20 - \$45  
*\*\*Both pools have a limited supply of fins to use during practice, if swimmers do not have their own*
- PADDLES: Plastic devices on the swimmer's hands to add resistance to the pulling phase of the stroke. Paddles vary depending on the stroke and purpose. \$8 - \$25
- PULL BUOYS: Enhance the body position during pull sets when the swimmers are not kicking. \$7 - \$12

## FOR ADVANCED SWIMMERS

- COMPETITION SUITS: There are a number of brands and styles for competition suits. These suits are only worn for meets. Women's \$85 - \$450, men's \$35 - \$400.

## OTHER ITEMS

- PARKAS: Jacket worn during swim meets between races to keep the body warm and relaxed. Our outfitter, Swim & Tri, sells our blue team parka with the logo. \$100.
- SWIM BAGS: Holds all your items for practice or a swim meet, including towels, goggles, caps, suits, etc. There are many number of brands and styles. Our outfitter, Swim & Tri, sells our team bag with logo. \$75.