

These are the required equipment for each group at TSM Aquatics. Part of commitment is to show up prepared. Having ALL your gear with you means you are prepared. Please make sure all the equipment is in working condition. Please purchase these items through The Swim Guy. Your team items are sold at discounted prices through them.

AGE GROUP

WHITE

Mesh bag (Arena)
Water bottle
Kickboard (Arena)
Fins (Arena) (Powerfin pro preferred)
Buoy (Arena)
Snorkel (Arena)
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

PINK

Mesh bag (Arena)
Water bottle
Kickboard (Arena)
Fins (Arena) (Powerfin pro preferred)
Buoy (Arena)
Snorkel (Arena)
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

RED

Mesh bag (Arena)
Water bottle
Kickboard (Arena)
Fins (Arena) (Powerfin pro preferred)
Buoy (Arena)
Ankle strap (Arena)
Snorkel (Arena)
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

BLUE

Mesh bag (Arena)
Water bottle
Kickboard (Arena)
Fins (Arena) (Powerfin pro preferred)
Buoy (Arena)
Ankle strap (Arena)
Fingertip paddles (Arena)
Snorkel (Arena)
Tempo Trainer
Thera band (yellow)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

PURPLE

Mesh bag (Arena)
2 Water bottles (1 for fuel and 1 for hydration preferred)
Kickboard (Arena)
Short Fins (Arena or DMC)
Buoy (Arena)
Ankle strap (Arena)
Fingertip paddles (Arena)
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Tempo Trainer
Thera band (yellow)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

SENIOR

SENIOR DEVELOPMENT
Mesh bag (Arena)
Water bottle
Kickboard (Arena)
Fins (Arena) (Powerfin pro preferred)
Buoy (Arena)
Ankle strap (Arena)
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Thera band (ask your coach regarding the color)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

SENIOR PREP
Mesh bag (Arena)
2 Water bottles (1 for fuel and 1 for hydration preferred)
Kickboard (Arena)
Short Fins (Arena or DMC)
Buoy (Arena)
Ankle strap (Arena)
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Tempo Trainer
Thera band (ask your coach regarding the color)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

SENIOR PERFORMANCE
Mesh bag (Arena)
2 Water bottles (1 for fuel and 1 for hydration preferred)
Kickboard (Arena)
Short Fins (Arena or DMC)
Buoy (Arena)
Ankle strap (Arena)
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Tempo Trainer
Thera band (ask your coach regarding the color)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)

NATIONAL PREP
Mesh bag (Arena)
2 Water bottles (1 for fuel and 1 for hydration preferred)
Kickboard (Arena)
Short Fins (Arena or DMC)
Buoy (Arena)
Ankle strap (Arena)
Fingertip paddles (Arena)
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Tempo Trainer
Thera band (ask your coach regarding the color)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

NATIONAL
Mesh bag (Arena)
2 Water bottles (1 for fuel and 1 for hydration preferred)
Kickboard (Arena)
Short Fins (Arena or DMC)
Buoy (Arena)
Ankle strap
Fingertip paddles
Strokemaker paddles (ask your coach regarding size)
Snorkel (Arena)
Tempo Trainer
Thera band (ask your coach regarding the color)
Foam roller
TSM Caps (White=practice, Red=regular meets, Navy=champ meets)
2 pairs of goggles

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