# VATFORD CITY SWIM TERM

## Recommended Equipment

\*All swimmers will be provided with one WCST swim cap for competitions with registration\*

All swimmers are expected to arrive to <u>every</u> practice with their suit and goggles. It is <u>strongly</u> recommended to have one set of equipment for practice and a second set prepared for meets.

### Practice

#### GIRLS

- \* One piece "competition style" suit (any color)
- $\star$  Silicone or latex swim cap (any color)
- \* Goggles (any color)

#### BOYS

- \* Jammers (any color)
- \* Goggles (any color)
- \* Swim cap OPTIONAL

#### RECOMMENDED PRODUCTS

- \* Speedo Adult Vanquisher/Mirrored Vanquisher Goggles 2.0 (\$15-\$25)
- \* Swim Goggle Bungee any brand (\$5-\$10)

#### RECOMMENDED STORES

- \* smile.amazon.com (support Watford City Swim Team Inc w/any purchase!)
- \* SwimOutlet.com
- \* Scheels or any other sporting goods store

## Swim Meets

#### GRLS

- \* One piece "competition style" suit (black, white, red solid or pattern is preferred)
- \* WCST Swim Cap (provided)
- \* Goggles (any color separate set from practice goggles is preferred)
- \* Jammers (black, white, red solid or pattern is preferred)
- \* WCST Swim Cap (provided)
- \* Goggles (any color separate set from practice goggles is preferred)
- \* Coaches are happy to make additional equipment recommendations upon request
- \* WCST has goggles, bungees, and practice caps available for purchase at ANY time throughout the season