

Sport Team Equipment

Below is a list for each group of what the kids need to have for practices. Some other thoughts and recommendations:

- ❖ Athletes must wear their team suit to meets and each athlete should have two team suits.
- ❖ Have an extra suit for practices in case you lose one or a teammate needs one to borrow.
- ❖ Buy only polyester suits as the fabric lasts much, much longer. It is usually a few dollars more than the Lycra suits but well worth it.
- ❖ Make sure the suits fit and are snug. Sizing up is not a good strategy. If there are any wrinkles in the suit once it is on, try the next size down.
- ❖ Extra caps and goggles are great to have on hand in case something breaks or is lost. We suggest having one pair of goggles for practice and the other pair for meets that maybe has the straps tightened a bit making them better for diving.
- ❖ Get a sharpie and go nuts. Most kids on the team have the same equipment and kids will accidentally walk off deck with other swimmers things. Put your kids name on everything you can.
- ❖ The pools have kickboards available for the kids to use.
- ❖ We recommend for Redmond families that they consider purchasing a thicker yoga mat for their swimmers for Dryland.
- ❖ When you register with Wave each swimmer should receive a Team Cap, 3 Team Tshirt's (to be worn at meets!) and a Team Water Bottle or Bag Tag.

Wave meet t-shirts are worn in the following order at meets:

Day 1-Classic Black Wave Aquatics t-shirt

Day 2-Classic White Wave Aquatics t-shirt

Day 3-Classic Purple Wave Aquatics t-shirt

Day 4-Wild Card Wave Aquatics t-shirt (your choice)

Day 5-Classic Black Wave Aquatics t-shirt

What you will need at practice for each training group:

Black

1. TYR Crossblade Training Fins
2. TYR Jr Kickboard
3. Water Bottle
4. Dryland Clothing
5. Suit
6. Team Cap
7. Team Bag
8. Goggles that work
9. Extra pair of goggles that work
10. Extra Cap

11. Extra Suit
12. Yoga Mat

White

1. TYR Crossblade Training Fins
2. TYR Jr Kickboard
3. TYR Jr Pull Float (Pull Buoy)
4. Water Bottle
5. Dryland Clothing
6. Mesh Equipment Bag
7. Suit
8. Team Cap
9. Team Bag
10. Goggles that work
11. Extra pair of goggles that work
12. Extra Cap
13. Extra Suit
14. Yoga Mat

Purple

1. TYR Crossblade Training Fins
2. TYR Jr Kickboard
3. TYR Pull Float (Pull Buoy)
4. Water Bottle
5. Dryland Clothing
6. Mesh Equipment Bag
7. Swimmer's Snorkel
8. Suit
9. Team Cap
10. Team Bag
11. Goggles that work
12. Extra pair of goggles that work
13. Extra Cap
14. Extra Suit
15. Yoga Mat

High School

1. TYR Crossblade Training Fins
2. TYR Kickboard
3. TYR Pull Float (Pull Buoy)
4. Water Bottle
5. Dryland Clothing
6. Mesh Equipment Bag
7. Suit
8. Team Cap

9. Team Bag
10. Goggles that work
11. Extra pair of goggles that work
12. Extra Cap
13. Extra Suit
14. Yoga Mat

Senior & Senior Elite

1. TYR Crossblade Training Fins
2. Water Bottle
3. Dryland Clothing
4. Mesh Equipment Bag
5. Pull Buoy
6. Hand Paddles
7. Swimmer's Snorkel
8. Tempo Trainer
9. Suit
10. Team Cap
11. Team Bag
12. Goggles that work
13. Extra pair of goggles that work
14. Extra Cap
15. Extra Suit