



YMCA of NORTHWEST LOUISIANA

Required Equipment List

D&J Sports has these lists on file for when members call in.

ALL Swimmers at Competition - arena Brand BLACK Suit, Team Cap

- "Tech" Suits are not permitted at non-championship competition unless otherwise stated by the coaching staff beforehand

ALL Swimmers at Practices - arena Brand Suits & Caps

Lil Bolts' (Level 1)

Powerfin Pro Fins-optional but encouraged
Mesh Equipment Bag - optional

Lightning Bolts (Level II)

Powerfin Pro Fins
Mesh Equipment Bag - optional

Junior Bolts (Level III/IV)

Powerfin Pro Fins
Arena Swim Snorkel III (Nose Clip- optional)
Mesh Equipment Bag

Senior Bolts Level V/VI

Powerfin Pro Fin
Arena Swim Snorkel III (Nose Clip- optional)
Pull Buoy or Pull-Kick
Power Paddles

- JR High
 - Ladies-Small
 - Men-Medium
- High School
 - Ladies-Medium
 - Men-Large

Mesh Equipment Bag

All Groups – All swimmers are encouraged to have a time record system. A simple notebook works well. All swimmers are encouraged to record, keep track and know their own times.

Swimmers are responsible for having all equipment at daily practice sessions and are responsible for proper care and storage of all equipment. Names should be clearly written on all equipment. The YMCA has no secure storage for this equipment. Swimmers are storing equipment at the practice site at their own risk. This is not recommended.