

**Elementary & Middle School Aged Group Required Swim Equipment**  
 (PLEASE WRITE SWIMMER'S NAME ON EACH PIECE OF EQUIPMENT WITH PERMANENT MARKER)

<b>Equipment</b>	<b>Purpose</b>	<b>Suggestions</b>	<b>Notes</b>
<b>Competitive Swim Goggles</b>	Swimmer can keep eyes open while swimming	Speedo Vanquisher or other competitive brands such as TYR or Arena	Should fit tight and suction around eyes. Please teach swimmer how to adjust tightness of own goggles
<b>Competitive Swim Cap</b>	Keeps hair out of face for better vision and breathing	Latex or Silicone	Male and female swimmers wear team cap at swim meets (wearing at practice helps swimmer get used to it)
<b>Swim Fins for Competitive Swimmers</b>	Teaches proper kick technique, helps keep swimmer buoyant for stroke technique, strengthens kick	TYR Stryker Silicone Finn, Speedo Switchblade Swim Fin, TYR Crossblade Training Swim Fin	No Zoomers
<b>Kickboard/Pullbuoy Combo</b>	Use to learn proper head, body, stroke and kicking technique	Speedo/Nike/Arena Pull Buoy & Kickboard (or JR Kick Board)	Small Kickboards work better
<b>Mesh Equipment</b>	Allows equipment to dry while keeping it together	TYR Big Mesh Mummy Backpack III, Sporti Mesh Bag	

**High School Aged Group Required Swim Equipment**  
 (PLEASE WRITE SWIMMER'S NAME ON EACH PIECE OF EQUIPMENT WITH PERMANENT MARKER)

<b>Equipment</b>	<b>Purpose</b>	<b>Suggestions</b>	<b>Notes</b>
<b>ALL THE EQUIPMENT FROM ABOVE PLUS THE TWO ADDITIONAL ITEMS BELOW</b>			
<b>Paddles</b>	Builds upper body strength and helps correct stroke technique	Strokemaker Paddles (Yellow or Red)	
<b>Snorkel</b>	Helps take away the task of when and where to breathe so you can focus on stroke and technique	FINIS Glide Swimmer's Snorkel	