



EQUIPMENT LIST

All Rockfish Swimmers are required to furnish their own equipment for practice. We do have access to a secured storage closet at the WAC that swimmers are welcome to store their bags in during the season. If you have any questions regarding the required equipment, please reach out to your child's coach.

(PLEASE WRITE SWIMMER'S NAME ON EACH PIECE OF EQUIPMENT WITH PERMANENT MARKER)

NOVICE AND ELEMENTARY REQUIRED SWIM EQUIPMENT

Equipment	Purpose	Suggested Types	Notes
Competitive Swim Goggles	Swimmer can keep eyes open while swimming.	Speedo Vanquisher 2.0, Speedo Speed Socket 2.0, or other competitive brands such as TYR or Arena.	Should fit tight and suction around eyes. Please teach swimmer how to adjust and tighten their own goggles
Competitive Swim Cap	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.
Swim Fins for Competitive Swimmers	Teaches proper kick technique, helps keep swimmer buoyant for stroke technique, strengthens kick.	TYR Stryker Silicone Fin, Speedo Switchblade Swim Fin, TYR Crossblade Training Swim Fin	
Kickboard/Pullbuoy Combo	Used to learn proper head, body, stroke and kicking technique.	Speedo/Nike/Arena Pull Kick Buoy, TYR Jr. Kick Board	Small Kickboards work better. Combos or separate pull bouys & kickboards are fine, swimmers preference.
Mesh Equipment Bag	Allows equipment to dry while keeping it together.	TYR Big Mesh Mummy Backpack, Sporti Mesh Bag	

MIDDLE SCHOOL REQUIRED SWIM EQUIPMENT

Equipment	Purpose	Suggested Types	Notes
All Equipment listed for Novice and Elementary plus the additional item below.			
Snorkel	Helps take away the task of when and where to breathe so you can focus on stroke and technique.	FINIS Glide Swimmer's Snorkel	

HIGH SCHOOL REQUIRED SWIM EQUIPMENT

Equipment	Purpose	Suggested Types	Notes
All Equipment listed for Novice and Elementary, and the Middle School plus the additional item below.			
Paddles	Builds upper body strength and helps correct stroke technique.	FStrokemaker Paddles (Yellow or Red)	