



Rockfish Swimming Required Swim Equipment

(PLEASE WRITE SWIMMER'S NAME ON EACH PIECE OF EQUIPMENT IN SHARPIE)
 Equipment bags can be kept in the equipment room on designated shelves at the pool.

| Equipment | Purpose | Suggestions | Notes |
|------------------------------------|---|--|--|
| Competitive Swim Goggles | Protects the swimmer's eyes. | Speedo Vanquisher or other competitive brands such as TYR or Arena | Should fit snug and suction around the eyes. Please teach your swimmer how to adjust the tightness of their own goggles. |
| Competitive Swim Cap | Keeps hair out of the face for better vision and breathing. At meets, helps to identify swimmer in heats. | Latex or Silicone | Male and female swimmers are expected to wear caps. |
| Swim fins for Competitive Swimmers | Teaches proper kick technique, helps keep swimmer buoyant for stroke technique work, strengthens kick. | TYR Stryker Silicone Finn, Speedo Switchblade Swim Fin, TYR Crossblade Training Swim Fin | No Zoomers |
| Kickboard/Pullbuoy Combo | Used to learn proper head, body, stroke and kicking technique | Speedo/Nike/Arena Pull Buoy & Kickboard or a Jr. sized kickboard | Small kickboards that don't add too much buoyancy are best. |
| Mesh Equipment Bag | Allows equipment to dry while keeping it together and organized in one place. | TYR Mesh Mummy Backpack III, Sporti Mesh Bag | Helps swimmers keep equipment organized in one place while letting it dry. |
| Paddles (High School ONLY) | Builds upper body strength and helps correct stroke technique. | Strokemaker Paddles (yellow or red) | HIGH SCHOOL GROUP ONLY |
| Snorkel (High School ONLY) | Helps take away the task of when to breathe so focus can be on stroke technique. | FINIS Glide Swimmer's Snorkel | HIGH SCHOOL GROUP ONLY |
| Yoga Mat (High School ONLY) | To be used for dryland work | Any Yoga Mat will work | HIGH SCHOOL GROUP ONLY |

