

Equipment list for Senior Gold Group

If you already have a kickboard and pull bouy, that is OK. But please try to get the other specific gear.

- Extra Cap, Extra Goggles
- **Water Bottle, EVERYDAY**
- Mesh Bag for all gear
- “Competition” kickboard by Speedo™ (\$11.95 most places), but if you already have your own kickboard, that is OK.
- Pull bouy, any type, but solid, one-piece construction-no rope in the middle.
- Small (green) and Med (yellow) **StrokeMakers™** hand paddles. I prefer these and would like everyone to have them. We can make a team order for these.
- Zoomers™ brand “short” fins. Blue for most people, red for good kickers. I prefer these to “normal” long fins.
- Finis™ Swimmer’s snorkel (\$40 at Swim Shop)
- **OPTIONAL:** Speedo Competition nose clip

Equipment list for Senior Silver Group

- Extra Cap, Extra Goggles
- Water Bottle, EVERYDAY
- Mesh Bag for all gear
- “Competition” kickboard by Speedo™ (\$11.95 most places), but if you already have your own kickboard, that is OK.
- Pull bouy, any type, but solid, one-piece construction-no rope in the middle.
- Small (green) **StrokeMakers™** hand paddles
- Zoomers™ brand “short” fins. Blue only (more flexible) for this group.
- Finis™ Swimmer’s snorkel (\$40 at Swim Shop)
- **OPTIONAL:** Speedo Competition nose clip

Equipment List for Junior Elite

- Pull bouy (we encourage swimmers to have their own)
- Personal Fins (any type will work)
- FINIS Swimmers Snorkel (Swim Shop)

Equipment List for Junior Group

- Personal fins (any type will work)