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| |  | | --- | | **Swimmer’s Training Equipment List**  smileyAll swimmers need an appropriate competitive swim suit to train.  Team swim suit is required for swim meets. Athletes should be wearing an appropriate competitive swim suit at our swim meets. It is important that meet/competition suits are ***not*** used for practice. The suit will stretch and wear down creating extra drag if the same suit is used for practice and meets.  laughOur MAKOS Swimmers will receive **one** team swim cap to be worn at our meets. Team suits and caps promote team unity and pride and assist coaches in identifying swimmers at meets. You may order additional team caps from Swimville. Your athlete is permitted to wear plain caps during practice, but caps with logos/pictures are not to be used by the team outside of practice!  You may purchase any swim items from other swim stores and/or websites if it is more convenient for you. The team does have limited equipment (kickboards, pull buoys, paddles, fins) provided. Swimmers are welcome to use team equipment if you choose to not purchase their own personal equipment.  enlightened**PLEASE BE SURE ATHLETE's NAME is on ALL of their EQUIPTMENT, BAGS, and SWIM SUITS.**  **EQUIPMENT LIST**  **SHARKS:**   * Goggles (REQUIRED) * Water Bottle for hydration (REQUIRED) * Kickboard (optional) * Fins- flexible rubber design (optional)   **BRONZE:**   * Goggles (REQUIRED) * Water Bottle for hydration: REQUIRED * Kickboard (optional) * Fins- flexible rubber design (optional) * Pull buoy (optional)   **SILVER:**   * Goggles (REQUIRED) * Water Bottle for hydration: REQUIRED * Kickboard * Fins- flexible rubber design * Pull Buoy * Hand Paddles * Snorkel- youth size; lightweight (personal equipment)   **GOLD:**   * Goggles (REQUIRED) * Water Bottle for hydration: REQUIRED * Kickboard * Fins- flexible rubber design * Pull Buoy * Hand Paddles * Snorkel- light weight (highly recommended, personal equipment)   **Bags** : Some kind of a bag is needed to keep everything together. Bags should be carried out on deck during practice for security and not left in the locker room. There are very nice swim gear bags available, with separate compartments for dry items and wet gear. Bags with mesh panels will let air in and help things dry out between practices.   * Mesh bag for training equipment   **Water Bottles**: An essential piece of training that is sometimes overlooked is the water bottle. Remember that practices can last 45 minutes to 2 hours, and with that much physical exertion a swimmer can become **very** thirsty. Even though they are surrounded by water, they need clean drinking water to remain healthy and happy. Having a water bottle at the poolside permits our athletes to stay hydrated  **Swim Cap**: Keep long hair out of your face, and that’s one less thing that can get in your way of taking a breath! Plus caps help reduce drag, making your strokes more efficient. A team cap is provided **FREE** to each swimmer when they join the team. Some swimmers don’t like the snug feel of latex, and find silicone caps easier to pull on and off, so you may purchase a silicone team cap from the team apparel person. For practice, use any cap you like. **The team cap should always be worn for solidarity at swim meets.**  **Kickboards**: Kickboards are needed for practices from the very beginning. Most swimmers appreciate having their own unique kickboard. Remember that kickboards are really just flat floats; so spending a lot of money for a high-tech design **may not** be worth it. There are arm-fitting wedge shaped boards or standard rounded shapes. Both work well!  **Pull buoys**: Pull buoys increase the upper body workout by lifting the lower body and driving the head and shoulders down.  There are several different sizes to fit children or adults. Smooth buoys may be preferred over rough buoys for comfort but they are harder to hold onto with the thighs. Have your swimmer try out different types during practice before deciding which one to buy.  **Hand Paddles**: Hand paddles increase water resistance on the hands and increase arm strength. There are many sizes, so follow your coach’s recommendation on which size to buy. Using too large a paddle can cause shoulder injuries. Keep the straps loose; so swimmer quickly discovers where pull technique is incorrect, because the paddle will pop right off the hand.  **Snorkels**: Some of our swimmers are beginning to use a front snorkel. This piece of equipment is to assist the swimmer to learn good body balance in the water without having to raise the head to breath. The junior size is for swimmers pre-seniors and advanced groups, and takes into account the swimmer’s lung capacity.  **Tempo-trainer**: Swimming speed is closely related to the turnover rate of your arms, and a tempo-trainer can help you find a cadence that maximizes your speed. | |  | |  | |