



Suggested Equipment Needs

The Age Group coaches would like to have each swimmer buy a swim snorkel (Freestyle snorkel) to work on stroke technique. You are NOT REQUIRED to purchase one unless you choose too.

These can be bought locally at Sports Authority, Scheels, Action Accents or you may purchase them online at www.swimoutlet.com. For further information about the snorkels please refer to the Elite page on this website.

The Elite Group coaches are planning on using the following equipment. It is NOT a requirement to purchase these items unless you want to.

These can be purchased at any sports store such as Action Accents, Scheels, Harrison Sports, www.swimoutlet.com, ect.

Elite Group Suggested Item:

-Fins

-Paddles- same size as hand, flat - simple is best

-Pullbouy

-Kickboard

-Mesh bag

-Waterbottle