

All About Equipment

Practice Equipment List

Full descriptions and details of each item are located below.

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|--------------------------|---|--|
| Cat 1 | Goggles Swim Cap Swim Fins (long) Junior Size Kickboard | Mesh Equipment Bag* Water Bottle* Extra Cap * Extra Goggles* |
| Cat 2 | Goggles Swim Cap Swim Fins (long) Junior Size Kickboard Junior Pull Buoy Junior Snorkel | Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles* |
| Cat 3 | Goggles Swim Cap Swim Fins (long) Full Size Kickboard Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- XS/S/M) | Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles* |
| Cat 4 & Cat 5 | Goggles Swim Cap Swim Fins (long) Full Size Kickboard Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- S/M) Parachute | Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles* |
| Seniors | Goggles Swim Cap Swim Fins (short) Full Size Kickboard Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- S/M/L) Parachute | Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles* |

Please label equipment to avoid loss and confusion with other swimmers!

Where to Buy

Finding swim gear locally can be a challenge. Most stores in Columbus only stock it during the summer season or only have recreation style/quality equipment that looks similar but is not suited for year-round training. Team parents suggest Swimoutlet.com and Amazon.com as easy places to find gear. (Fellow swim families also frequently have used gear to share, too!) We also suggest using a cheap training suit and cheap cap during practice and saving the team suit and team cap for meets to extend their life.

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Practice Equipment Descriptions

Below you will find descriptions and photos of all the equipment typically used during practice. For brand-new swimmers, we know it can be a lot of money to spend at once, so it is fine to spread out the purchases a bit! Goggles and a suit are the most important. It's fine to come to practice in whatever suit your swimmer has until you order a training suit!

During practices and meets, you'll see swimmers with all kinds of additional gear. Some swimmers have parkas to wear on deck to keep them warm, other swimmers have swim backpacks for extra clothes or gear. Those items are entirely personal preference and not necessary. Swimmers will generally need something to wear in and out of practice, but they can toss on any kind of clothing!

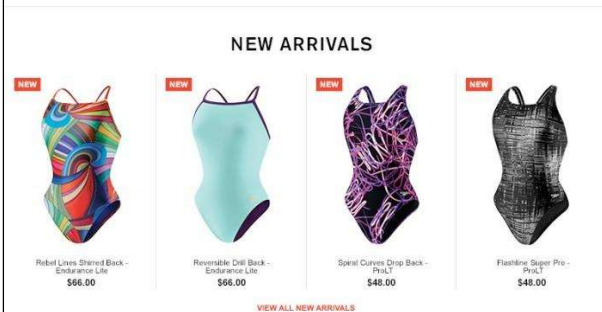
Appropriate boys' training suit

Either a Jammer or a Brief style suit. No board shorts, loose-fitting or see-through suits. *If different suits are needed for medical or religious reasons, please reach out to us to ensure they are permitted at USA Swimming competitions.*



Appropriate girls' training suit

One piece training suit, any brand. No loose-fitting or see-through suits. Tie-back suits are permitted for practice, not meets. *If different suits are needed for medical or religious reasons, please reach out to us to ensure they are permitted at USA Swimming competitions.*



Goggles

Speedo Vanquisher Goggle is the most popular racing goggle out there, and for good reason. Any goggle brand will do as long as they are competitive racing goggles. Foam seals are not as good as rubber seals around the eyes.



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Swim Cap

Team caps are required for all meets and are optional for practice. Since caps break at the most inopportune times, we suggest having an extra on hand. You may order extra team caps periodically through spirit wear orders and swimmers can wear any cap during practice. Latex or silicon is fine, but the silicon ones tend to be more comfortable.



FINS

Any brand will do – no Scuba-style fins. [Long Blade Swim Training fins](#) (softer and more flexible) are needed for Cat 1/2/3. *We do not recommend scuba-style or recreation fins with rigid feet or fins, adjustable back straps or clips as they tend to break in practice, sink to the bottom of the pool, and are harder for swimmers to get on or adjust.* For Cat 4/5 we suggest Arena Powerfins, Coaches will tell those athletes when they should begin using short blades.



Kickboard

We have some at the pool for swimmers to use until you can purchase one. Junior size is preferred for younger swimmers. Cat 3, 4, 5 and Seniors may want a regular size.



Pull Buoy

Any brand. Junior size is preferred for Cat 1 and 2. Cat 3, 4, 5, and Seniors may want a regular size.



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Paddles

This style is preferred. Please ensure you measure your swimmer and choose the recommended size based on the manufacturer's guidelines. Most swimmers will use a size XS, S or M, but some of our male high school athletes will need a L.



Parachute

Used by our Cat 4, 5 and Seniors during certain training drills to create drag and improve strength and endurance. Swimmers should begin with a 6" and move to 8" at the coach's guidance.



Swimmer Snorkel

Any brand. Junior size is suggested for Cat 2 swimmers. (No scuba/recreation snorkels, i.e. the ones that sit along the side of the head.)



Mesh Equipment Bag

Any brand - regular mesh bag large enough to hold all equipment and kick board. These are preferred to gear backpacks as these are easy to store practice equipment in, right by the side of the pool during practice.

