

## EQUIPMENT LISTS FOR SQUAD SWIMMERS

Please note that all of the following equipment, except for shoes, skipping ropes and Theraband tubing, can be purchased at the Retail Store in the SA Aquatic & Leisure Centre. Show your Squad Card to enjoy a 10% discount on purchases

***- Please make sure all of your equipment is clearly named -***

### **Junior 2 (J2) Squad**

***ESSENTIAL:***

Net bag  
Long or short fins  
Medium pull buoy  
Kickboard Regulation size  
(e.g. YMCA board)  
Skipping rope  
Normal size towel for dryland  
Sand shoes/trainers for dryland routine

***NON-ESSENTIAL:***

Theraband tubing (Can be purchased by the metre from Clarke's Rubber)  
Snorkel

### **Bronze, Silver, Gold Squads**

***ESSENTIAL:***

Net bag  
Long or short fins (DMC brand recommended if short)  
Medium pull buoy  
Kickboard Regulation size  
(e.g. YMCA board)  
Snorkel  
Skipping rope  
Finger paddles (small or medium)  
Normal size towel for dryland  
Sand shoes/trainers for dryland routine

***NON-ESSENTIAL:***

Theraband tubing (Can be purchased by the metre from Clarke's Rubber)  
Medium Hand paddles

### **Junior 1 (J1) Squad**

***ESSENTIAL:***

Net bag  
Long or short fins (DMC brand recommended if short)  
Medium pull buoy  
Kickboard Regulation size  
(e.g. YMCA board)  
Skipping rope  
Normal size towel for dryland  
Sand shoes/trainers for dryland routine

***NON-ESSENTIAL:***

Theraband tubing (Can be purchased by the metre from Clarke's Rubber)  
Snorkel

### **Surf Team/Mini FAST Squad**

***ESSENTIAL:***

Net bag  
Long or short fins (DMC brand recommended if short)  
Medium pull buoy  
Kickboard Regulation size  
(e.g. YMCA board)  
Skipping rope  
Sand shoes/trainers for dryland routine

***NON-ESSENTIAL:***

Snorkel  
Finger paddles (small or medium)