

## Equipment List – C3 Training Group

### ***Required Training Equipment***

2 x Goggles (Ex: [Arena Track Jr](#) / [Speedo Jr Vanquisher](#))



YES



AVOID

Training Fins (Ex: [TAS Short Fins](#) / [ARENA Power fins](#) / [ARENA Powerpro fins](#) )



*\*Please avoid the TAS long color keyed fins, as they can cause too much strain on the swimmers' legs at this level of swimming; Snorkeling / scuba fins are not permitted*

Front-mount Swim Snorkel – NO purge valve (Ex: [Arena Swim Snorkel Pro](#) / [Speedo Bullet Head snorkel](#))

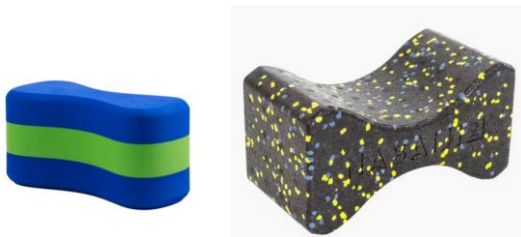


YES



AVOID

Jr Sized Pull Buoy (Ex: [Vorgee Jr Pull Buoy](#) / [Decathlon pull buoy LIGHT](#) /



**Kickboard** (Ex: [TAS Jr Rigid Kickboard](#) / [WAY FUNKY Kickboard](#) / [Speedo Jr Team kickboard](#) / [Arena Kickboard](#))



**Mesh equipment bag** – helps to carry & dry out equipment



**2 x Swim Suits** – must fit **TIGHTLY**, Polyester blend **HIGHLY** recommended for longevity



**YES** – any print or color



**AVOID** – extra ruffles, bikinis



**YES** – any jammer or brief style / color



**AVOID** – board shorts / loose suits

\*Please avoid purchasing suits to “grow into” – too large suits will hinder your swimmer’s movement in the water, will fall down / off when diving and will make them feel heavier when swimming. Suits must fit **VERY** snugly when you purchase them

\* Racing / Technical suits are NOT recommended at this level, however swimmers SHOULD have one dedicated swim suit for competing at swim meets (preferably a solid black suit)

### **Required Dryland Equipment:**

Skipping Rope

Yoga Mat

\*\* Swimmers will also need to be dressed appropriately for each dryland session: loose / stretchy clothing and running shoes (no jeans, pajamas or onesies)

### **Optional Equipment**

Extra FUN swim caps for practices – SILICONE recommended!



Swim Bag – highly recommended! [Lots of options at Team Aquatics](#)

