



## Equipment Needed for Swimming with Columbia Swim Club

### Barracuda and Stingray Groups

1. **Swim suit.** When you purchase a suit make sure it is an "Endurance" suit or made of 100% polyester. Speedo, TYR, and Nike all make suits which are 100% polyester and will be described as "Chlorine Resistant", "Training Suit", or "Endurance" suits. These suits are slightly more expensive but last at least 10 times longer than suits with Lycra. This is a VERY important purchase! Polyester suits are available locally at Tryathletics and the Starting Block and also available at many places online.
  - ❖ **BOYS should have "Jammers" to wear to practice (not swim trunks)**
  - ❖ **GIRLS should wear one-piece competitive suits**



One-piece suit for Girls



Jammer for Boys

2. **Swim Caps.** Swimmers may wear any kind of cap during practice and coaches usually have free practice caps available to swimmers – just ask for one! Latex CSC caps are available to swimmers for purchase from coaches for 3 caps for \$10. Silicone caps are available for \$10 each. Only CSC caps can be worn at meets.
3. **Goggles.** Swimmers should always bring 2 pairs of goggles to practice.
4. **Water Bottle.** Swimmers sweat too! Swimmers work hard and need to stay hydrated by drinking water during practice. It is strongly encouraged that all swimmers bring a water bottle to practice to stay hydrated

*Getting the RIGHT SIZE SUIT.* When purchasing a swim suit it is important that your swimmer gets the RIGHT SIZE. As a general rule, a training or racing swim suit should feel like it is **2 SIZES TOO SMALL** when it is *dry*. Suits will stretch when wet, and if the suit is TOO BIG it will be uncomfortable, cause drag, and (in some cases) be on the verge of falling off during practice! If your swimmer says "I think it's too small" when he/she tries it on, it is probably exactly the right size! Ask your coach if you have any questions.

### Dolphin Group

1. **Swim suit (See above)**
2. **Two pairs of Goggles**
3. **Swim cap**
4. **Water bottle**
5. **Fins.** Fins can be purchased at local sporting good stores (Tryathletics, Starting Block) or purchased with a team order. In order to determine correct size, please try on the fins at Hickman Pool.
6. **Dry land Equipment (every practice)**
  - Athletic Shoes
  - Shorts or other workout attire

### Swordfish Group

1. **Swim suit**
  - Male swimmers will transition from jammers to briefs/drag suits in this group.
2. **Two pairs of goggles**
3. **Swim cap**
4. **Water bottle**
5. **Fins.** Fins can be purchased at local sporting good stores (Tryathletic, Starting Block) or purchased with a team order. In order to determine correct size, please try on the fins at Hickman Pool.
6. **Snorkel.** Coaches will have snorkels available for purchase.
7. **Equipment Bag.** Mesh Bag to keep fins, snorkels, etc. in.
8. **Dry land equipment (every practice):**
  - Athletic shoes
  - Shorts or other workout attire

### Senior Groups (Black, Gold & Tigershark)

1. **Swim suit**
  - **NO JAMMERS** for males in Senior Groups. Drag suit and/or briefs must be worn.
2. **Two pairs of goggles**
3. **Swim cap**
4. **Water bottle**
5. **Fins**
  - Speedo Optimus Short fins are required in this group
6. **Snorkel** Coaches will have snorkels available for purchase.
7. **Pull buoy** Coaches will have pull buoy available for purchase.
8. **Paddles**
  - TYR Catalyst Paddles Green or Yellow size.
9. **Equipment Bag.** Mesh Bag to keep fins, snorkels, etc. in.
10. **Dry land equipment (bring to every practice):**
  - Athletic shoes
  - Shorts or other workout attire