


What to bring to Practice

-  2 practice swim suits (in case one rips)
A drag suit and practice suit for boys
Just a one piece for girls


-  2 swim caps:
For girls and boys

-  2 goggles

-  1 towel


-  1 full water bottle:

-  You can bring Gatorade and vitamin water too if you like

-  1 pair of tennis shoes


-  1 healthy snack for the ride home

During the winter:

-  1 pair of sweats and/or a sweatshirt during the winter

-  1 hat and/or coat during the winter

-  1 swim bag to carry it all

 Equipment varies throughout the groups so consult your child's coach.



Send any questions to Mentoring@csctigersharks.org