DC Wave Swim Team Training Equipment List

TRAINING EQUIPMENT ITEMS	Developmental	Age Group	JR/SR
Mesh Drawstring Equipment Bag – 1	✓	✓	✓
Water Bottle - 1	✓	✓	✓
Drag Suit – 2 (this can be an old baggy suit worn over top your practice suit)		✓	✓
Racing Goggles - 2 pair	✓	✓	✓
Swim Cap – 2 (if used at practices or meets)	✓	✓	✓
TYR Burner EBP Fins – 1 pair	✓	✓	✓
Strokemaker Hand Paddles – 1 pair (paddles should be slightly larger than the hand)		✓	✓
Kickboard – 1 (smallest possible size)	✓	✓	✓
Pull Buoy – 1 (smallest possible size)		✓	✓
Finis Swimmers Snorkel – 1 (Jr. Snorkel for 12 & Under swimmers)		✓	✓
Tennis Balls – 2		✓	✓

Swimmers should put their name on each piece of equipment and bring all items listed with them to workouts. All pieces of equipment listed can be found at the following online stores.

Kiefer - www.kiefer.com
Swim Outlet – www.swimoutlet.com
Sport Wide – www.sportwide.com
City Sports – www.citysports.com
Dicks Sporting Goods – www.dickssportinggoods.com

Frequently Asked Questions:

Q: Do we need to buy kick boards and pull buoys when the pools already have them?
A: Yes. The pools have a limited supply of kick boards and pull buoys, and on busy days like when we have combined practices, there are not enough boards to go around. Additionally, the pools have varying sizes of boards and pull buoys, many of which are not ideal for smaller individuals to use.

Q: Does it matter which pair of fins I buy?
A: Yes. Every piece of equipment on this list has been selected for a reason. We've selected the TYR EBP Burner Fin for several reasons - 1: They are short and will promote fast kicking; bigger fins mean slower kicks, 2: There is a tread on the bottom which helps to prevent slipping on the walls during turns, 3: They float. Swimmers won't have to waste time diving to the bottom if their fin falls off.

Q: Can swimmers leave their equipment bag at the pool so they won't have worry about forgetting it at home?
A: Yes, swimmers can leave their equipment at the pool if they choose to do so. We will find a secure location where the equipment can be stored between workouts.

Q: My swimmer is in Bronze, do I need to buy all of these items?
A: No, Bronze swimmers are not required to purchase all of these items yet. However, there are several items on this list that all DC Wave swimmers SHOULD have at all times: two swim caps, two pairs of goggles, and a water bottle are essential for every workout. Caps and goggles often break after a while. On the day that they do happen to break it's nice to have a backup. Believe it or not swimmers actually do sweat in the water during workouts. Proper hydration is necessary not only for physical activity but overall general health. Every athlete should bring a water bottle with them to every workout.

Q: Shouldn't the swim team provide this equipment?
A: Nope. The swim team already provides each athlete with equipment for drylands as well as lane space for our athletes to work on their skills. We have some fins but we sometimes don't have enough of one particular size on any given day, and over the years many of our fins have become lost or torn. DO NOT RELY ON THE FINS AT THE POOL.   Additionally, you risk sending your swimmer the wrong message as it pertains to their swimming if you are unwilling to provide them with the additional tools necessary to reach their maximum potential. It tells the athlete that they're swimming is not worth the cost of these items.

Q: When does my swimmer need to start bringing this equipment to practice?
A: As soon as possible. The longer it takes for swimmers to begin utilizing this equipment, the longer their development and progression will take.

Q: How tight should the fins be?
A: Tight enough that they won't fall off, but not too tight that they become uncomfortable to wear for extended periods of time. Socks help to reduced the onset of blisters and can make wearing fins for long periods of time less painful. It's a good idea to pack an extra pair of socks in your swimmers bag just in case.