

## Equipment List Practice Group Progression

Practice Group	Equipment Used
Pre-Junior	<ul style="list-style-type: none"> <li>● Kickboard</li> <li>● Fins</li> <li>● Pull buoy</li> <li>● Snorkel*</li> </ul>
Junior Orange and Blue	<ul style="list-style-type: none"> <li>● Kickboard</li> <li>● Fins</li> <li>● Pull buoy</li> <li>● Snorkel</li> </ul>
Pre-Senior White, Orange, and Blue	<ul style="list-style-type: none"> <li>● Kickboard</li> <li>● Fins</li> <li>● Pull buoy</li> <li>● Snorkel</li> <li>● Paddles</li> <li>● Parachute (Blue Group Only)</li> </ul>
Senior Orange and Blue	<ul style="list-style-type: none"> <li>● Kickboard</li> <li>● Short fins</li> <li>● Pull buoy</li> <li>● Snorkel</li> <li>● Paddles</li> <li>● Resistance bands</li> <li>● Tempo Trainer</li> </ul>

### **Group Notes:**

#### ***General***

- COLA has plenty of **kickboards** and **pull buoys** for swimmers to use.
- We also have fins but swimmers may want to have their own.

#### **Pre-Junior**

- Swimmers need to have their own snorkel beginning in Pre-Junior.
- COLA has fins for swimmers to use, but in this group, swimmers may want to consider having their own pair of fins.

#### **Junior Orange & Blue**

- Swimmers will need their own pair of **fins** beginning in the Junior groups.
- Again, COLA has kickboards and pull buoys for swimmers to use, but in this group and above, swimmers should start to have their own.

#### **Pre-Senior White, Orange, and Blue**

- Swimmers will need to have their own pair of **paddles** beginning in the Pre-Senior groups.
- Pre-Senior Blue will need to have their own **parachute**.
- If you are in Pre-Senior Blue and buying new fins, purchase the short fins. You do not need to buy them if you have fins that fit well. Wait until you need new ones.

## Gear Links:

- 1) Kickboard- Just about anyone will do
- 2) Fins- All other groups
  - a) [Sporti Essential Floating Swim Fins \(Color\) at SwimOutlet.com](https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color)
  - b) [FINIS Floating Swim Fins at SwimOutlet.com](https://www.swimoutlet.com/products/finis-floating-swim-fins)
- 3) Fins (short)- Steer clear of the Speedo Short Blade (Senior Only or Pre-Senior Blue needing new fins)
  - a) <https://www.swimoutlet.com/products/arena-powerfin-pro-swim-fins-8132738?color=acidlime&from=c> (Senior)
  - b) <https://www.swimoutlet.com/products/tyr-hydroblade-swim-fins-8184961/?view=original&color=clear> (Senior)
- 4) Pull buoy- Just about anyone will do
  - a) <https://www.swimoutlet.com/products/sporti-pull-buoy-20602/?color=blackblue>
  - b) <https://www.swimoutlet.com/products/tyr-pull-float-pull-buoy-1236/?color=blackblue>
  - c) <https://www.swimoutlet.com/products/finis-adult-pull-buoy-13410>
- 5) Snorkel
  - a) [Speedo Bullet Head Swim Snorkel at SwimOutlet.com](https://www.swimoutlet.com/products/speedo-bullet-head-swim-snorkel)
  - b) [TYR Ultralite Swim Snorkel 2.0 at SwimOutlet.com](https://www.swimoutlet.com/products/tyr-ultralite-swim-snorkel-2.0)
- 6) Paddles- do your best to get the proper size paddles; paddles that are too big can put too much stress on the shoulder
  - a) <https://www.swimoutlet.com/products/sporti-power-swim-paddles-22381/?color=black>
  - b) <https://www.swimoutlet.com/products/strokemaker-swim-paddles-8200670/?view=original&color=assorted>
  - c) <https://www.swimoutlet.com/products/tyr-catalyst-stroke-training-paddle-8176967/?color=clear>
- 7) Resistance Bands
  - a) [https://www.amazon.com/Resistance-Exercise-Bands-Booty/dp/B08DLXZKF7/ref=sr\\_1\\_9?keywords=Leg%2BResistance%2BBands&qid=1661397287&sr=8-9&th=1](https://www.amazon.com/Resistance-Exercise-Bands-Booty/dp/B08DLXZKF7/ref=sr_1_9?keywords=Leg%2BResistance%2BBands&qid=1661397287&sr=8-9&th=1)
- 8) Tempo Trainer
  - a) [https://www.amazon.com/FINIS-1-05-120-Tempo-Trainer-Pro/dp/B005TVYVI2/ref=sr\\_1\\_5?crid=363PI2SVQK5JQ&keywords=tempo+trainer+swimming&qid=1661397777&srefix=tempo+trainer%2Caps%2C142&sr=8-5](https://www.amazon.com/FINIS-1-05-120-Tempo-Trainer-Pro/dp/B005TVYVI2/ref=sr_1_5?crid=363PI2SVQK5JQ&keywords=tempo+trainer+swimming&qid=1661397777&srefix=tempo+trainer%2Caps%2C142&sr=8-5)
- 9) Parachutes
  - a) Parachutes ([Drag Belt + Tow Tether](#)) + ([Replacement Chute](#)): Swimmers will need a parachute also for Christmas Training. I am asking that swimmers get the “Drag Belt + Tow Tether (comes with parachute size of your choosing) and an additional (“replacement”) chute as well. The total cost comes out to about \$50. Girls will get the 2 smallest sizes (yellow + blue) and boys will get the middle 2 sizes (blue + black).